



For Immediate Release – May 14, 2025

Media Contact:

Vicki Macklin
Communications and Public Relations Specialist
217-347-1436
Vicki.Macklin@hshs.org

School and Sports Physicals
available at HSHS Medical Group offices
Walk-in appointments available at select locations

SPRINGFIELD, Ill. – HSHS Medical Group offices are now scheduling school and sports physicals for children 18 years old or younger. Now is the time to schedule the physical well before the sports season or school year starts.

- **School physical:** Also called annual well-child visits, these exams allow the physician or provider to track the child's growth and development, perform screenings and take preventive measures by giving the child age-appropriate immunizations.
- **Sports physical:** Children playing sports are likely required to submit a medical eligibility form signed by a physician or provider. During a sports physical, the physician or provider reviews the child's complete health history, performs an orthopedic screening, examines the heart and lungs and ensures the student is at his or her best to compete.

Select HSHS Medical Group walk-in locations are offering **school and sports physicals** for a \$20 flat fee (cost excludes vaccinations). View a complete list of walk-in locations at hshsmedicalgroup.org/school.

All HSHS Medical Group offices are offering **school physicals** for a \$20 flat fee (cost excludes vaccinations) when scheduled May 14 through Sept. 30.

Appointments for physicals can be scheduled even if you are not an existing HSHS Medical Group patient. Call your local HSHS Medical Group family medicine physician or pediatrician's office to schedule your appointment. New HSHS Medical Group patients can call Kim Schneider, HSHS Medical Group Patient Advocate, at 844-520-8897 to help set up their first appointment.

For more information about HSHS Medical Group, visit hshsmedicalgroup.org.

###

About Hospital Sisters Health System (HSHS)

[Hospital Sisters Health System \(HSHS\)](#) is a nonprofit Catholic health care ministry founded in 1875. Dedicated to our Mission to reveal and embody Christ's healing love for all people through high-quality Franciscan health care, HSHS clinicians provide exceptional care centered on the whole person. Based in Springfield, Illinois, HSHS colleagues provide care in 13 acute-care, children's and critical access hospitals and home health and hospice programs in Central and Southern Illinois and Eastern Wisconsin. HSHS is aligned with primary and specialty physicians and advanced practitioners through its owned affiliates [HSHS Medical Group](#) and [Prairie Cardiovascular](#), its partnership with [Prevea Health](#), and with many other providers serving on medical staffs. For more information about HSHS, visit [hshs.org](https://www.hshs.org).