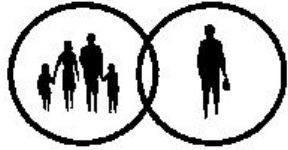


Superior Family Medical Center



525 E. 11th St.

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Heidi Bergen, A.P.R.N.

SUPERIOR FAMILY MEDICAL CENTER

JR-SR HIGH SCHOOL SPORTS PHYSICALS FOR 2018-2019 SCHOOL YEAR

Superior Clinic:

Please call for an appointment (402) 879-4781

Monday, May 21

1 p.m. to 5 p.m.

Monday, June 25

1 p.m. to 5 p.m.

Thursday, June 28

9 a.m. to noon

Monday, July 2

8 a.m. to noon

Wednesday, July 11

9 a.m. to noon

Tuesday, July 17

1 p.m. to 5 p.m.

Tuesday, August 7

8 a.m. to noon

Nelson Clinic:

Please call for an appointment (402) 225-2375

Wednesday, June 13 ALL DAY

Monday, July 9 1 p.m. to 5 p.m.

Edgar Clinic:

Please call for an appointment (402) 224-3344

Thursday, June 28 ALL DAY

COST: Sports physicals are **\$25.00** on the above dates only and payment is due at the time of the physical. An EKG can be performed for an additional discounted rate of \$15 to those interested. Please indicate when calling to make the appointment whether or not the athlete wants an EKG.

Providers say each athlete should have one EKG performed during their career; if the athlete has had one EKG and it was normal, they do not necessarily need another EKG. **UNDER NO CIRCUMSTANCES** will sports physicals be turned into any insurance company (including state agencies such as Medicaid—Nebraska, Total Care, WellCare, or United HealthCare Community Plan) as a wellness exam. If you desire the student athlete to have a wellness exam benefit paid by your insurance company, you will need to schedule a well-child exam during regular office hours outside of the designated sports physicals days.

In addition, if your student athlete has a condition or injury that needs to be addressed, the athlete will need to schedule a separate visit—it will not be addressed at the sports physical.

Continued...

Please bring to your appointment:

- 1) **Athlete's physical form with the athlete/parents' portions must be completed before you arrive for your appointment. ****THIS IS VERY IMPORTANT**** If the form is not completed prior to your arrival, you will be asked to complete the form before you will be checked in for your appointment.**
- 2) **A urine specimen with the container marked with the athlete's name.**
- 3) **Athlete's complete immunization record.**
- 4) Please wear loose fitting clothing such as a T-shirt and shorts.

Immunizations:

All 7th graders are required to have a tetanus shot (Tdap)—this will be administered unless the parent notifies us differently. If athlete is covered under state agency (such as Medicaid –Nebraska Total Care, WellCare, or United Healthcare Community Plan) they will be required to obtain this immunization through the Immunization Clinic. If athlete is uninsured, it is highly recommended, due to cost, to also obtain this through the Immunization Clinic.

Optional vaccines include Gardasil and Menactra. If you would like additional information on these vaccines to help you make an informative decision on whether or not you would like your child to be vaccinated, please do not hesitate to contact our office.

Gardasil series is highly recommended in male and female children and is indicated at age 9.

Menactra is a safe and effective vaccine to protect against meningitis.