

Please remember to schedule your child's annual physical appointment as soon as possible, so that you can get the most convenient appointment.

Starting at age 3 yearly physicals are mandatory for continued care for other problems at BelliAcres Pediatrics

A child under the age of 18 should be accompanied by a parent or guardian during all appointments. Once your child becomes 18 years of age, they are legally considered an adult and we require a signed consent from them allowing us to speak with anyone else about their healthcare.

Children who attend daycare, camp, school, and sports activities are often required to have forms completed. Make sure you bring all the necessary forms and complete your part of the form before coming to the appointment. Check our main menu for links to many local school and sports forms. Remember to bring a separate medication form for each medicine your child will take while away from home.

A special note for high school physicals. Once in high school, most schools require a pre-participation physical. Frequently, these are required after June 1. Many patients choose to move their comprehensive annual physical to the summer to fulfill these requirements. *The summer schedule fills quickly, because of this, so you should schedule this well in advance. Finally, some insurance carriers require a full calendar year between physicals. It is your responsibility to check with your carrier to make sure you are eligible for this exam within their rules.*

Anne Arundel County, along with many of the local jurisdictions, require that the pre-participation sports examination (sport PE) be performed after June 1 for the upcoming school year. This has been their policy for many years and has caused significant burdens for parents of these teenagers along with the additional burden of overtaxing our office in the summer months. Additionally, we recommend and require that children have a comprehensive health maintenance visit each year in this office. We believe that it is, ideally, done at about the time of the child's birthday. This causes an issue, many times, with the school's requirement for sports physicals.

To remedy this we are now offering sports physicals, at any time, where the scope of the visit will be limited to assessing the ability for the athlete to perform in his or her sport. We will do this for a flat fee of \$50 and that will include completing any **single** pre-participation sport form. This will **not** be billed to insurance and there will not be an opportunity at these visits to discuss other health maintenance issues.

This will **not** be in lieu of the required yearly health maintenance visit to maintain active status in this practice. Those visits **will** be billed to insurance and **will** allow us adequate time to review all of the issues pertinent to good health, growth and development.