

## Physicals for kids: always a good idea

### ANCHOR LEDE

When the calendar flips to July, parents start making back to school plans.

Children entering certain grades or playing sports are required to have a physical exam performed by a health care provider. But experts say it's smart to schedule the check-up *yearly*.

### TAKE VO

OSF HealthCare pediatrician Doctor Luis Garcia says any provider who has experience with kids can perform a physical. For sports physicals, the provider should be an expert on muscles and bones.

Parents should come to the check-up with their child's health history. Aside from general physical and mental health, a physical can also identify conditions that must be monitored while kids are at school, like an allergy.

### \*\*\*SOT\*\*\*

Dr. Luis Garcia, OSF HealthCare Pediatrician

**"If that's the case, there are forms that we give parents to bring to school. It's an advanced directive on what to do if there are concerns." (:17)**

### VO TAG

Before the appointment, parents should tell kids that the provider is a trusted adult. When the provider touches the child's body, they should know it's normal and part of being healthy.