

# Don't Wait. Participate.



## Has your child had a sports physical this year?

Urgent Care provides sports physicals for **only \$31.50**

No appointment necessary at our **Urgent Care Clinics** in **Waynesville** and **Canton**. Appointments are available on a walk-in basis, seven days a week from 8 a.m. - 6:30 p.m. The sports physical is the definitive guide for physicians and other health professionals who evaluate athletes before training or competition—an essential tool for promoting the health and safety of athletes. The sports physical provides the medical background for decisions by the individual athlete's physician or the team physician. The sports physical screens for potentially catastrophic conditions, but also can catch conditions that can predispose an athlete to injury or illness.

## URGENT CARE HAYWOOD REGIONAL

This facility and its affiliates comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-828-456-7311.

注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-828-456-7311。

[MyHaywoodRegional.com/UrgentCare](http://MyHaywoodRegional.com/UrgentCare)

## How to prepare for the physical:

- ❑ Fill out the sports physical form that is provided by the recreational club or school. If you don't have the form, visit [www.nchsaa.org](http://www.nchsaa.org) to download the sports pre-participation form.

[www.nchsaa.org](http://www.nchsaa.org) Parents & Students ➔ Resources ➔ Annual Forms

- ❑ Ideally the exam should be performed at least six weeks before the start of practice.



### Urgent Care Canton

55 Buckeye Cove Road, Canton  
Exit 31 off I-40 (north)  
**828-648-0282**

### Urgent Care Waynesville

556 Hazelwood Road, Waynesville  
US 23/74 - Exit 100 (south)  
**828-452-8890**

All patients are seen on a walk-in basis. Major credit cards are accepted.

# URGENT CARE

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