

Maximize *their* Health  
by gearing them up for next season!

Grand Valley  
**Health** Plan  
*30* years of exceeding expectations!



***\$20 Sports physicals for all sports, all schools,  
and all junior high & high school athletes.***

**Monday, April 16 through  
Tuesday, July 24**

Urgent Care Center  
East Leonard Medical Complex  
2680 Leonard NE  
(I-96 exit at Leonard)

*Hours:*

Mon - Fri. 6 pm to 9:30 pm  
Sat. - Sun. 10:30 am to 5:00 pm

**Wednesday, July 25\***

Beckwith Family Health Center  
East Leonard Medical Complex  
2680 Leonard NE  
(I-96 exit at Leonard)

**Wednesday, August 1\***

Wyoming Family Health Center  
5251 Clyde Park SW

***\*Dedicated sports physical dates.***

**Thursday, August 2 through  
Sunday, December 30**

Urgent Care Center  
East Leonard Medical Complex  
2680 Leonard NE  
(I-96 exit at Leonard)

*Hours:*

Mon - Fri. 6 pm to 9:30 pm  
Sat. - Sun. 10:30 am to 5:00 pm

Grand Valley sports physicals fulfill State requirements for the entire 2012-2013 school year.  
*Pre-registration is required. Please call (616) 949-2410 to schedule a date, time, and location.*

**Please note: Sports physicals are open to middle and high school students only. Students under the age of 18 MUST be accompanied by parent or guardian, or have written permission to receive a physical. Please also have your health history form filled out prior to your physical.**

# Above & Beyond *the typical Sports Physical.*



## *What makes Grand Valley's Sports Physicals better?*

### **During the exam, students receive the following:**

- Eye exam
- Blood Pressure screening
- Private session with a health care provider
- Private session with a Registered Dietician

### **The provider will:**

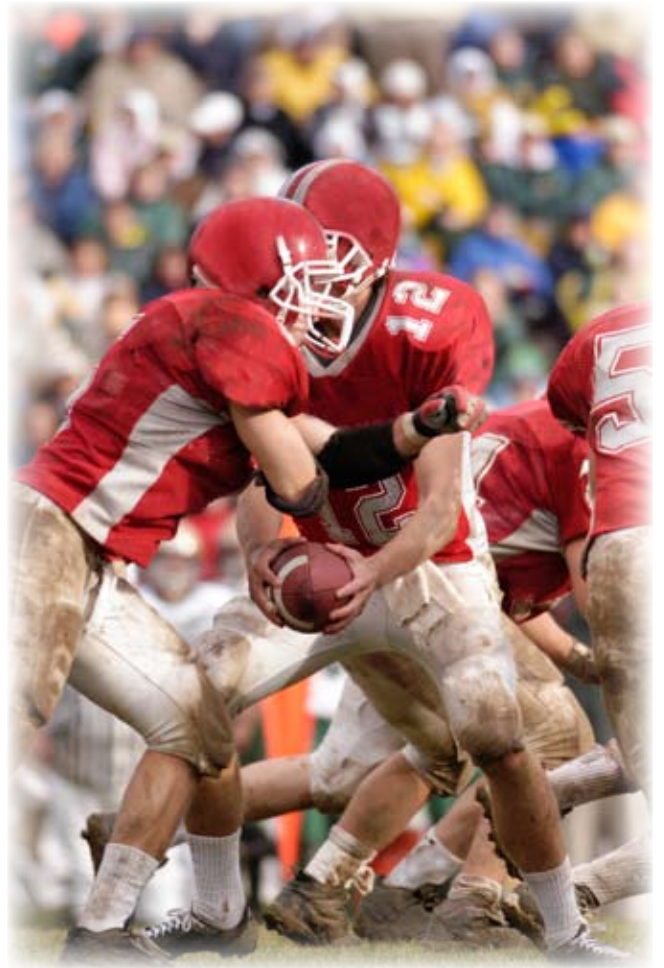
- Review the student's medical history
- Conduct a comprehensive physical exam
- Address any health care concerns with the student athlete and his/her parents

### **The Registered Dietician will discuss:**

- Importance of hydration
- Importance of healthy eating habits
- Affects of drugs and alcohol

### **Students receive educational material on:**

- Eating disorders
- Affects of drugs and alcohol
- Proper hydration
- Sexually transmitted diseases
- Teen depression



We understand that for many students, this may be the only time they see a doctor during the year. We believe that sports physicals should be more than just a rubber stamp. Grand Valley Health Plan's sports physicals can help play a key role in determining if a child is at risk for injury or illness.

Our providers check for life-threatening ailments and conditions. We take these exams very seriously and go above and beyond the typical exam. Because of this thoroughness, in years past, we have identified students with eating disorders, diabetes, high blood pressure, poor vision, heart problems, hernias, and more.

*Please call our Administrative Office today and schedule a date, time, and location!*

**(616) 949-2410**