Tomorrow’s Visit

Your visit to the Child Study Center will begin at 7:45am and go until about 4:30pm.

This will give us the chance to meet your family and learn about your child’s health! We will provide breakfast and lunch for your family and you will complete several tasks and questionnaires. Your child will also complete some health measurements and get to work on some science and art projects with us.

Your child will even get to take home a picture of their brain on a t-shirt!

Reimbursements

To thank you for taking the time to participate in our study, the Center for Healthy Children will provide you with the following reimbursements:

- Your family will receive $140 for your participation in our Child Health Day
- Your family will receive an Amazon gift certificate for up to $20 once you completed the take home saliva samples
- You will be reimbursed $0.535 per mile if you drove to campus in your own car
- You will be reimbursed for parking at the HUB parking deck if you drove to campus in your own car

Directions to the HUB Parking Deck

Please plan ahead to make sure you will arrive no later than 7:45am on the day of your visit.

If you are using google maps, you can enter the following for directions to the HUB parking deck:
HUB Parking Deck, University Park, PA 16802

If you are using a navigation system or a program that cannot find the HUB parking deck, you may use the following coordinates: N 40.7990, W 77.86

You can also use the information in the next column.

From Pittsburgh

Take Route 22 east to I-99 north (Altoona). Take I-99 to Route 220, then Route 322 east (Bald Eagle). Follow Route 322 east to State College. From Route 322, take the Penn State University/Innovation Park exit. Follow the local area directions below.

From Western Pennsylvania

Take I-80 east to exit 161 (formerly exit 24). Take Route 26 south. Follow Route 26 south to US 220 South. From Route 220, take the Penn State University/Innovation Park exit. Follow the local area directions below.

From Philadelphia

Take the Schuylkill Expressway to the PA Turnpike. Leave the Turnpike at exit 247 (Harrisburg East-formerly exit 19). Follow I-283 north to I-83. Proceed north on I-83 to the I-81 interchange. Follow I-81 south to Route 322/22 west. Proceed west on Route 322 to State College, and exit at the Penn State University/Innovation Park exit. Follow the local area directions below.

Local Area Directions

Take Route 322 to the Penn State University/Innovation Park exit.

- If you are traveling on Route 322 westbound, you will approach a traffic light at the end of the exit ramp. Turn right onto Park Ave toward campus, away from Innovation Park.
- If you are traveling on Route 322 eastbound, make a right at the end of the exit ramp onto Park Ave toward campus, away from Innovation Park. Once you are on Park Ave, turn left onto Bigler Rd, then right onto Pollock Rd, then left onto Shortlidge Rd. The HUB parking deck will be on your right.

Please turn to the back page for important information regarding the morning of your visit to the Center for Healthy Children

We’re looking forward to your visit!
Morning Checklist – Day of Study

Wake-Up Time

Good morning!

- Your day at the Center for Healthy Children will start at 7:45am
- Please take some time before the day of your visit to map out how long it will take you to drive to campus (directions on opposite side)
- We have many things planned so it is important that we can start on time

Morning Urine “Pee” Sample

Following these steps will make collecting your pee sample easy and gives us the best chance to learn more about your health. **Be sure to do this right after you get up and go to the bathroom for the first time!**

1. Wash your hands with soap and warm water
2. Remove the sterile container from care package
3. Pee into the container to fill it half way (not all the way to the top)
4. Finish peeing into the toilet
5. Close the container and wipe the outside
6. Wash your hands
7. Put the container into the ziploc bag, then into the travel bag
8. Record the exact time at which you provided the sample in the space below
9. Bring the sample and your consent form with you to the Center for Healthy Children

Breakfast – Please Do Not Eat!

We will provide breakfast for you on campus. Because part of your child’s Health Day will involve the collection of a fasting blood sample, we ask that they **please do not eat or drink anything other than water** before arriving at our center.

When You Get to Campus

Please park at the HUB parking deck on campus following the directions on the opposite page.

Plan to arrive no later than 7:45am.

One of our research assistants will meet you by the main entrance to the parking deck and walk you over to the Center for Healthy Children.

Did you remember to …

- [ ] Collect a morning urine sample?
- [ ] Pack everything you’ll need for the day?
- [ ] Bring your urine sample and consent form with you?
- [ ] Leave in time to arrive on campus by 7:45am?

Time of day you collected your urine sample:

_____:______ AM
HH  MM

Any Questions? Call us at 1-844-296-4666