



NOTICE

The Hawaii State Departments of Education (DOE) and Health (DOH) are collaborating on ways to protect and ensure the health of our keiki. We know adolescence is a time of tremendous physical, emotional, and social change, and a physical exam can help to prevent health issues from developing.

Prepare Your Child for Seventh Grade

State law requires all public school students to complete a physical exam, also called a well-child visit, within 12 months before starting seventh grade.

It is important to plan ahead and schedule an appointment for your child before the seventh grade school year begins. Let the school know if you need more time because of scheduling.

Who is qualified to conduct a physical exam?

A physical exam is provided by a doctor, nurse, or other healthcare professional.

How much does a physical exam cost?

When scheduling your child's appointment, ask for a **well-child visit** to receive this free annual benefit under the Patient Protection and Affordable Care Act (ACA).

What happens during the physical exam?

Remember to bring the attached Student's Health Record (Form 14) for the doctor to complete during the visit. Use this time for you and your child to ask the doctor questions about health and wellness.

What do I do with the completed Student's Health Record (Form 14)?

Submit the completed Form 14 to your child's school when he or she registers for the seventh grade.

Where can I find more information?

For more information about the seventh grade physical exam requirement and to print more copies of the Form 14, visit www.hawaiipublicschools.org and search for "Physical Exam".

Mahalo for supporting your child's health!