As partners in healthcare with East Penn School District, Lehigh Valley Health Network, part of Jefferson Health, is pleased to offer no charge PIAA sports physicals to the athletes at your school. Starting October 5th, 2026 and concluding November 21st, 2026 physicals can be scheduled at your convenience at ***ExpressCARE AND JeffExpress Urgent Care*** locations throughout the region.

***Student athletes who have a current annual well check on file with their LVHN primary care clinician can have their PIAA physical paperwork signed by their clinician at no charge during the designated physical window dates. The PIAA pre-participation physical cannot and should not serve as a replacement for an annual well check and LVHN strongly encourages all families to stay current with their children's annual well checks.***

**Instructions for scheduling your student athlete's PIAA physical are as follows:**

1. Visit the Physicals Scheduling link
2. Choose "ExpressCARE"
3. Click sports physical option
4. Select your desired time/location.
   *In "reason for visit" enter the School District name*
5. Log in to your MyLVHN account or continue as guest to complete scheduling.
   *Continuing as a guest will require additional demographic information to be completed before scheduling*

**To schedule siblings, please visit the Sibling Scheduling Request link, fill out the form and a call team member will reach out within five to seven business days to schedule your sports physical.

Please direct any scheduling concerns to the Sports Medicine Care Coordination Team at LVHNAthleticTraining@jefferson.edu

Lehigh Valley Health Network | part of Jefferson Health