

UPMC EMPLOYEE HEALTH CLINIC INFORMATION

LOCATION:

UPMC Western Maryland Employee Health
1050 Industrial Blvd, Suite 15
Cumberland, MD 21502-4331

PARKING

Parking is available, free of charge, in the parking lot in front of the building.

ADDITIONAL INFORMATION

Located in the Plaza on Industrial Blvd next to Planet Fitness. The Employee Health office is in the Advanced Medical Care Urgent Care Center. Please enter through the Urgent Care Center and select Employee Health using the Kiosk or notify personnel at the front desk of your arrival.

Phone: 240-964-9210

Fax: 240-964-8213

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

