To: Area Parents/Coaches/Athletic Directors

Regarding: School Physicals

From: Cindy Jakubowski RN, Clinic Manager Avera Medical Group O'Neill

As the 2024-2025 school year comes to a close, we continue to be reminded of how quickly the years pass! We are hopeful for an enjoyable summer, and look to a successful season ahead for our sports teams. To prepare, NSAA will require Pre-Participation Physical Examinations (PPE) for all 7-12 grade students participating in athletic activities.

Providers with Avera Medical Group O'Neill are committed to serving the health and wellness of each individual student. Wellness exams are an opportune time to catch children up on the recommended immunizations, and detect problems that may affect learning and overall health. It is a way to educate kids and families on safety issues as well as good health practices. We do encourage parents/guardians to schedule a Well Child Exam with the provider of their choice.

We want to take this opportunity to inform parents what a Well Child Check is. A **Well Child Check** is a school physical **PLUS** an in-depth review of your child's overall health and wellbeing. It will include the following:

1. A complete head to toe physical
2. A complete set of vital signs to include, height, weight, BMI, heart rate, respiratory rate and blood pressure.
3. A review of your child's allergies
4. A review of your child's medications
5. A review of your child's immunizations, along with receiving any immunizations that are due.
6. A review of your child's past medical history
7. A review of your child's social history, which includes risky behaviors such as tobacco usage, choices in foods and caffeine use, alcohol use, seat belt use to name a few.
8. Most importantly this is an excellent opportunity for your provider to educate your teen about healthy lifestyles and behaviors.

The above items are just the starting point for what is offered during a Well Child Check. As you can see, it is much different than a brief screening. The healthcare industry is trying to educate everyone on the importance of prevention, and this is one way we can start making our teens healthier.

Avera Medical Group will be offering Well Child Checks throughout the summer during clinical hours of Monday thru Friday 8am to 5pm, as well as on our scheduled dates at our satellite clinics in Chambers, Ewing, Page and Spencer. ***We are highly encouraging parents to get your child in sooner rather than later.*** Some sports camps will require a physical to be completed prior to attending. We do encourage you to check with your insurance company in regards to coverage for Well Child checks.

Please make sure you review your child's immunization record prior to their appointment. If you have questions as to if they need vaccinations, you can visit with the nurse or the provider.

When you come to your appointment please bring the following.

1. **A parent (we will need parent permission to see the child, and administer vaccines if needed).**
2. **Your child's Immunization record.**
3. **COMPLETED School physical form if required (check with your school, OR download from the NSAA website).**

We invite you to call us with questions or concerns at 402-336-2900, or directly to the providers at the numbers listed below. Thank you for allowing us to be a part of your Healthcare Team! **Again, students are encouraged to schedule their appointments early in the summer to ensure completion on time!** Best of luck next season.

Sincerely,

Avera Medical Group O'Neill Providers and Staff

Avera Medical Group Providers:

Dr. Matthew Winkelbauer-402-336-2901

Dr. Beau Fry-402-336-2901

Dr. Barbara Gutshall-402-336-2903

Dr. Dena Jundt-402-336-2903 (available until June 25th, 2025)

Dr. Alexis Erbst-402-336-2904 (O'Neill and Spencer Clinics)

Rachel Wecker APRN-402-336-2901 (O'Neill and Chambers Clinics)

Anna Novak APRN-402-336-2904 (O'Neill, and Spencer Clinics)

Tara Callison PA-C-402-336-2903 (O'Neill, Ewing, and Page Clinics)

Jacob Runyan PA-C- 402-336-2902 (available after June 9th, 2025)