



# School physicals and well-care visits are not the same.

## ONE IS BETTER

### Did you know?

A school sports physical does not take the place of a regular checkup. It is designed to clear a student athlete for participation in sports, and nothing more. A Well-Care Exam (aka yearly physical/check-up) includes everything required by sports physicals, plus much more. Even better, well-care visits are free. Insurance (public and private) fully covers them.

### Topics Covered at a Well-Care Visit

- Height
- Weight
- Medical History
- Blood Pressure
- Heart, Lungs, Ears, Nose & Throat
- Immunizations
- Anxiety & Depression
- Substance Use or Abuse
- Sex & Sexuality
- Healthy Relationships
- Nutrition
- Exercise
- Safe Sex Practices
- Family Planning
- Screen Time
- Sleep Habits

**No provider? Call 815-727-8670 to  
schedule with the Will County  
Community Health Center.**

