

Going to the UHealth Clinic at Walgreens



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Where Am I Going?

Today, I'm going to a health clinic inside a Walgreens store.

How can I get ready?

Before I go, I can:

- Eat something, unless I am told not to.
- Wear comfortable clothes.
- Bring my insurance card.
- Bring my photo identification such as my state issued ID or driver's license.
- Bring a list of medicines I take.
- Bring a comfort item (like a toy, book, or headphones).
- Bring something to do (like a game or music).
- Bring a parent or helper if I want.
- Write down any questions I want to ask.

What will I do when I get to the Walgreens store?

I will walk through the store to get to the clinic. The clinic is easy to find.



What will the store be like?

- The store will have bright lights.
- There may be other people shopping or waiting in the store.
- I might hear music or other sounds.
- That's normal. I will focus on getting to the clinic.



Who will help me?

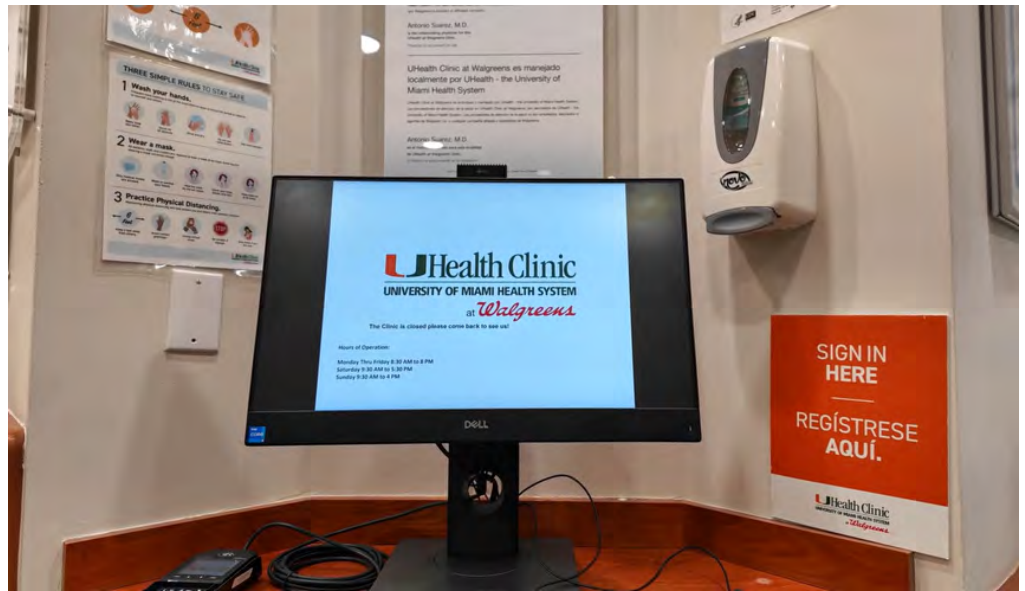
- A nurse practitioner will take care of me.
- This is a nurse with special training to help people feel better.
- They are kind and want me to feel safe.



How do I check in?

When I get to the clinic:

- I will sign in on a computer.
- Then I will sit and wait for my turn.
- It's okay to feel nervous. I'm doing a great job.



What will happen during my visit?

When it's my turn:

- The nurse practitioner will take me to a small room.



What else will happen during my visit?

- They will close the door
- The visit is private and safe



Staying Calm.

- The nurse wants to help me feel better.
- I can bring something that helps me feel calm.
- I will try to listen to what the nurse practitioner tells me during my visit.
- It's okay to ask questions or say how I feel.



What will the Nurse Practitioner do during my visit?

Check My Temperature.

- They will use a thermometer to check my temperature.
- The thermometer has a metal piece with a plastic cover that goes under my tongue.
- It is quick and takes about 3-5 seconds.
- It does not hurt.



Check My Height and Weight.

- I will stand on a scale.
- I will try to stand still.
- They need to know my weight to know how much medicine to give me if I need it to feel better.



What will the Nurse Practitioner do during my visit?

Check My Blood Pressure.

- They will use a band of fabric that goes around my arm to check my blood pressure.
- The band closes with Velcro.
- As they check my blood pressure, the band will fill up with air.
- It will feel tight, like a hug.
- It only lasts a short time



Listen to My Heart and Lungs.

- The nurse practitioner places a tool on my chest and back to listen to my heart and lungs.
- We call this tool a stethoscope.
- I will take a deep breath, and blow out. It is like blowing out candles.
- This helps them hear my breathing.



What will the Nurse Practitioner do during my visit?

Look in My Ears, if my ears hurt.

- They will use a small tool with a magnifying glass to look in my ears.
- We call this tool an otoscope.
- It has a small plastic cover that goes just a little into my ear
- It may feel different, but it won't hurt



Do a test to see what is making me feel sick.

- The nurse may use a swab in my nose or mouth to do this test.
- We may need to wait for results.
- I can bring a game or music to help pass the time.



What happens after my visit?

After my visit:

- The nurse may give me medicine or a prescription.
- They will tell what I need to do to feel better.
- I should do what they tell me to do so I can start to feel better
- If I have questions, I can call the clinic or ask an adult.
- I may need to come back if I don't feel better.



Feeling Better

- I feel so much better after the visit!
- The nurse practitioner is here to help me.
- I will do what they told me to do to feel better.
- I am brave for coming to the clinic.

Contact Information

To schedule an appointment
call **888-689-8648**



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