



HEALTH SERVICES

On the following page is the medical release form that is **required** for every participant and must be signed by his or her parent/guardian in order to register. In order to seek care away from home, you must have your release/insurance information with you. These are required to be brought with you to campus, and shown at registration. Please bring two sets of your team's completed forms with you; one set to be kept with the coach, and one with the individual in case the group is separated when needs for services arise.

THIELEN STUDENT HEALTH CENTER

The Thielen Student Health Center is located on the corner of Union Drive and Sheldon (west edge of campus, directly west of Beyer Hall, across the street from State Gym). The phone number is 515.294.5801. First aid and minor illness care is included in your fees. If the incident requires further diagnostic work, associated fees will be billed to the participant or their insurance company. For minors seeking care, you must have medical release/insurance information with you. If prescription medications are ordered, they may be filled at the health center pharmacy, if open, or at a local commercial pharmacy. The pharmacy will bill your pharmacy benefit plan if you provide them with that information. The Thielen Student Health Center is open during the following hours:

- Tuesday through Friday: 7:30 a.m.—4:00 p.m.

MCFARLAND URGENT CARE CLINIC

The McFarland Urgent Care Clinic provides care for acute, non-emergent health problems or injuries that require immediate attention. The Urgent Care Clinic is available during evenings and weekends by appointment only. You do not have to be an established McFarland Clinic patient to be served in the Urgent Care Clinic. To schedule your same-day appointment at the McFarland Urgent Care Clinic, please call 515.956.4044. The Urgent Care Clinic is located in the Family Medicine East location at 1018 Duff Avenue and is open during the following hours:

- Tuesday through Friday: 9:00 a.m.—7:00 p.m.
- Saturday and Sunday: 9:00 a.m.—5:00 p.m.

MCFARLAND EXPRESS CARE

McFarland Clinic offers same day and next day appointments for common illnesses, and is available inside both Hy-Vee locations in Ames, offering services from 9 am to 5pm 7 days a week.

EMERGENCY CARE –HOSPITAL

Medical care also is available through the emergency room of Mary Greeley Medical Center, located at 12th Street and Duff Avenue.

FIRST NURSE PHONE LINE

First Nurse is a free health-information community service that allows you to speak with a specially-trained registered nurse and receive health information and expert advice on medical problems. Their services can help you determine whether or not to see a physician or visit an emergency room. The First Nurse phone line is staffed by nurses with background in a variety of medical specialties, and is available 24 hours a day, 7 days a week and can be reached by phone at 515.239.6877 or toll-free at 800.524.6877.

