

Athletic Physicals

For school sports eligibility

Beginning with 7th grade, the Minnesota State High School League requires a physical exam once every 3 years for students who wish to participate in any form of athletic activities, including cheerleading. This also includes 6th grade students participating in 7th grade athletic activities.

For many students, this is an opportunity for a thorough Well Child visit with your primary physician, billed to your insurance carrier. We also offer a discounted cash-only sports physical for those preferring this option.

Sanford Luverne will schedule these exams during regular office hours **starting in June**.

- We will offer a discounted cash only sports physical for \$35 on appointments scheduled only as an athletic exam. The \$35 will need to be paid at the time of the exam. For this reduced price we will not be doing any billing or filing of insurance.
- If you prefer that insurance is filed for the exam, please schedule this appointment as a Well Child exam, indicating you also need a sports physical. We will bill your insurance and no cash is necessary at the time of the visit.
- Parents will need to have the school-provided physical form completely filled out PRIOR to the appointment. This includes a parent/legal guardian signature. This signature provides the clinic with the required consent to perform the physical.
- **Vaccines cannot be given to a minor without parental consent, so parents of unaccompanied minors will be contacted to give verbal consent at the visit.** If you have insurance coverage, please send your insurance card along to the physical. Rules related to use of State vaccine will apply.
- We will try to make this physical a pleasant experience for your child. To remove the stress of undressing, we ask that they wear a loose fitting T-shirt and shorts.

To reserve a time, request an appointment through Sanford MyChart or call:

(507) 283-4476 • Sanford Luverne Clinic • 1601 N Sioux Valley Drive, Luverne, MN 56156

If you have any questions regarding the physical, please contact your school or your Sanford clinic.