



Stay on top of your game

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With the Spring and Summer sports season just around the corner, it's important for student athletes to get a sports physical to determine whether it's safe to participate in physical activity. A sports physical is different from a standard physical because it focuses on athletic issues rather than general wellness.

A sports physical isn't designed to disqualify students, but instead to determine what level of participation is safe for a student athlete. Most schools require it, but even if they don't, it's highly recommended for athletes to have one completed at least once a year. Ideally, physicals should be completed a month before the athletic season begins to allow enough time to follow up on any health issues that may be identified during the physical.

Components of the Sports Physical Exam include:

Medical history | Injury history | Cardiovascular history | Vital signs | Physical/wellness exam

Save money and schedule your appointment today by calling the HealthyMe Employee Clinic at 385.468.0555.

A Sports Physical is only \$10 (\$30 for high deductible plans).



Salt Lake Government Center
2001 S. State Street, Salt Lake City, UT
South Building | 2nd floor | S2-500
(385) 468.0555
9 am – 6 pm, Monday – Friday

(Closed daily from 1-2pm)