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Dear Parent,

We are frequently asked to provide a medical evaluation and complete forms required by a school district, organization or club to clear a child for participation in certain physical activities.

We recognize that some schools and urgent care centers also offer pre-participation physicals. These “sports physicals” should not replace the annual well-child exam. The annual well-child exam allows us to discuss any health problems your child may have, including acne or chronic health conditions. It is also our opportunity to discuss with your child important topics such as peer pressure, nutrition, and avoiding drugs, tobacco and steroids. We want to develop an open, trusting relationship with you and your child so you can turn to us with questions or concerns regarding puberty, normal development or any medical conditions.

A routine physical will be sufficient to clear your child for recreational non-competitive activities and will say so on the form. If your child has had a well-child exam within the last year and now needs clearance for competitive sports or has some sort of disability that requires special evaluation, we may need to update the medical history and provide a limited exam prior to completing the clearance form. We charge \$40 for this service for the first child and \$25 for each additional child, which is payable at the time of your visit, as insurance companies do not cover this service. If it's been more than a year since your child's last well-child exam, we recommend that you schedule a “well-child exam with a sports physical”. We will be glad to do the sports assessment and complete the clearance form at the same time. The same fees will apply in addition to the physical.

Thank you again for choosing us to provide this important service. We value your trust and welcome your comments or questions.

Sincerely,

Tatiana Hamawi, M.D.