



Well Child Visits Vs. Sports Physicals



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WHAT'S THE DIFFERENCE?

Well Child Visits

- Complete annual check of child's total health, growth, and development
- Full body evaluation of sleep, diet, mental health, and routine immunizations
- Routine checks for hearing, vision, and blood exams
- Well-Child Visits include sports physicals
- Reviews the health, wellness, and safety of a child

Sports Physicals

- Brief check of a child's muscles, bones, and heart
- These checks only focus on if a child is healthy enough to play sports
- Does NOT take the place of a Well Child Visit

WHY ARE WELL CHILD VISITS IMPORTANT?

- Helps to track growth- and development milestones for all ages
- Ensures that your child is healthy and can get resources and services to address any health problems or illnesses
- Will ensure you stay up to date on all care services available to your children to include immunizations and screenings
- It is a chance to review the steps you can take to protect your child from injury and illness
- When you schedule a well-child visit every year for your child, it promotes better health habits
- A well visit can also include a check to clear a child to join safely in sports
- It can combine care in one appointment instead of having to schedule appointments for a sports physical, vaccines, or other care.