

# Sports Physicals vs. Annual Well Visit – What's the Difference?



## Annual Well Visit

- A comprehensive exam completed by your child's primary care provider, who follows your child's growth and development each year.
- Includes evaluating physical, developmental, emotional and social aspects of your child's health.
- Review of child's and family's medical history to put preventive health measures in place, if needed.
- Review of any medicines the child takes.
- Checks child's vision and hearing.
- Developmental screenings.
- Creating a plan of care and following up on any medical needs/concerns.
- Labs and other tests, if needed.
- Specialty care referrals, if needed.
- Immunizations, as needed.
- Age-appropriate wellness education including diet, sleep, school, puberty, interpersonal and family behaviors and safety.

## Sports Physicals (Pre-participation Exams)

- This is an exam for athletes, completed by any qualified provider.
- Review of any preexisting injuries to determine risk of play.
- Review of your child's current health status and medical history to ensure that your child is healthy enough to play his or her sport.
- Purpose is to look for things that could lead to injury or illness in a student athlete -- including family history.
- The provider evaluates the athlete's general health for participation in sports.
- Provides an opportunity to discuss health-related topics with the provider.
- Evaluates the athlete's vision and hearing.

**Overall, an annual well visit includes everything required for sports physicals, and much more.**

Contact your child's primary care provider to schedule a well-visit. Need a provider?  
Find the closest Akron Children's provider by calling 330-543-2778 or visiting [akronchildrens.org/appointments](http://akronchildrens.org/appointments).