We hope you will enjoy your stay at the Ramada! The hotel offers the following features:

- Free wireless internet and parking
- Rooms with microwaves, fridges, coffee makers
- Onsite restaurant: PJ Harrigan’s Bar & Grill
- Indoor pool, hot tub, and outdoor pool
- Game room, basketball, volleyball, horseshoes

In addition to covering your stay at the Ramada, 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 additional $40 to help cover your meal expenses while traveling
- 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 State College in your own car

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!

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

**Wake-Up Time**

Good morning!

- Be ready to leave your hotel room at 7:20am
- The hotel shuttle will depart at 7:30am from the lobby
- Your day at the Center for Healthy Children will start at 7:45am

**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.

**Hotel Checkout**

- Check out & return your room keys to the front desk at 7:20am
- Put bags/belongings in your car
- Return to lobby and wait for the shuttle to arrive

**Hotel Shuttle**

- Wait in the hotel lobby for the shuttle to arrive
- The shuttle will depart at 7:30am and drop you off next to the Nursing Sciences building on campus
- Our research assistants will pick you up at the shuttle stop and escort you to the Center for Healthy Children

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**Time of day you collected your urine sample:**

______:______ AM
HH MM

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**Did you remember to ...**

☐ Collect a morning urine sample?
☐ Pack up your belongings/put bags in your car?
☐ Bring your urine sample and consent form with you?
☐ Drop off your room keys?
☐ Be ready for the 7:30am shuttle to campus?

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