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April 27, 2020
Adams Medical Group
2020-2021 Sports Physicals as Part of Annual Wellness Exams
Additional Information:

Adams Memorial Hospital
susan.sefton@adamshealthnetwork.org
Bellmont HS
Athletic Department 260-724-7121

Adams Medical Group (AMG) continues to focus on quality initiatives to provide the gold standard of care to their adolescent patients. Instead of offering sports physicals in a "mass group" type environment to area schools, Adams Medical Group will now be offering sports physicals as part of each adolescent's annual wellness exam. Dr. Scott Smith, CEO and Chief Medical Officer of Adams Memorial Hospital stated, "Our providers feel much more comfortable with our adolescents going on to an athletic field having had a thorough physical exam that focuses on their total well-being."

Parents are asked to schedule appointments with Adams Medical Group providers for wellness exams during late spring/early summer as an ideal timeframe. However, wellness exams can be scheduled at any time during the year as needed.

The wellness exam allows providers to spend more time with adolescents/athletes focusing on all aspects of their health, provide more thorough examinations, check for abnormalities that most teenagers don't look for, and teach the importance of regular self-screening, open the door to safe and confidential conversations about social and mental challenges that teens face so regularly during this time of life, gather extensive family medical history as well as discuss current lifestyle choices and habits, and allows the opportunity update vaccinations. The Indiana High School Athletic Association (IHSAA) physical form will also be completed as part of the wellness visit if needed. The completed IHSAA form will be returned to the athlete or the athlete's parent/guardian to turn into their respective school athletic departments.

Most insurance plans cover well-adolescent visits with no co-pay, while delivering the best medical care for adolescent patients/athletes. If your child/athlete does not have health insurance, please let your provider or school athletic director know and Adams Medical Group will make arrangements to provide the wellness visit regardless of insurance as it is Adams Memorial Hospital's priority to improve adolescent health.

Dr. Smith stated that all Adams Medical Group providers support this gold standard of care for adolescents and athletes as it is in the best interest for the long term health outcomes for our community.

REFER TO OTHER SIDE FOR ADAMS MEDICAL GROUP PROVIDERS

Bellmont High School
Athletic Department
1000 E. North Adams Drive
Decatur, IN 46733

www.nadams.k12.in.us
Phone: (260) 724-7121
Fax: (260) 724-8013

The following Adams Medical Group providers will be available to schedule wellness exam appointments:

Adams Medical Groups:

- Decatur: 260-728-3843
 - Dr. Kate Heimann
 - Dr. Jessamine Hippensteel
 - Valorie Clouse, NP-C
 - Josh Fullenkamp, NP-C
- High St. 260-724-8700
 - Dr. Michael Ainsworth
 - Amy Weaver, NP-C
 - Ann Geimer, NP-C
- High St. 260-724-8551
 - Dr. Keith Harvey
 - Alisha Brincefield, NP-C
- Woodcrest 260-728-3804
 - Dr. Adam Will, Pediatrician
 - Mary Cole, NP-C
 - Brittany Rumble, NP-C
- Monroe 260-692-6163
 - Dr. Nicholas Nussbaum
 - Katherine Ranck, PA
 - Brenda DeArmond, NP-C
- Geneva 260-368-7370
 - Dr. Amber Lautzenheiser (sees patients ages 17 and up as she is an Internal Medicine Physician)
 - Monalisa Rodgers, CNP

Adams Medical Group is committed to providing the gold standard of care that our youth deserves. Our goal is to create availability to deliver the best service. Adams Medical Group offices will be offering extended hours as needed. If parents need assistance with scheduling, please call Brad Goshorn, Director of Physician Operations for Adams Memorial Hospital at 260-445-5695.