



STATE OF HAWAII  
DEPARTMENT OF EDUCATION  
P.O. BOX 2360  
HONOLULU, HAWAII 96804

OFFICE OF THE SUPERINTENDENT

Dear Parent/Legal Guardian of a Sixth Grader:

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 examination can help to prevent health issues from developing.

**Physical Examination Requirement for Seventh Graders**

All seventh graders must complete a physical examination pursuant to state law.

It is important that families plan ahead and schedule appointments early to ensure their child's physical examination is completed in a timely manner preferably before the new school year begins.

**What type of medical practitioner may conduct a physical examination?**

A physical examination is provided by a licensed physician, physician assistant, or advanced practice registered nurse. Also known as a well-child visit, this appointment is an opportune time and safe environment for your son or daughter to talk to their doctor about health and wellness issues.

**Who will cover the physical examination cost?**

Well-child visits are an annually covered benefit under the Patient Protection and Affordable Care Act (ACA).

**Does a form need to be completed?**

On the day of your child's appointment, please provide the primary care provider with the attached Form-14 to complete during the visit. Submit the completed Form-14 to your child's school when he/she registers for the seventh grade.

For more information about the seventh grade physical examination requirement, visit [www.hawaiipublicschools.org](http://www.hawaiipublicschools.org) and search for "Physical Exam".

Mahalo for supporting your child's health!

Sincerely,

  
Dr. Christina M. Kishimoto  
Superintendent  
Hawaii State Department of Education

  
Virginia Pressler, M.D.  
Director  
Hawaii State Department of Health

# Hawaii Seventh Grade Physical Examination Fact Sheet and Frequently Asked Questions



## **Introduction**

In the interest of the health of Hawaii's youth, there is a new requirement for children entering seventh grade to complete a physical examination, also called a well-child visit.

A well-child visit is provided by a licensed physician, physician assistant, or advanced practice registered nurse.\*

A well-child visit creates a safe environment for youth to talk to their healthcare professional about health and wellness, and can help to address and prevent health-related issues like obesity, smoking, and stress. It is also an opportunity for your child to receive age-appropriate immunizations.

## **What do I need to know?**

Beginning with the 2017-2018 school year, all students entering the seventh grade must complete a physical examination as required by state law ([HRS §302A-1159](#)).

A child can receive his or her physical examination within twelve (12) months before the first day of instruction.

Parents or legal guardians should submit a completed [Form-14](#) (Student Health Record) to the school when they register their child for seventh grade.

## **Does a form need to be completed?**

Yes. On the day of your child's physical examination appointment, please give the primary care provider the Form-14 to fill in during the visit. Submit the completed Form-14 to your child's school when he/she registers for seventh grade.

## **Link to Form-14:**

To download a copy of the Form-14 and for more information about the seventh grade physical examination requirement, visit [www.hawaiipublicschools.org](http://www.hawaiipublicschools.org) and search for "Physical Exam."

## **Why is it important?**

Adolescence is a time of tremendous physical, emotional, and social change. During this time, youth can develop numerous health issues, many of which are preventable. A well-child visit is an opportune time and a safe environment for youth to talk their doctor about health and wellness, and can help to address and prevent health-related issues like obesity, smoking, and stress. It also provides an opportunity to get caught up on immunizations they may have missed and receive those that are routinely recommended for adolescents.

The American Academy of Pediatrics recommends that children and youth have a well-child visit with their primary care provider at least once a year.

## **What type of medical practitioner may conduct a physical examination?**

A physical examination is provided by a licensed physician, physician assistant, or advanced practice registered nurse.\*

\* Includes naturopathic physicians as specified in [HRS§455-8](#)

### **Who will cover the physical examination costs?**

Well-child visits are an annually covered benefit, currently provided under the Patient Protection and Affordable Care Act (ACA).

### **What is the Patient Protection and Affordable Care Act?**

The Patient Protection and Affordable Care Act, often referred to as the “Affordable Care Act” or “ACA,” is a health care reform law passed by Congress and signed into law by President Barack Obama in March 2010. The general goal of the law is to improve the quality, access, and affordability of health care and health insurance in the United States.

### **What immunizations are required for seventh grade attendance in addition to the physical examination?**

In addition to meeting the new seventh grade physical examination requirement, Hawaii State Law also requires all students to meet the immunization requirements. Talk with your primary care provider about these immunizations and others that are routinely recommended for adolescents.

More information about school immunization requirements can be found on the Hawaii Department of Health website: <http://health.hawaii.gov/docd/school-health-requirements/>

### **What happens if a child does not receive a physical examination before entry into seventh grade?**

If a child does not receive a physical examination by the first day of seventh grade, he or she will still be allowed to attend school. However, the Department of Education will provide the student’s name, address, and e-mail to the Department of Health. The Department of Health and Department of Education will follow up with the child’s parents or legal guardians during the year to encourage scheduling a well-child visit. If you would not like your contact information provided to the Department of Health, please notify the school by October 30<sup>th</sup>.

### **Is health insurance available for low-income families?**

Yes. Medicaid is a federal and state partnership program, which provides health coverage to low-income children and adults. Visit the Department of Human Services MedQUEST site: [mybenefits.hawaii.gov/medicaid-faqs/](http://mybenefits.hawaii.gov/medicaid-faqs/) for more details.

### **Healthy Living**

Adolescents should have 60 minutes (1 hour) or more of physical activity each day. During a typical week, include a mixture of aerobic, muscle strengthening, and bone strengthening activities such as walking, running, various sports, push-ups, structured weight training, or jumping rope. Also, a healthy diet will help prevent health problems like obesity, type 2 diabetes, and heart disease. Replace sugary beverages and foods high in sugar, salt, and unhealthy fats with fat-free or low-fat milk, water, and fruits, vegetables, whole-grains, and low-fat protein foods. More information can be found at the United States Department of Agriculture’s [ChooseMyPlate.gov](http://ChooseMyPlate.gov) website.