

## UPMC EMPLOYEE HEALTH CLINIC INFORMATION

### LOCATION

#### UPMC Altoona MyHealth@Work

UPMC Altoona, 3rd Floor

620 Howard Ave

Altoona, PA 16601

**Phone:** 814-889-3824

**Fax:** 814-889-3989

### PARKING

There is free parking in the garage directly adjacent to the hospital.

### ADDITIONAL INFORMATION

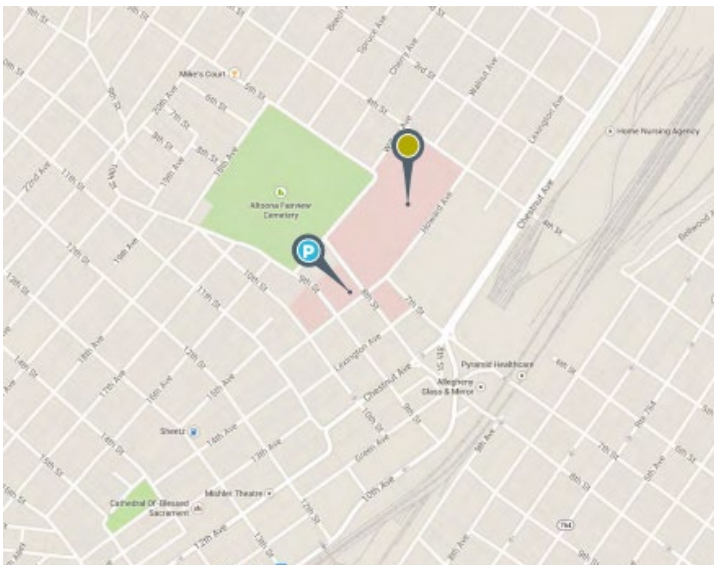
Take the parking garage elevator to the first-floor lobby. Cross the lobby and the rotunda. Take the elevator next to the gift shop to the 3<sup>rd</sup> floor. Turn right immediately off the elevator down the first hall and follow the signs to MyHealth@Work.

### HOW TO PREPARE FOR YOUR APPOINTMENT:

- It is recommended you fast 8-10 hours prior to your examination time to ensure that the most accurate blood screening results can be obtained
- Drink plenty of water to stay hydrated when fasting
- Take your usual medications on the day of your appointment, unless instructed otherwise
- Please plan childcare accordingly prior to your evaluation. Bringing small children to your appointment is not advisable, as children are not permitted to accompany you into the evaluation room.

### WHAT TO BRING TO YOUR APPOINTMENT:

- Photo identification
- A list of any medication(s) you may be taking
- Documentation of previously received influenza vaccination, such as the location and date vaccination was administered



**MyHealth@Work**



**Parking**

