

Sports Physicals for Student Athletes

An annual pre-participation physical exam is required, by a medical practitioner*, for all student athletes before the student engages in a tryout, practice, or actual competition.

Plan ahead and obtain a physical exam well before the date of try-outs and/or team practice initiation. Sports Physical forms are available in the Student Store at Red Bluff High School. Listed below are medical clinics and offices for new and established patients. Please contact these sites for further information regarding forms, parent/guardian requirements, insurance and cost. (Fees, dates, information listed below are subject to change.)

<u>NEW AND ESTABLISHED PATIENTS</u>	<u>ESTABLISHED PATIENTS ONLY</u>
<p><u>Frontier Village Family Health Center</u> 645 Antelope Blvd. Red Bluff, CA 96080 528-7650 Hours: Mon.-Fri., 8 a.m.-5 p.m., occasional Sat. Appointment only Call regarding insurance, forms, and cash fee (\$30) option</p>	<p><u>Lassen Medical Group (Red Bluff)</u> 2450 Sister Mary Columba Dr. 527-0414 Hours: Mon.-Fri., 8 a.m.-5:30 p.m. Sports Physical Dates (established patients only) July 9, July 23, August 6, August 13 Appointment only Call regarding insurance, forms, and cost</p>
<p><u>Tehama County Health Clinic</u> 1850 Walnut Red Bluff, CA 96080 527-0350 Hours: Mon.-Fri., 8 a.m.-5 p.m., appointment only Call regarding insurance, forms, and cost</p>	<p><u>Lassen Medical Group (Cottonwood)</u> 20833 Long Branch Dr. 347-3418 Hours: Mon.-Fri., 8 a.m.-6:00 p.m. Appointment only Call regarding insurance, forms, and cost</p>
<p><u>Greenville Rancheria</u> 1425 Montgomery Rd. Red Bluff, CA 96080 528-8600 Hours: Mon.-Fri., 8 a.m.- 5 p.m., appointment only Sat., 8-5, no appointment needed Call regarding insurance, forms, and cost</p>	<p><u>Rolling Hills Clinic</u> 2540 Sister Mary Columba Red Bluff, CA 96080 690-2778 Hours: Mon.-Fri., 7:30 a.m.-6 p.m. Appointment only Call regarding insurance, forms, and cost</p>
<p><u>Deborah Sutcliffe, M.D.</u> 345 Hickory St. Red Bluff, CA 96080 529-4190 Hours: Tues.-Fri., 8 a.m.-5 p.m., appointment only Call regarding insurance, forms, and cost</p>	<p><u>Rolling Hills Clinic</u> 740 Solano St. Corning, CA 96021 690-2827 Hours: Mon-Fri., 7:30 a.m.-6 p.m. Appointment only Call regarding insurance, forms, and cost</p>
<p><u>Hilltop Medical Clinic</u> 1093 Hilltop Redding, CA 96003 221-1565 Hours: Mon-Fri., 8 a.m.-5:45 p.m. Sat/Sun., 9 a.m.-4:45 p.m. Walk-in only Call regarding insurance, forms, and cash fee (\$20) option</p>	
<p><u>Hilltop Medical Clinic West</u> 2123 Eureka Way Redding, CA 96003 246-4629 Hours: Mon.-Fri., 8 a.m.-5:45 p.m. Sat., 9 a.m.-4:45 p.m. Closed Sundays Walk-in only Call regarding insurance, forms, and cash fee (\$20) option</p>	
<p><u>Ampla Health-Los Molinos</u> 7981 State Highway 99 East Los Molinos, CA 96055 384-4010 Hours: Mon.-Fri., 8 a.m.-5 p.m., appointment only Call regarding insurance, forms, and cash fee option</p>	

*(M.D., D.O., P.A., F.N.P.)

March 2016: Fees, dates, information listed above subject to change