

**Insured through Tricare or Kaiser:** *contact their primary care provider*

**Insured through Washington Apple Health/ Molina/ Medicaid:** *contact their primary care provider*

**OR** call SeaMar Olympia & schedule an appointment:

P: 360-491-1399 <https://www.seamar.org/thurston-medical-olympia.html>

**Private insurance OR for cash payment:** *this is not a comprehensive list, and insurance coverage is the responsibility of parents/ guardians*

**Online scheduling:**

- **Concentra:** (bills most insurance, \$50 without billing insurance):

<https://www.concentra.com/patients/physicals/school-sports-and-camp-physical/>

- **Indigo** (bills most insurance, \$99 without billing insurance):

<https://www.concentra.com/patients/physicals/school-sports-and-camp-physical/>

**Cash payment:** *does not bill insurance, regardless of coverage*

- **Providence Intermediate Care** (\$50 without billing insurance):

<https://blog.providence.org/blog/sports-physicals-are-a-cinch-with-providence-expresscare>

\*cash payments are due at the time of service