



2022 QR CODE PROJECTS

The Pre-education Workgroup worked on several projects and resources throughout 2022. Some of these projects included a traveling exhibit which contains QR codes to resources such as a Partner Service list, a Hydration Calculator, and a Prediabetes Risk Test. These resources were created as a call to action for our community. To measure the reach of these resources, UCD has gathered the number of scans to each one.

PARTNER SERVICES

UCD Partner Services
Clinics/FQH-Federally Qualified Services

<p>El Milagro Clinic McAllen- Main Office</p> <ul style="list-style-type: none"> Primary Health Care Women's Health Behavioral Health Counseling Services Laboratory Services Prescription Assistance Immunizations Eye Screenings vouchers Imaging Services vouchers Nutrition Education Evidence Based Diabetes Management Program Evidence Based Diabetes Prevention Program <p>Food Distribution Wellness Activities Uber Health Transportation COVID-19 testing and vaccines</p> <p>Mobile Link serving the community at the ARISE Centers Las Milpas, South Tower, Muni, and Hargill</p> <p>Phone Number: 956-213-6400 \$- Fees may apply</p>	<p>HOPE Family Health Center McAllen- Main Office</p> <ul style="list-style-type: none"> Primary care Counseling-general wellbeing Brief counseling Case Management Care Coordination DDP: Diabetes Prevention Program Peer Support Programs Hope Warm Line (Not in crisis) <ul style="list-style-type: none"> Wellbeing groups FARMacy: Food bank initiative Lunch+Learn Programs- Themed topics Counseling trainings for school counselors and nurses Conference rooms available for public use <p>Phone Number: 956-994-3319 \$- Fees may apply</p>
<p>Su Clinica Harlingen- Main Office Brownsville, Raymondville and Santa Rosa</p> <ul style="list-style-type: none"> Primary care Pediatric Woman's health Gynecology Adult services Dental Podiatry Small eye care center Labs Radiology Behavioral services Social services Case management DDP- Master Trainer Pharmacy <p>Phone Number: 956-365-6000 \$- Fees may apply</p>	<p>Nuestra Clinica Del Valle San Juan- Main Office Donna, Edcouch, Edinburg, Mercedes, Mission, Rio Grande City, and Roma</p> <ul style="list-style-type: none"> Family medical OB/GYN Dental Pharmacy Labs Radiology Nutrition Immunizations Colorectal cancer screenings Retinopathy screening/referral Hep C screenings Adopted DPP <p>Phone Number: 956-787-0787 \$- Fees may apply</p>

HYDRATION CALCULATOR

vegetable juices.

Americans 2 years and older should keep their intake of added sugars to less than 10% of their total daily calories. For example, in a 2,000 calorie diet, no more than 200 calories should come from added sugars (about 12 teaspoons).

Children younger than 2 years should not be fed foods and beverages with added sugars at all.

RETHINK YOUR DRINK

Drinking water is the most beneficial way to stay hydrated.

Daily water intake recommendations vary by age, sex, pregnancy, and breastfeeding status.

SCAN ME **USE A HYDRATION CALCULATOR TO CALCULATE HOW MUCH WATER YOU SHOULD BE DRINKING DAILY.**

BENEFITS OF DRINKING WATER

Getting enough water every day is important for your health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones.

Water has no calories, so it can also help with

NUMBER OF SCANS

11

English: 11

November 9th, 2022 - December 31st, 2022

Spanish: 0

Created- Not Available for Use

11

English: 11

November 9th, 2022 - December 31st, 2022

Spanish: 0

Created- Not Available for Use

LOCATIONS

- Traveling Exhibit- English

- Traveling Exhibit- English

