



HEY ALL YOU ATHLETES!!

Congratulations on your plan to join a team for your school!
We all need to keep moving and playing, and a sport is a great way to do that!

— WHAT YOU NEED TO KNOW —

You won't be allowed to play or even practice with your team if your physical is **OUT OF DATE**.

A sports physical needs to be done **EVERY 3 YEARS**.

A sports physical has special requirements that athletes need to have checked for your safety.

You can get your physical from your Health Start Clinic at no cost to you.

****If you are unsure if your physical is up to date, give us a call to find out**

(We love getting money from insurance companies so if you have insurance, please bring that info with you).

Telehealth appointment line: 651-233-8951

Clinics are available Monday-Friday...CALL US!

Please find teen and parent resources



@MNcommunitycare

We can also help with other clinic needs:
mental health, nutrition, and health education!

