

Equal Access Clinic Network

	Monday	Tuesday	Wednesday	Thursday	
General Clinics (Walk-in)	Equal Access Clinic 5:30pm Tower Road Library 3020 SW 75 th St.	Equal Access Clinic 5:30pm Eastside Clinic 410 NE Waldo Rd	Equal Access Clinic 6pm Bartley Temple Church 1936 NE 8 th Ave	Equal Access Clinic 5:30pm Main Street Clinic 1707 N Main St	
Specialty Clinics	Free Therapy Night (Mental Health) 5:30pm-7:30pm EVERY MONDAY Gainesville Community Ministry 238 SW 4 th Ave	Ophthalmology (Eye Health) 5:30pm LAST TUESDAY OF EVERY MONTH Health Street 2401 Old Archer Road **Appointment ONLY**	Physical Therapy 6pm-8pm EVERY THURSDAY CVS (Upstairs) 1621 SW 13 th St. Across from Steak n' Shake	Occupational Therapy AND Clinical Psychology 6pm-9pm 1st AND 3rd THURSDAY OF EVERY MONTH Main Street Clinic 1707 N Main St	Women's Night (Female Health) 5:30pm 1st THURSDAY OF EVERY MONTH Main Street Clinic 1707 N Main St **Appointments encouraged**
Patient Education	Tools to Quit (Tobacco Cessation Classes) 6pm-8pm 1ST AND 3RD WEDNESDAY OF EVERY MONTH Gainesville Community Ministry 238 SW 4 th Ave		Diabetes Education and Management Class 6pm 2nd and 4th THURSDAY OF EVERY MONTH Main Street 1707 N Main St		
Mobile Outreach Clinic					
	Monday	Tuesday	Wednesday	Thursday	Friday
Mobile Outreach Clinic	Mobile Outreach Clinic 11am-4pm T.B. McPherson Center 1717 SE 15 th St.	Mobile Outreach Clinic 11am-4pm Library Partnership 1130 NE 16 th Ave	Mobile Outreach Clinic 11am-4pm Downtown Library 401 E University Ave	Mobile Outreach Clinic 11am-4pm Pine Ridge Community 2509 NW 57 th Place	Mobile Outreach Clinic 11am-4pm Grace Marketplace 3055 NE 28 th Ave.

Contact us: Equal Access Clinic Network: (352)273-9425 FAX: (352)627-4141 <http://equalaccess.med.ufl.edu> eacn@med.ufl.edu
 Mobile Outreach Clinic: 352-273-5329 <http://outreach.med.ufl.edu>

Visit Summary	Name:		Clinic Site:			Date:	
	Medications/Special Instructions:						
Health Info	Height (inches)	Weight (pounds)	Body Mass Index (BMI) (kg/m²)	Heart Rate (beats per minute)	Blood Pressure (mmHg)	Blood Glucose Level (mg/dL)	A1C

Understanding Your Health Information

BMI	Normal	18.5 – 24.5
	Overweight	24.5 – 29.9
	Obese	≥ 30.0

For an adult, a normal resting heart rate ranges from 60 to 100 bpm. However, a well-trained athlete may have a normal resting heart rate as low as 40 to 60 bpm. In healthy adults, a lower resting heart rate generally implies more efficient heart function and better cardiovascular fitness. An unusually high or low resting heart rate may indicate an underlying problem. Consult your doctor if your resting heart rate is consistently above 100 bpm (tachycardia) or below 60 bpm (bradycardia) – especially if you have other signs or symptoms such as fainting, dizziness, or shortness of breath.

Blood Pressure
What is Hypertension? Blood pressure is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure. Uncontrolled high blood pressure (hypertension) increases your risk of serious health problems, including heart attack and stroke.

Diagnosis (Circle One)	Systolic Blood Pressure (mmHg)	Diastolic Blood Pressure (mmHg)	What should I do now?
Normal	< 120	and < 80	
Prehypertension	120 to 139	or 80 to 90	
Hypertension Stage 1	140 to 159	or 90 to 99	See a physician within two months
Hypertension Stage 2	> 160	or > 100	See a physician as soon as possible

Blood Glucose Level	<i>What is Diabetes?</i> Diabetes is diagnosed when blood glucose is consistently elevated or a person with high glucose has unquestionable symptoms of diabetes such as increased urination and/or increased drinking of fluids.	Non-Fasting Patients		Fasting Patients		If Borderline , see a physician within two months. If Elevated , see a physician as soon as possible.
		Blood Glucose in mg/dL		Blood Glucose in mg/dL		
		Normal	< 200	Normal	65 to 99	
		Elevated	≥ 200	Borderline	100 to 125	
			Elevated	≥ 126		

Please call 352-273-9425 M-F 9a-4p for additional clinic information.