



Wellness Exams & Sports Physicals



Children and teens up to age 18 require expert care, especially when they are serious athletes. These kids are still growing, and their health care needs are unique. Annual Wellness Exams provide your child with a comprehensive examination, which is more thorough than a basic sports physical. These Wellness Exams are available at all of Adena's primary care clinics, including Adena Family Medicine & Pediatrics of Jackson and the Adena Family Medicine- Ironmen Clinic on select days.

What is included in a wellness exam/comprehensive sports physical?

Our wellness exams with sports physicals are comprehensive exams, not just basic screenings. Your child will be examined by a Physician or Advanced Practice Provider (APP) who is specifically trained in assessment techniques used during these examinations. Wellness exams address the following:

- Complete history and physical examination
- Discussion of the child's weight, height and body mass index
- Nutrition, sleep habits, physical development and activity
- Risks to health and safety, as well as preventive health recommendations
- Status of chronic conditions
- Immunization updates (including 7th and 12th grade immunization requirements)

There is also the opportunity to discuss important issues such as avoiding drugs, tobacco and alcohol. It helps develop an open, trusting relationship with the parents and patient so they can turn to the provider with questions or concerns when needed.

Is the exam covered by insurance?

Comprehensive Wellness Exams can be billed through your insurance if your child has not had a well visit with their primary care provider or pediatrician in the last 12 months. Please keep in mind that most insurance companies, as well as Medicaid and Medicaid Managed Care, pay for one annual wellness visit per year, at no cost to you.

If your athlete has already had a Wellness Exam completed in the last 12 months, or if you do not wish to submit this service to your insurance provider, we can still complete the Sports Physical for a fee of \$25.

Do I need to schedule an appointment?

You may call [740-286-7869](tel:740-286-7869) to schedule an appointment. Additionally, walk-in visits are welcome at Adena Family Medicine & Pediatrics of Jackson Monday-Saturday from 9am-6pm.

What if I am not an established Adena patient?

Your child does not have to be established with Adena to be seen. For continuity of care, if they have a regular medical provider, we encourage you to seek care (including immunizations) from that provider. However, if you would like to transition your care to Adena, we can facilitate that change and obtain your child's medical records as appropriate.

Where can I find the Sports Physical paperwork?

The OHSAA PPE (pre-participation physical exam) form has changed for the 2020-2021 school year. You can find the complete sports physical packet on the Jackson City Schools website. Additionally, Adena providers have the latest forms available for your convenience.