

May 14, 2020

To Whom it May Concern:

Horizon Health Care is deeply invested in our community's health. We value our partnership with our school district and appreciate the opportunity to continue working to keep your athletes well in the years to come.

We wanted to take a minute to share our plans for adolescent wellness exams this year. As an organization, we have relied on the expertise of the Centers for Disease Control and SD Department of Health to guide our actions during the COVID-19 pandemic. The Centers for Disease Control recommends that children continue to receive wellness exams and immunizations. As an organization, we have taken several precautions to ensure the safety of our patients, including patient and employee screening and scheduling well visits and sick visits at different times of the day.

Effective for the 2020-21 academic school year, we will continue the work we began last year by promoting age-appropriate wellness exams to adolescents in conjunction with their sports physical. A sports physical just clears a student for participation; a wellness exam protects children and sets them on a path of wellness for life. This comprehensive exam checks the boxes of a physical (and will meet all SDHSAA physical requirements), but it does so much more. That's why we're encouraging every parent to **schedule a yearly wellness exam** for their child.

The Way to Wellness – Starts Here

- It examines medical history and identifies risk factors
- It uncovers any challenges that may exist
- It looks at cognitive development, social and mental health

How long does it take?

About 30 minutes. But some visits will be closer to an hour.

What do you students need to bring?

An insurance card if they have one, medication list and a parent to provide consent.

How much does it cost?

Most insurances offer a free wellness visit. If a student does not have health insurance, we will work with the student's family to enroll them in the Sliding Fee Program that Horizon offers so they can receive a wellness exam at no cost.

Thank you for your partnership and efforts on behalf of the students. Please reach out if you have any questions or would like any additional information.

Sincerely,

Tonya Koepsell, Director of Operations
Horizon Health Care