

PRE-PARTICIPATION EVALUATION (PPE) OR WELLNESS VISIT *MAKING THE BEST CHOICE FOR YOUNG ATHLETES.*



SCHOOL SPORTS PARTICIPANTS NEED AN EVALUATION.

Both Illinois and Wisconsin require children participating in school sports to have an evaluation prior to play time. And while Illinois requires an evaluation each year, and Wisconsin requires an evaluation every other year—it is recognized by all as a necessary step for participating.

Monroe Clinic offers wellness visits and pre-participating evaluations to fulfill the requirement. However, it is important to understand the real differences between wellness visits and Pre-Participation Evaluations (PPE).

PHYSICAL / WELLNESS VISIT

Thorough medical history -including complete review of medical records and family history. Address all important health issues pertaining to adolescence.

Check vitals - blood pressure; pulse.

Lab tests if appropriate for urine and/or blood analysis.

Complete exam including preventative health care issues; specific adolescent healthcare issues, depression screening and discussion of social interactions that impact health and attitudes—as well as complete physical exam of heart, lungs, joints, range of motion, flexibility and strength.

Review and provide immunizations Tdap, meningococcal, HPV and HepA. Providing young athletes with up-to-date and full protection.

Physician, Nurse Practitioner, Physician Assistant specializing in Family Medicine or Pediatrics.

No out-of-pocket costs.
With the Affordable Care Act law all wellness visits are covered 100% by most health plans.

Review of prescription needs.

Available by appointment.
Special evening hours the first week of each month (June - August) for added convenience.

Approximately 20 to 60 minutes or more depending on the needs of the student athlete. Enjoy the dedicated attention of a primary care provider.

Schedule an appointment at any pediatrics, family medicine or any of the branches. (phone numbers listed in back.)

PRE-PARTICIPATION EVALUATION/SCREENING (PPE)

Review of medical history relative to sports only.
Determine health-related issues which might restrict an athlete from participating in sports.

Check vitals - blood pressure; pulse.

No lab work.

Sports-related physical exam focusing on heart, lungs, joints, range of motion, flexibility, strength, concussion and heat-related illness.

No immunizations.

Evaluation conducted by any number of health professionals—Nurses, Doctors, Athletic Trainers

\$20 cash payment. No insurance accepted.

No discussion of medications.

Available in late spring and summer months only.
Specific schools host events so all athletes can be screened together.

10 minutes.

Schedule through your school or call (608) 325-PLAY.

PREPARING *YOUNG ADULTS*—NOT JUST *YOUNG ATHLETES*—FOR A *HEALTHY FUTURE.*

Monroe Clinic follows evidence-based practice guidelines according to the American Academy of Pediatrics and Family Physicians. We recommend yearly physicals from three years of age and up. During the adolescent annual visit your child's primary care provider addresses health issues pertaining to their specific needs.

Through this relationship, caregivers are better able to monitor your child's development and recognize other potential concerns as your child grows and matures into adulthood.

Call to set up an appointment:

Albany, WI	608-862-1616
Blanchardville, WI	608-523-4261
Brodhead, WI	608-897-2191
Durand, IL	815-248-3443
Freeport, IL	815-235-1406
Lena, IL	815-369-4541
Monroe Clinic Family Medicine	608-324-2600
Monroe Clinic Pediatrics	608-324-2337
New Glarus	608-527-5296
Urgent Care - Freeport	815-233-7185



Sports Medicine Services
608-325-Play

monroeclinic.org

