



Hello Parents & Guardians,

It's Sports Physical time!

West River Health Services will be offering Sports Physicals and Well Child Exams for Grades 6-12 on Friday, April 21 (8 am-5 pm), Friday, May 5 (8 am-6 pm), and Saturday, May 6 (8 am-Noon) in the Hettinger Clinic.

**What is the difference between a Sports Physical and a Well Child Exam?**

A sports physical is a focused evaluation looking only for concerns in the personal or family history and on the physical examination that would interfere with safe sports participation for the child.

A Well-Child Visit is recommended annually for all children and is a more thorough evaluation including screenings for vision, and hearing, a confidential evaluation for any mental or reproductive health concerns, address or follow-up on medical concerns, filling medications, screening preventative labs if needed and to provide any immunizations your child is due to receive.

**What is the cost?**

Sports Physical: \$45.00 due at the time of evaluation.

Well-Child Exam: Annual Physical submitted to health insurance and the sports physical form will be filled out free during this visit.

Most Health Insurance Plans will cover an Annual Well Child Exam and Immunizations; however, you will want to verify that coverage with your specific health plan by calling the number listed on the back of your insurance card.

**How do I sign up?**

Contact West River Health Services, Hettinger Clinic at 701-567-4561 for an appointment.

Please specify with Registration whether you want just a Sports Physical or a more comprehensive Well Child Exam.

**What to bring?**

Athletic Forms that are complete and signed on all pages.

**If you come to your appointment without a parent or guardian**, bring the completed, (Consent to treat Minor Children) form.

Wear shorts or bring them with you.

It is going to be a great season!

Sincerely,  
Joy Laufer, LPN  
West River Health Services