



UMPQUA COMMUNITY HEALTH CENTER

North County Sports Physicals Event

WHO: Umpqua Community Health Center (UCHC)

WHAT: Sports Physicals

WHEN: Thursday, July 18, from 1 p.m. to 6 p.m.

WHERE: UCHC North County Clinic
316 West A Avenue, Drain, OR

WHY: Sports physicals help determine whether it is safe for children and teens to participate in certain physical activities. They are required by many states before athletes begin a new sport or start a new competitive season.

HOW: No appointment necessary – walk-ins only. Parents or guardians must accompany their athletes to the physical. Please bring any documentation from your school that must be signed by the healthcare provider to confirm your athletic eligibility.

COST: The maximum out-of-pocket cost is \$25. If your child is covered by health insurance, please bring information to the visit.



PHYSICAL EXAMINATION

- Record height and weight
- Take blood pressure and pulse
- Vision test
- Check heart, lungs, abdomen, ears, nose and throat
- Evaluate posture, joints, strength and flexibility

ABOUT UMPQUA COMMUNITY HEALTH CENTER

Founded in 1992, Umpqua Community Health Center is an independent, board-governed, not-for-profit organization that cares for the people of Douglas County by providing high-quality, patient-centered, accessible and affordable medical, dental and behavioral healthcare, regardless of their ability to pay. We are recognized by the Oregon Health Authority as Douglas County's *only* 5 Star Patient-centered Primary Care Home.

CONTACT US

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