

## ACE-SAP FREE CLINIC

### Why are preventive care and regular check-ups important?

Many illnesses do not show signs or make people feel sick until there is already damage done.

For instance, heart disease is the leading cause of death in the U.S. The two most important causes of heart disease are high blood pressure and high cholesterol. But most people can't tell they have it because they have no noticeable symptoms. The same is true for diabetes. One in four people with diabetes does not know they have it.

### How often should you have a check up?

It is important to see a health care provider at least once a year for a complete physical. Persons with health problems like high blood pressure or diabetes should be seen more often.

### Are there other ways to stay healthy?

Yes! Many health problems can be managed by changing your habits. Knowledge about your health is a powerful weapon for improving it. Your health care provider can give you information and support to make healthy changes.

## MISSION

The mission of ACE-SAP clinic is to provide health assessment and preventive services at no cost to underserved persons in the Cedar Valley while providing service-learning opportunities for Allen College students.

## ACE-SAP FREE CLINIC

offers **FREE** Health Care & Screenings

Clinics are open to **ALL AGE GROUPS**

(regardless of whether or not you have insurance)

**NO PROOF OF INSURANCE**  
is needed

### LOCATION

**Salvation Army**  
207 Logan Avenue  
Waterloo, IA  
Call: (319) 235-9358

### SERVICES OFFERED

- Complete health history and physical including employment physicals, camp and sports physicals, wellness exams
- Free cholesterol and blood sugar testing.  
**Please come fasting** (Nothing to eat or drink except water after midnight)
- Vaccines for adults
- Prescriptions or medication assistance available
- Mental health evaluation and counseling
- Occupational Therapy services for persons with mobility problems, pain syndromes, self-care or safety issues, behavioral and mental health concerns
- Wellness and prevention education including a special diet and activity program which includes incentives
- Referral to area agencies as needed (gynecological exams and PAP smears are not available)

### CLINIC HOURS

Clinic hours may vary to accommodate student schedules. Please call 235-9358 to confirm clinic times or log on to [www.allencollege.edu](http://www.allencollege.edu) and click on "community" to find the ACE-SAP clinic link.

### STAFF

Allen College students

# ACE-SAP FREE CLINIC

**FREE** Health Screenings



**Allen College**  
**UnityPoint Health**



Services of the ACE-SAP Clinic are funded  
in part through a grant from the  
Community Foundation of Northeast Iowa.

**Salvation Army**  
207 Logan Avenue  
Waterloo, IA 50703  
(319) 235-9358

**Allen College**  
1950 Heath Street  
Waterloo, IA 50703  
(319) 226-2022



**SERVICE PROVIDED BY**  
Allen Community Engagement  
& Salvation Army Partnership