



If your children underwent a sports physical through their school district, you might wonder why it's also necessary for them to see their doctor.

Sports physicals performed through schools are very convenient, very quick and inexpensive however, there are a number of benefits of visiting the pediatrician for a well-child exam, rather than just undergoing a sports physical.

Benefits of a well-child exam

1. With your pediatrician, you will receive a full assessment of your child's specific needs with someone who knows your child and your family.
2. You are present at the visit so you can get information and ask questions about your child's
 - *Development
 - *Nutritional status
 - *Chronic medical issues
 - *Past injuries and how they relate to the sport in which he is planning to participate
3. Your pediatrician will be sure your child has the appropriate immunizations at this visit and they can refill any chronic medications your child takes.
4. Your pediatrician can also refer your child to any specialists they may need to see to be sure they are fit for the sports they choose.
5. Your well-child exam can also be used as the school's annual Sports Exam if it is done after a certain date in the spring.
(Check with your school for their date.)

Please call Olympia Pediatrics today to schedule your child's Well Visit: 360.413.8470