

Dear Renton School District Athletes and Families,

Every other year, students participating in school sports are asked to complete a medical exam with a healthcare provider. This exam is specifically known as a pre-participation physical exam, or more commonly, a sports physical. I am pleased to announce that the **HealthPoint Clinic** at Renton High offers sports physicals for Renton School District students. Any such student is welcome to get their sports physical at the clinic; however, we would like to clarify a few things that have caused confusion in the past.

- **It is preferred this exam is done by a healthcare professional who is familiar with your student's medical history.** If your student already has a primary care provider (PCP), we recommend scheduling with them for this exam. If you do not have a PCP, if you are unable to schedule with them in time to meet the school's deadline, or if you cannot afford costs associated with an appointment with your own provider, then we welcome you to schedule your sports physical with us.
- **A sports physical is very similar to a well-child check, but includes additional exam and history elements to evaluate for conditions that could make sports participation unsafe.** If you schedule a sports physical, we will be performing a well check, and you do not need to repeat this type of visit for another year. In fact, if you have insurance, they may substitute this visit as your annual well check, making it difficult for your own doctor to collect similar associated fees within 1 year.

Please complete and sign the HealthPoint **registration forms** and the **sports physical form** together with your student prior to arriving in the clinic. If you are sending your student alone, please make sure to **review and sign all necessary forms**. Students are often not familiar with their past medical and family history, and we need to make sure we have accurate information. We may not be able to see your student if forms are not completed and signed. Additionally, by completing the registration, your students will be able to access care from our school-based clinic for other purposes during the school year.

We are excited about offering this service to the Renton community, and look forward to seeing Renton student athletes in clinic. Please feel free to contact **Sandra Munguia**, our RHS Clinic Coordinator, if you have questions or would like to schedule an appointment: **425-424-6310**.

Sincerely,

Brianne Taylor, MD, DTM&H
Lead Physician for School-Based Health Programs
HealthPoint Renton High School