



Play Smart

Free youth heart screening event (ages 12-18)



Chances are your heart is healthy, but a small percentage of young people have hidden heart abnormalities that put their lives at risk – especially during physical exertion.

Play Smart has provided over 40,000 free youth heart screenings since 2012. We have diagnosed hypertrophic cardiomyopathy, long QT syndrome, Wolff-Parkinson-White syndrome, and other conditions that can be treated or monitored. Some of these abnormalities cannot be diagnosed by routine well-child exams or sports physicals.

Screenings are a quick and painless cardiac test called an electrocardiogram (ECG). At least one screening is recommended during the teenage years. It is not required to be a patient of Providence or have Providence insurance to participate.

If the individual is experiencing symptoms, needs a return to play or sports clearance for school or an athletic club, please contact your primary care provider, as a more detailed evaluation may be appropriate.



By appointment only:

Saturday, Nov. 14, 2026 | 9:30 a.m.-12:30 p.m.

Providence Health Center - Reed's Crossing
7305 SE Circuit Dr., Hillsboro, OR 97123

providencebasecamp.org/playsmart
Questions? Call 502.216.0880.



The ECG Experience

Small electrodes (like a sticker) are placed on the arms, legs, and chest. Wires and clips are then attached to the electrodes and the ECG machine. While relaxed and breathing normally, the ECG machine receives signals from the electrodes that measure the heart's function over a 10-second period.

Screenings are reviewed by a Providence cardiologist and results shared through a safe and secure process.

Play Smart is powered by Basecamp Prevention + Wellness, part of Providence Heart Institute.

Hillsboro School District does not endorse or sponsor the activities and/or information contained in community flyers.