



Your overall health starts with your annual physical



- Adams Medical Group now offers sports physicals as part of an annual wellness exam. The **Gold Standard of Care** for adolescents.
- Wellness exams can be scheduled at any time during the year as needed. (late spring/early summer is ideal!)
- **SATURDAY APPOINTMENTS** are available for spring/summer 2023 at all Adams Medical Group locations, including the newest AMG location in Monroeville.
- The wellness exam allows providers to spend more time with adolescents/athletes focusing on all aspects of their health. (Including extensive family medical history as well as discuss current lifestyle choices and habits, and allows the opportunity to update vaccinations.)
- The Indiana High School Athletic Association (IHSAA) physical form will also be completed as part of the wellness visit if needed. IHSAA physical forms are available on your High School's website.
- The completed IHSAA form will be returned to the athlete or the athlete's parent/guardian to turn into their respective school athletic departments.
- Most insurance plans cover well-adolescent visits with no co-pay. If your athlete does not have health insurance, please let your provider or Athletic Director know and AMG will make payment arrangements.
- **For convenient scheduling, call our central provider scheduling line at 833-724-DOCS (3627)**

Wellness Exam/ Sports Physical Open Dates for 2023

**May 13 • May 20
June 3 • June 17
June 24 • July 15
July 22 • August 5**

**To schedule, call
provider scheduling at
1-833-724-DOCS (2627)**



Schedule Appointments

To sign-up for **MyChart** ask your AMH provider or Patient Registration at Adams Memorial Hospital. For more information go to adams.mychartcc.com or call our central provider scheduling line at 1-833-724-DOCS (3627)

The following Adams Medical Group providers will be available to schedule wellness exam appointments:

It Starts with a Complete Physical

Adams Medical Group Decatur

Dr. Kate Heimann | Dr. Michael Ainsworth
Josh Fullenkamp, NP-C | Ann Geimer, NP-C | Amy Weaver, NP-C | Alyssa Hoopingarner, NP-C

Adams Medical Group High Street

Dr. Keith Harvey | Alisha Brincefield, NP-C

Adams Medical Group Woodcrest

Dr. Jessamine Hippensteel | Dr. Elizabeth Hollingsworth
Maybelle Holt, NP-C | Mary Cole, NP-C

Adams Medical Group Monroe

Dr. Nicholas Nussbaum | Dr. Alec Arturi | Tracy Pruden, NP-C | Shayna Coy, NP-C

Adams Medical Group Berne

Dr. Adam Will | Dr. Amber Lautzenheiser
Aimie Greulach, FNP-C, AANP | Brenda DeArmond, NP-C
(Dr. Lautzenheiser sees patients ages 17 and up as she is an Internal Medicine Physician)

Adams Medical Group Geneva

Dr. Amber Lautzenheiser | Monalisa Rodgers, CNP
(Dr. Lautzenheiser sees patients ages 17 and up as she is an Internal Medicine Physician)

Adams Medical Group Monroeville

Dr. Tawny Avila



Athletic Trainers and Sports Performance Specialists

We have Athletic Trainers on-site at 4 area high schools to help with injury prevention & assist with injuries. We can also help you maximize your performance by improving mechanics, strength, and endurance. All four are Certified Athletic Trainers



Deanna Myers
Bellmont



Becky Werst
South Adams



Koty Frauhiger
Adams Central



Drew Hollman
Southern Wells

Orthopedic and Concussion Care



Dr. David Coats
Board Certified in Orthopaedic Surgery

Sports Clinic Appts.

Dr. David Coats, Erin Whitman, PA-C, and Dr. Robert Kinne offer same-day or next-day appointments for injured athletes. Adams Medical Group Orthopedics, Pain & Sports Clinic is located on the first floor of Adams Memorial Hospital next to the Rehabilitation Department.



Dr. Robert Kinne
Interventional Spine & Sports
Medicine Specialist



Sarah Conrad
Certified Strength & Conditioning Specialist,
National Board Certified Health & Wellness Coach,
Certified in Functional Movement Screens



When Concussions Occur

If symptoms of a concussion occur, Dr. Kate Heimann see athletes as quickly as possible & manages their care to return them back to their sport as safely as possible. Dr. Heimann is located in the Adams Medical Complex.

Dr. Kate Heimann
Board Certified in Family Medicine,
Certified IMPACT Concussion Management Physician 1-833-724-DOCS (3627)



Connor Apple
Certified Strength & Conditioning Specialist
Certified Personal Trainer, Pain-Free
Performance Specialist



The AMH Rehab Team

Here to Help You Get Back on Your Feet!

Our therapy team provides individualized treatment plans for each athlete returning them to their sport as quickly and safely as possible.

Open for Referrals and Walk-ins

Adams Memorial Hospital
1100 Mercer Ave. | Decatur, IN | 260-724-2145 x11031

AMH - Berne Outpatient Clinic
Swiss Village Campus | Berne, IN | 260-589-8865

Adams Heritage
12011 Whittern Rd. | Monroeville, IN | 260-625-6623



Good Luck in all your athletic endeavors!

Adams Medical Group will be here for
you throughout your athletic careers.
Your health is very important to us!