



Plan Ahead to be Ready for Fall Sports and Activities

Be prepared for fall sports by getting your sports pre-participation exam and form completed. **Your child needs this before you can start practice.** The first day of practice for many schools is August 13. The form is good for two years.

The Center Foundation is no longer offering pre-participation sports physicals; however, we are working with the medical clinics in our community, encouraging students to receive their sports clearance as part of, and combined with, a scheduled adolescent well-care visit. This is a FREE opportunity for students to be seen by their medical provider and check for health issues in a private setting and get their pre-participation sports physical both at the same time in one visit.

How to Make an Appointment

Call your provider to make an appointment. This well-check visit is a free covered benefit once each year. **If you've had an adolescent well-care within the last year, contact your clinic to find out how to get the sports clearance form completed at no additional charge to you.** If you need help, please call **(541) 322-2398**

Insurance Help

If your family needs help applying for health insurance or applying for the Oregon Health Plan (OHP), call one of the following agencies. They can help you.

Deschutes County Health Department: (541) 322-7500 or visit: <http://www.OregonHealthCare.gov/>

The well-care visit includes:

- School Sports Pre-Participation Examination
- Physical and mental health examination
- Immunizations, if needed
- Health education
- Eye exam
- Healthy eating information

Questions? Please call The Center Foundation: 541-322-2398