



Vitals



At your clinic visit, the medical assistant will call your name when it is your turn. They will take you to a place to check your vitals. This place looks different in each clinic.



The tests to check your vitals help the medical team know how your body is doing. First they will measure how tall you are and how much you weigh.



Next the medical assistant will check the temperature of your body. The tool they use is called a thermometer. Some work by lightly touching your forehead. Other thermometers go under your tongue or arm.



Now it's time to check your blood pressure. This test measures how your heart is working. The medical assistant will place a soft band around your arm and press a button to turn on the machine. The band will give your arm a tight squeeze. Your job is to relax your body and hold very still.



The last step in checking your vitals is to see how much oxygen you have in your body. The machine they use is called a pulse oximeter. The medical assistant will put a brown bandaid-like sticker around your finger. You will know it is working when the sticker's red light shines.



You are done having your vitals checked! Now it is time to wait for the medical team to come see you for your appointment.



Proudly Sponsored by

