

# It's Time to Play!

## Get Your Student Ready for Extracurricular Activities with a Whole Child Physical

Goodside Health will request health insurance information for all Whole Child Physicals. A claim may be submitted to your health insurance provider for services rendered during a Whole Child Physical. Parents and families may receive a standard Explanation of Benefits, or EOB, from their health insurance provider. An EOB is not a bill.

### Have a question about an EOB or SchoolMed billing?

We're here to help! Send us your questions by completing the form at [gsh.co/billing-inquiries](https://gsh.co/billing-inquiries).

Goodside Health and your school district are proud to introduce **Whole Child Physicals** – part of the SchoolMed program.

Students are required by the state to complete a physical every year to take part in sports, band, dance, and other extracurricular activities. With a Whole Child Physical, your student(s) will receive much more than a standard sports physical.

### What's Included in a Whole Child Physical?\*

The Whole Child Physical includes the state-required physical and additional services, including:



## Preparticipation Physical Evaluation



AND



**Tobacco Screening**



**BMI Screening  
& Nutritional Counseling**



**Mental Health  
Screenings  
(OPTIONAL)**

SEE MORE ABOUT EACH SERVICE ON THE REVERSE SIDE OF THIS FLYER.

*\*The Whole Child Physical is not an annual well visit. Anyone completing this service is eligible for an annual well visit with your doctor.*

## How do I sign-up my student(s) for a Whole Child Physical?

Signing-up is a simple, three-step process:

**Step  
1**

Register for SchoolMed at  
[gsh.co/register](https://gsh.co/register)

**Step  
2**

Complete in full the Preparticipation  
Physical Evaluation Form and COVID-19  
Questionnaire online or on paper.

**Step  
3**

Show-up for the Whole Child Physical  
at the designated time and location  
for your school.

# Learn More About the Services of a Whole Child Physical

## Standard Services

### Preparticipation Physical Evaluation

The state requires a comprehensive physical evaluation and review of medical history by a parent/guardian and student every year. These services make sure that your student doesn't have a condition that would make it hazardous for them to participate in extracurricular events. Goodside Health wants to make sure your student can safely enjoy their favorite school-sponsored activities!



### Tobacco Screening

Many children are at risk of illness and early death because of their exposure to or use of nicotine products. Your student will receive a self-reported tobacco screening survey to early identify any opportunities to improve their health status.



### BMI Screening & Nutritional Counseling

Goodside Health offers a screening that identifies children that may be at risk for obesity and obesity related illness. We provide education information, nutritional tips, and other tools to prevent long-term health risks.



## Additional Service

Sign-up your student for a Mental Health Screening when you register!

### Mental Health Screenings

Mental health and wellness is very important for our children. Students ages 11-and-older are eligible to participate in a mental health screening. The goal of this screening is to make sure they aren't experiencing anxiety, depression, or mental illness. When you opt-in to a mental health screening, Goodside Health providers can help identify mental health concerns and provide referrals to additional services when appropriate.

