

Comparing Adolescent Well-Child Visits & Sports Physicals

A sports physical only screens for medical conditions or injuries which may be worsened by athletic activity, whereas an annual well-child visit includes a comprehensive look at an adolescent's overall health and well-being. A well-child visit can double as a sports physical, but a sports physical cannot be considered as a well-child visit. Most insurance companies fully cover well-child visits, and the visits last about 20 minutes.

	WELL-CHILD VISIT	SPORTS PHYSICAL
PHYSICAL GROWTH <i>(height & weight)</i>	✓	✓
PHYSICAL DEVELOPMENT <i>(milestones)</i>	✓	
SOCIAL COMPETENCE	✓	
ACADEMIC COMPETENCE	✓	
EMOTIONAL WELL-BEING	✓	
RISK REDUCTION	✓	✓
VIOLENCE & INJURY PREVENTION	✓	
CARDIOVASCULAR HEALTH	✓	✓
MUSCULOSKELETAL HEALTH	✓	✓
REPRODUCTION	✓	
SEXUAL EDUCATION	✓	

A well-child visit can **DOUBLE** as a sports physical, but a sports physical cannot be considered a well-child visit.
(check with your clinic)

Did you Know?

Medicaid, CHIP, and most **INSURANCE** companies **FULLY COVER WELL-CHILD VISITS!**



RECOMMENDED IMMUNIZATIONS FOR CHILDREN 11 & OLDER:

Tdap
(Tetanus, Diphtheria, Pertussis)

MCV4
(Meningococcal)

HPV
(Human Papillomavirus)

Flu
(Seasonal)

