

Every athlete *needs a home team.*

YOUR FIRST TEAMMATE IN HEALTH

From sports physicals and injury prevention to managing asthma, allergies and everyday health concerns, primary care helps athletes of all ages stay healthy, active and ready for every season.

YOUR PRIMARY CARE PROVIDER CAN HELP WITH:

- Annual wellness visits
- Sports physicals
- Preventive screenings
- Vaccinations
- Minor illnesses
- Asthma and allergies
- Nutrition and healthy lifestyle guidance
- Mental health concerns
- Chronic condition management
- Coordinate your care and connect you with specialists when needed

READY TO GET STARTED?



[Find a primary care provider
in your area.](#)



[Learn more](#)

YOUR CARE JOURNEY



HEALTHY HABITS

Build a strong foundation



PRIMARY CARE

Prevent, manage and stay healthy



SPORTS MEDICINE

Specialized care when you need it



RECOVERY

Heal and rebuild



BACK TO THE ACTIVITIES YOU LOVE

