

SPORTS PHYSICALS

GET READY FOR THE SEASON!



Get Ready for the Season:
Sports & Annual Physicals Available!

It's that time of year! Whether your child is gearing up for football, volleyball, cross-country, or any other sport, a sports physical is the first step to a safe and successful season. These check-ups make sure your athlete is healthy, ready to play, and less likely to get injured.

Why Sports Physicals Matter

- Most schools require them before participation.
- They can detect potential health concerns early.
- They give athletes the opportunity to talk with a healthcare provider about training, nutrition, and injury prevention.



5 Benefits of a Sports Physical

Clear the Way to Play

Meet school requirements without the stress.

Peace of Mind

Know you're ready for the season ahead.

Boost Your Game

Get performance and training tips.

Stay Injury-Free

Identify risks before they sideline you.

The Benefits of Using Your Employee Clinic



Zero Cost, All Access

Eligible members pay nothing — it's already part of your benefits.



Your Schedule, Your Way

Convenient location and flexible times so you don't miss work, class, or practice.



Personalized Care

Providers who know you and your family's health history, giving you a more accurate and tailored check-up.



One-Stop Wellness

Get your sports physical and schedule your annual check-up in the same visit.

And Don't Forget – Annual Physicals Are Available Year-Round!

You don't need to wait for sports season to check in on your health. Annual physicals help track changes, catch issues early, and keep you feeling your best all year. Schedule your appointment at your convenience!

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