



November 29, 2019

Dear parents/guardians and student-athletes,

For the past decade, it has been the privilege of your school district to partner with Madras Medical Group, St Charles Family Care, Mosaic Medical, Madras Physical Therapy, Apex Physical Therapy, Jefferson County EMS, and the Jefferson County Fire Department to provide free sports physicals in August and September to the student athletes of the 509-J and Culver school districts. Recommendations have changed at the state and federal level, however, with a greater emphasis on preventive primary care for all children and adolescents. Health insurance coverage is also now available through the health insurance exchange, employer insurance, or the Oregon Health Plan for all children in Oregon.

Beginning in 2020, we will no longer offer sports physicals using the group model in August or September. We encourage every middle and high school student to schedule an Adolescent Wellness Visit with their primary care clinic every year. Sports physical forms should be completed as part of the annual Adolescent Wellness Visit.

Oregon sports physical forms can be downloaded at www.oktoplaysports.org and should be completed in anticipation of your student's wellness visit. They can also be printed off by your primary care clinic at the time of your visit.

We encourage parents/guardians and students to plan ahead and schedule your annual Adolescent Wellness Visit starting in January 2020. Primary care clinics who see adolescents include Madras Medical Group, Mosaic Medical, St Charles Family Care Madras, Warm Springs Health & Wellness, and the School-Based Clinic at Madras High School. If your teen does not have a primary care provider, Madras Medical Group has available capacity to accommodate the primary care needs of any student athlete in Jefferson County.

Sports physical forms are valid for two years. Please remember that your student athlete will not be able to start practice at the beginning of any sports season if their sports physical will expire during the season. Please plan ahead to ensure your athlete is up to date and can start the season with their team.

For more information about Adolescent Wellness Visits and the new process for sports physical exams, please contact your coach, the athletic director of your district, or your primary care clinic. We look forward to a healthy and safe sports season for your athlete!

Jefferson County School District 509-J

Culver School District