



My Well Care Appointment

My appointment is with:

Questions to ask:

Where:

When:

What's the Difference Between a Well Care Exam and a Sports Physical?

Local high schools require athletes to provide proof of an annual physical exam in order to participate in high school sports. Unfortunately, families may not realize that a sports physical is not as comprehensive as a well care exam.

A sports physical is an exam that helps determine if it is safe for the athlete to participate in a particular sport.

An annual well care exam gives providers a chance to perform a thorough physical exam and health assessment.

Since your adolescent already needs an annual well care exam, there is no need to schedule a separate sports physical. (It should be noted that TRICARE does not cover sports physicals.) Just be sure to schedule your child's annual well care exam a few weeks prior to the start of the sport season.



Sales Department
919 Hidden Ridge | Irving | TX 75038
Address Service Requested

Remember to ask your provider which screenings are recommended for your child's age. Preventive care visits are covered at no cost to you.

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Recommended Immunizations for Children 7-18 Years Old

2019 Recommended Immunizations for Children 7-18 Years Old

7-8 Years	9-10 Years	11-12 Years	13-15 Years	16-18 Years
Flu (Influenza) ¹				
		Tdap (Tetanus, diptheria, pertussis) ²		
		HPV (Human Papillomavirus) ³		
		Meningococcal MenACWY ⁴		
		Meningococcal MenB ⁵		
		Pneumococcal		
		Hepatitis B		
Hepatitis A				
Inactivated Polio				
MMR (Measles, Mumps, Rubella)				
Chickenpox (Varicella)				

These shaded boxes indicate when the vaccine is recommended for all children, unless your provider tells you that your child cannot safely receive the vaccine.

These shaded boxes indicate the vaccine should be given if a child is catching up on missed vaccines.

These shaded boxes indicate the vaccine is recommended for children with certain health conditions that put them at high risk for serious diseases. Note: healthy children can get the HepA series. See vaccine-specific recommendations at cdc.gov/vaccines/pubs/ACIP-list.htm.

¹ Preteens and teens should get a flu vaccine every year.
² Preteens and teens should get one shot of Tdap at age 11 or 12 years old.
³ All 11-12 year olds should get a 2-shot series of HPV vaccine at least 6 months apart. A 3-shot series is needed for those with weakened immune systems and those aged 15 or older.
⁴ All 11-12 year olds should get a single shot of meningococcal conjugate (MenACWY) vaccine. A booster shot is recommended at age 16.
⁵ Teens, 16-18 years old, **may** be vaccinated with a serogroup B meningococcal (MenB) vaccine.

For more information on CDC regulations,
call 800.CDC.INFO (800.232.4636) or
visit cdc.gov/vaccines.

