



Dear Parent:

Beginning with 7<sup>th</sup> grade the Iowa High School Athletic Association requires a physical yearly for students who wish to participate in any form of athletic activities, including cheerleading. This also includes 6<sup>th</sup> grade students participating in 7<sup>th</sup> grade athletic activities.

The Sanford Clinics in George and Rock Rapids are happy to once again be a part of this process. We understand, however, that the costs associated with a child in school continue to rise, and being conscious of this, we would like to do our part to reduce this expense.

Both clinics will schedule these exams during **regular office hours**, and will be reducing the cost of the exam to \$35.00. In order to complete the physical for this amount we ask the following:

- We will offer the discount on appointments scheduled only as an athletic exam. **The \$35.00 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 want insurance filed, you will need to schedule this appointment as a wellness exam and please send your insurance card along to the appointment.** We will be performing ONLY an athletic physical. If your child requires other medical attention, please schedule a regular appointment. If during the physical a physician notes that other services are needed, a return appointment will need to be scheduled.
- **If your child is in need of vaccinations we will need to know at the time we schedule the appointment and we will need to schedule the visit as a wellness exam so we will be able to bill insurance for both the visit and the vaccinations.** Rules related to use of State vaccine will apply and there are *recent changes for the 2018-2019 school year*. **No vaccines can be given without parental consent.**
- Parents will need to have the school-provided physical form completely filled out PRIOR to the appointment. This includes a parent/legal guardian signature.
- If your child will be coming to the visit without a parent/legal guardian please let us know when you schedule your appointment and also call the clinic the day of your visit and give verbal consent. **We will not be able to complete the exam without parental consent.**

If you have any questions regarding the physical, please feel free to contact your school's health department or our offices.

Sanford George Clinic (712) 475-3393  
Sanford Rock Rapids Clinic (712) 472-3716

We look forward to serving your child's needs. This exam promotes a positive relationship between a patient and their physician and helps encourage a healthy future.

Sincerely,

Sanford Rock Rapids Clinic and Sanford George Clinic