

Sports Physicals for Children!



Playing sports is a fun and active way of letting our children interact and socialize with other kids! Educating yourself as to why you need to get a sports physical for your kids could be beneficial to your child at early stages.



What is a sports physical?

A sports physical exam helps determine whether it's safe or not for your child to participate in a certain sport. Most states actually require a sports physical before a new sport or start of a new season. A medical history form is usually filled out and states previous family conditions, any illnesses a child had previously or currently, prior hospitalizations or surgeries, allergies, past injuries, and if they are currently taking any medications.



What happens during a sports physical?

A health provider screens the child to properly diagnose their developmental, social, or emotional levels. Hearing and vision screenings are included along with an in person physical exam and vital signs to rule out any infectious concerns or conditions. If you are interested in a sports physical for your child, make sure they are added into your Nice account and then toggle to the appointments tab to schedule an appointment for them.

Citation: <https://www.health.state.mn.us/people/childreneyouth/ctc/index.html>, <https://kidshealth.org/en/parents/sports-physical.html>

Primary Care

We're on a mission at Nice Healthcare to make primary care more accessible — not just accessible physically, but financially as well.

Nice is a primary care clinic that brings you virtual visits through our mobile app and then comes to you if needed for labs, imaging, and tests. We can even prescribe medications and send them to your preferred pharmacy or deliver* them!

With our goal of making healthcare more convenient and affordable, we strive to deliver 7-star service on a 5-star scale. Our providers are easily accessible through our app and in-person and they approach each patient holistically by carefully assessing your medical history and specifically tailoring advice and treatment for you.

Nice treats many acute conditions such as colds, flu, strep throat, rashes and UTI's, and chronic diseases such as high blood pressure, high cholesterol, asthma, type 2 diabetes, anxiety, and depression. You will even receive a personalized treatment plan after every visit, helping you to be educated and up to date on your condition and your progress.

We understand that when you're sick, the last thing you want to do is take time off to drive to the gemy clinic. 60-70% of our care is completed online giving you peace of mind knowing you can start with a virtual visit and if needed, we'll come to you for assessments and tests. Consider Nice Healthcare the next time you get sick, or the next time you need a check-up for your chronic condition.

*Prescription delivery is only available in MN at this time.

CARE TEAM SPOTLIGHT



Kristin Phair, FNP-C

“We have such amazing patients at Nice and I love having the time to talk with each individual I work with to learn a bit about them! I love getting to know people and their stories.”