



**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