



# Sports Physicals

## No out-of-pocket costs Call to schedule

Centennial Student Health Center 3505 SE 182nd Ave. Gresham Phone: 503-988-5488

Cleveland Student Health Center 3400 SE 26th Ave, Portland

Phone: 503-988-3350

1034 SE 130th Ave.

Phone: 503-988-3554

Franklin Student Health Center 5405 SE Woodward St

Phone: 503-988-3370

Jefferson Student Health Center

5210 N Kerby St

Phone: 503-988-3360

David Douglas Student Health Center McDaniel Student Health Center

2735 NE 82nd Ave

Phone: 503-988-3382

Parkrose Student Health Center 12003 NE Shaver St

Phone: 503-988-3392

Reynolds Student Health Center 1698 SW Cherry Park Rd, Troutdale

Phone: 503-988-3340

Roosevelt Student Health Center 6941 N Central St, Portland

Phone: 503-988-3909

You must bring an Oregon Student Activity Association (OSAA) sports physical clearance form that has been filled out and signed by a parent or guardian to your appointment. This form is also available at multco.us/student-health and available through most school athletic offices.

We serve all Multnomah County K-12 students with or without insurance.



download form





Scan this QR Code to download form

#### **Sports Physical FAQ:**

#### What is included with my sports physical?

This is a comprehensive wellness visit. We will assess your ability to safely compete in sports and also check in with you about social/emotional development, mental health and provide you with an opportunity to ask health related questions. If needed, we will offer immunizations to get you up-to-date on your shots.

#### What if I already had a wellness visit in the past 12 months?

Call your doctor's office. Your medical provider will be able to sign the sports physical form for you. You will not need a new wellness exam.

#### Will you bill my insurance?

Yes. If you have coverage, we will bill your insurance.

#### If I have insurance, will there be a copay?

No. You will not have an out-of-pocket cost or copay for our services.

#### What should I bring?

You must bring an Oregon Student Activity Association (OSAA) sports physical clearance form that has been filled out and signed by a parent or guardian to your appointment. This form is also available at **multco.us/student-health** and through most school athletic offices. Also, please wear shorts. If you wear glasses, please bring them for the eye exam.

#### **About Student Health Centers:**

#### Is the Student Health Center right for me or my student?

- ✓ Is the youth a resident of Multnomah County?
- ✓ Is the youth school age (we serve ages 5-19)?

If so, then yes! The Student Health Center can be your primary doctor's office or provide ondemand services. Students do not need to attend the school where the clinic is located. Insurance is accepted, but not required <u>AND</u> there are no out of pocket costs to your family.

### What about insurance? What types of coverage do you take?

We accept all types of insurance, including Kaiser. If your student has insurance, we will use this to offset the cost of offering services. There will be no copay or bill for our services. We serve all students, even those without insurance. If your student does not have insurance, we can work with you to help get coverage.

#### How much does it cost?

There is no out-of-pocket cost for seeking care at a Student Health Center. No co-pay or cost for services.

#### Does the student need to attend the school where the clinic is located?

**No**. K-12 age youth in Multnomah County can access services at <u>any</u> Student Health Center, regardless of its location. That means that students can access services at locations at any school or school district.