

Dear Parents of Athletes,
You have been invited to participate in an optional program for completing your annual sports physical evaluation form electronically online.

Date of Physicals: Feb 6th, 2019
Location: Ridge High School (Athletic Training Room/Main Gym)
Time: 2:30 – 4:30 – ALL Spring Sports

NO NEED TO CALL FOR APPOINTMENT. WALK IN BASIS.

MUST PRE- REGISTER AT www.gotomysportsphysical.com

Easy Steps:

- Register today www.gotomysportsphysical.com
- After registering stop by the Athletic Training Room any day prior to physical to have your pre – testing done.
- Show up at your designated sport day and time to see the Doctor

In lieu of printing out paper forms and bringing them to your personal physician, you can now fill them out online and electronically send them to our school physician - Dr. Silberman, who will perform your physical exam at the school.

Simply, log on to <https://www.gotomysportsphysical.com> *If you are a minor (less than 18 years of age) your parent/guardian must be present with you at the time of filling in your forms online, as the athlete and parent must sign the forms.

Follow all instructions on the site. If you have NOT been to the site before, then read the instructions at <https://www.gotomysportsphysical.com/households/getting-started> to register. Please store your password in a safe place. If you forget it, you can reset it via <http://www.gotomysportsphysical.com/households/password/new>

Once you are registered, use the "Fill Forms" wizard to select the school and sport. Make sure you select Ridge High School, Basking Ridge, NJ. Be sure to read the packet instructions to choose the packet that is correct for your purpose.

While filling out your health history, you will be asked to fill in information about the physician details:

Marc Silberman
689 Valley Road, Suite 104
Gillette, NJ 07933
908-647-6464

After submitting the health history, you will need to release the form to Dr. Silberman. Click on " Release Health History" and enter **Dr. Silberman's National Provider Identifier (NPI): 1215964846. **If you enter the NPI incorrectly, your form will not go to Dr. Silberman. When you hit submit, your form will automatically be sent securely to Dr. Silberman.**

** You still need the actual physical exam to be performed at the school. Payment of \$40.00 per physical will be collected prior to the physical exam. Please make checks payable to the order of Dr. Marc Silberman.

Thank You

Any Questions or concerns please email:

Scott Hoagland shoagland@bernardsboe.com

Aimee Mitchell Aimeemitchell@bernardsboe.com