



Stewart Memorial
Community Hospital
McCrary Rost Clinics

An Affiliate of  UnityPoint Health

Administrative Offices
1301 W Main Street
Lake City, IA 51449-0114
(712)464-3171 • 800-262-2614
fax (712)464-3269
stewartmemorial.org

ATHLETIC PHYSICALS 2019-2020

An annual wellness exam is recommended yearly by the American Medical Association as the 'one vital key to improving youth health'. Most insurance companies offer one annual wellness exam 'free' per year. This exam will provide all necessary age appropriate screenings, immunizations and assessments by a medical provider at McCrary Rost Clinics. Please consider an annual wellness exam, instead of an athletic physical. If you would like it billed to your insurance company, it is your responsibility to contact the insurance company before scheduling to ensure coverage and notify our staff when scheduling an appointment.

All students entering grades 7-12 for the 2019-2020 school year (currently grades 6-11) planning on participating in any sports, including cheerleading, dance team, swimming and soccer, must have a current athletic physical on file with the school nurses.

The McCrary-Rost Clinic Medical Staff will perform these physicals for a reduced rate of \$20.00. Student athletes are to bring the physical form with them to their scheduled appointment. The Health History and parental permission areas are to be completed prior to the exam.

PLEASE NOTE THE FOLLOWING:

- Fee must be paid at the time of service. If fee is NOT paid, physical form will not be released to the patient until the fee is paid.
- Athletic physicals include only the assessment listed on the school form.
- For questions regarding the above terms, please contact Joanne Bean, McCrary-Rost Clinic, Lake City, 712-464-3194.

COLLEGE PHYSICALS

McCrary-Rost Clinics will be offering college entrance physicals and college athletic physicals at a reduced rate of **\$50.00**. This reduced fee, paid at the time of service, includes the exam and completion of required college forms. An additional charge will apply for immunizations, lab tests or other medical issues, these will be billed to your insurance company.



119 East Main Street
Lake City, Iowa 51449
712-464-3301

Dear Parent or Guardian:

Redenius Chiropractic in Lake City will be providing pre-participation physicals to all students for the 2019-2020 school year. Dr. Redenius provides pre-participation physicals for just \$20.00, and students receive a free t-shirt with after completing the pre-participation physical. College physicals are also provided by Dr. Redenius. Redenius Chiropractic is in network with all major insurance companies, however, pre-participation physicals are not covered. If you would like to schedule a pre-participation or college physical for your student for the 2019-2020 school year, please call 712-464-3301.

Dr. Jeff Redenius



401 Court Street
Rockwell City, IA 50579
(712) 297-2026
(fax) (712) 297-2019

Nick Hildreth Memorial Clinic
offers school sports physicals
for \$20.

If you have not had your yearly
Wellness Exam through
Insurance, we will complete
your sports physical form at no
additional cost with your yearly
exam.
