



# Need a Sports Physical?

## NO COST SPORTS PHYSICAL CLINICS AT STUDENT HEALTH CENTERS (Aug. 11-17)

Student athletes may get a sports physical for no cost at any Multnomah County Student Health Center. The following Student Health Centers are hosting special Sports Physical Clinics at all eight locations between August 11-17. Additional details on back. Call to schedule your appointment! No walk-ins please, due to COVID-19 precautions.

 <p><b>Aug. 13 &amp; 17</b> Centennial HS 503-988-5488</p>	 <p><b>Aug. 12 &amp; 17</b> Cleveland HS 503-988-3350</p>	 <p><b>Aug. 12-13 &amp; 16</b> David Douglas HS 503-988-3554</p>	 <p><b>Aug. 13 &amp; 17</b> Franklin HS 503-988-3370</p>	 <p><b>Aug. 11 &amp; 16</b> Jefferson HS 503-988-3360</p>
 <p><b>Available all summer!</b> Parkrose High School 503-988-3392</p>	 <p><b>Aug. 11-12</b> Reynolds HS 503-988-3340</p>	 <p><b>Aug. 16-17</b> Roosevelt HS 503-988-3909</p>		



## Sports Physical FAQ:

### **What is included with my sports physical?**

This is a comprehensive wellness visit. We will assess your ability to safely compete in sports and also check in with you about social/emotional development, mental health and provide you with an opportunity to ask health related questions. If needed, we will offer immunizations to get you up-to-date on your shots.

### **What if I already had a wellness visit in the past 12 months?**

Your medical provider will be able to sign the sports physical form for you. You will not need a new wellness exam.

### **Will you bill my insurance?**

Yes. If you have coverage, we will bill your insurance.

### **If I have insurance, will there be a copay?**

No. You will not have an out-of-pocket cost or copay for our services.

### **What should I bring?**

Completed and signed Sports Physical Forms (**scan QR Code above**) or go to [multco.us/student-health](http://multco.us/student-health). Wear shorts. If you wear glasses, bring them for the eye exam.

## About Student Health Centers:

### **Is the Student Health Center right for me or my student?**

- ✓ Is the student a resident of Multnomah County?
- ✓ Is the student age 5-18 (we serve K-12 students)?

If so, then **yes!** The Student Health Center can be your primary doctor's office or provide on-demand services. Students do not need to attend the school where the clinic is located. Insurance is accepted, but not required AND there are no out of pocket costs to your family.

### **What about insurance? What types of coverage do you take?**

We accept all types of insurance, including Kaiser. If your student has insurance, we will use this to offset the cost of offering services. There will be no copay or bill for our services. We serve all students, even those without insurance. If your student does not have insurance, we can work with you to help get coverage.

### **How much does it cost?**

There is no out-of-pocket cost for seeking care at a Student Health Center (no co-pay or cost).

### **Does the student need to attend the school where the clinic is located?**

No. K-12 aged youth in Multnomah County can access services at any Student Health Center, regardless of its location. That means that students can access services at locations at any school or school district.