

# Hawaii Seventh Grade Physical Examination Fact Sheet and Frequently Asked Questions



## **Introduction**

In the interest of the health of Hawaii's youth, children entering seventh grade are required to complete a physical examination, also called a well-child visit.

A well-child visit is provided by a licensed physician\*, physician assistant, or advanced practice registered nurse.

A well-child visit creates a safe environment for youth to talk to their healthcare provider about health and wellness, and can help to address and prevent health-related issues like obesity, smoking, and stress. It is also an opportunity for your child to receive age-appropriate immunizations.

## **What do I need to know?**

All students entering the seventh grade must complete a physical examination as required by state law ([HRS §302A-1159](#)).

A child can receive his or her physical examination within twelve (12) months before the first day of instruction. Additional TB clearance is not required unless the child is new to the school system.

Parents or legal guardians should submit a completed [Form 14](#) (Student's Health Record) to the school when they register their child for seventh grade.

## **Does a form need to be completed?**

Yes. On the day of your child's physical examination appointment, please give the healthcare provider the Form 14 to fill in during the visit. Submit the completed Form 14 to the school your child will attend for seventh grade.

## **Link to Form 14:**

To download a copy of the Form 14 and for more information about the seventh grade physical examination requirement, visit [www.hawaiipublicschools.org](http://www.hawaiipublicschools.org) and search for "Physical Exam."

## **Why is it important?**

Adolescence is a time of tremendous physical, emotional, and social change. During this time, youth can develop numerous health issues, many of which are preventable. A well-child visit is an opportune time and a safe environment for youth to talk with their doctor about any health concerns and can help address and prevent health-related issues. It also provides an opportunity to get caught up on immunizations they may have missed and receive those that are required to attend seventh grade.

The American Academy of Pediatrics recommends that children and youth have a well-child visit with their healthcare provider at least once a year.

## **What type of medical practitioner may conduct a physical examination?**

A physical examination is provided by a licensed physician\*, physician assistant, or advanced practice registered nurse.

\* Includes naturopathic physicians as specified in [HRS§455-8](#)

**Who will cover the physical examination costs?**

Well-child visits are an annually covered benefit, currently provided under the Patient Protection and Affordable Care Act (ACA).

**What is the Patient Protection and Affordable Care Act?**

The Patient Protection and Affordable Care Act, often referred to as the “Affordable Care Act” or “ACA,” is a health care reform law passed by Congress and signed into law by President Barack Obama in March 2010. The general goal of the law is to improve the quality, access, and affordability of health care and health insurance in the United States.

**Are immunizations required for seventh grade attendance?**

Yes. In addition to a physical examination, Hawaii State Law requires students to receive immunizations before starting seventh grade. Detailed information about the immunization requirements for seventh grade can be found on the Hawaii Department of Health website: <http://health.hawaii.gov/docd/school-health-requirements/>

**What happens if a child does not receive a physical examination before entry into seventh grade?**

If a child does not receive a physical examination by the first day of seventh grade, he or she will still be allowed to attend school. However, the Department of Health and Department of Education will work together and follow up with the child’s parents or legal guardians during the year, to encourage scheduling a well-child visit.

**Is a sports physical the same as a physical examination?**

No, a sports physical is only designed to clear an athlete for participation in sports while a physical examination provides a more comprehensive assessment of a child’s overall health.

**Can a sports physical and physical examination be completed in the same visit?**

Yes, many healthcare providers prefer to do both at the same visit.

**Is health insurance available for low-income families?**

Yes. Medicaid is a federal and state partnership program, which provides health coverage to low-income children and adults. Visit the Department of Human Services MedQUEST site: [mybenefits.hawaii.gov/medicaid-faqs/](http://mybenefits.hawaii.gov/medicaid-faqs/) for more details.