

HEALTHY ATHLETES

Through the Healthy Athletes® program, Special Olympics Indiana athletes will receive free screenings during Summer Games in a fun, welcoming environment that removes the anxiety and fear that individuals with intellectual disabilities often experience when faced with a visit to the doctor or dentist. Our mission is to improve each athlete's health and fitness, leading to enhanced sports experience and improved well-being. Athletes should intend to visit disciplines based on medical needs or absence in health care. While participating in Healthy Athletes, an athlete may be referred to seek additional care for an identified health concern. Please encourage athletes to follow-up with a primary physician or specialist if they receive a referral.

SCHEDULE

Friday, June 7 9 a.m.-noon All disciplines	Saturday, June 8 9 a.m.-4 p.m. All disciplines (Last screening accepted at 3:15 p.m.)
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LOCATION

Health and Human Services building
 Indiana State University

DID YOU KNOW?







Athletes do not have to be competing at Summer Games to go through Healthy Athletes. The athlete must be compliant (have an Application for Participation on file with the State Office and a current Medical Form).

INCENTIVES

Incentives are specific to the discipline. Examples are a pair of socks at Fit Feet, a toothbrush and/or toothpaste at Special Smiles, and a pair of glasses or sports goggles at Opening Eyes. Finish Line shoes are no longer contingent on Healthy Athletes screenings.

For last minute up-to-date information, look for the Summer Games webinar posted on Special Olympics Indiana resource page, the Summer Games Pre-Arrival Guide, and the Summer Games Handbook.

DISCIPLINES

	FIT FEET (Podiatry) Estimated time: 15 minutes		HEALTHY HEARING (Audiology) Estimated time: 25 minutes
	FUN FITNESS (Physical Therapy) Estimated time: 45 minutes		OPENING EYES (Vision) Estimated time: 45 minutes
	HEALTH PROMOTION (Better Health & Well-Being) Estimated time: 30 minutes		SPECIAL SMILES (Dentistry) Estimated time: 20 minutes

STATE OFFICE CONTACT

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