

## **Upstate KIDS Clinic Visit Program: Frequently Asked Questions** (page 1 of 4)

### **1.)What are the benefits to participation?**

The appointment will provide important information regarding your child's growth and physical health. All of the measurements taken at the appointment are shown to be important for a healthy heart. The information we learn from this program will help people who want to have children someday. **Following your appointment, you will be mailed a report on your child's heart health [Clinic Visit report], along with a \$100 gift card per child who participates in a clinic visit, to thank you for your participation.**

### **2.)Can I still participate in Upstate KIDS if I do not want to participate in a clinic visit?**

You and your child's participation in the clinic visit program is voluntary. You may continue to be a part of the Upstate KIDS Follow Up program, even if you do not want to do the clinic visit.

### **3.)Who will be evaluating my child?**

Clinical research staff will be evaluating your child/children. Blood will be drawn by certified, experienced medical staff.

### **4.)How long will the appointment take?**

The appointment will take approximately 2 hours.

### **5.)What can I expect to happen at the appointment?**

At the appointment, clinic staff will review the Parental Consent form and Child Assent form with you and your child. Staff will measure your child's blood pressure, weight, height; and hips, arm and waist circumference. Staff will measure body-fat using bio-electrical impedance (BIA), which measures body fat by running a very low electrical current throughout the body that your child will not be able to feel. Clinic staff will measure your child's lung inflammation by having him/her breathe into a detection device for a short period of time. They will also measure arterial stiffness by pulse wave velocity, which is non-invasive and captures how flexible his/her arteries are. We will also take measurements of your (mother's) blood pressure, height, weight, arm circumference, waist circumference, hip circumference, body fat, lung inflammation, and arterial stiffness.

Clinic staff will also collect a sample of saliva, urine, and blood (less than a teaspoon) from your child. Blood will be tested for cholesterol levels (e.g, HDL) and triglycerides (again, shown to be related to having a healthy heart). Saliva will be tested for hormone levels. Both blood and saliva samples may also be used for genetic analyses (but ONLY if you agree). Clinic staff will also

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(continued from previous page) collect a sample of blood from you (the mother). Urine may be tested for liver or kidney markers and a variety of environmental exposures and toxins.

Lastly, clinic staff will help you fill in, with input from your child, what he or she ate over the past 24 hours, along with other health questions.

**6.) Will I receive any follow-up after the appointment?**

Following your appointment, you will be **mailed a Clinic Visit Summary report sheet (with your \$100 gift card per child who completes an appointment)**. The Clinic Visit Summary will contain the measurement information collected from your child during the visit. Please note, these measurements are taken for research only and not for diagnosis. You may share the report sheet with your child's doctor. You may also receive a letter if your child's blood pressure measurement was higher than 95% of the children his/her age, that you may share with your child's doctor.

**7.) Where are the clinic centers located?**

Clinics are currently located at the University of Rochester Medical Center in Rochester, NY; at the University at Buffalo in Buffalo, NY; and at the University at Albany School of Public Health, in Rensselaer, NY.

**8.) Can I choose which center my child goes to?**

Your child will be scheduled for an appointment at the clinic closest to your home. In the event that you live the same distance from two clinics, you may choose which clinic you would like to visit.

**9.) Do I need to make my own appointment?**

No, once you agree to participate, Upstate KIDS Follow Up study staff will work with you to schedule an appointment at your convenience on a Monday-Friday (e.g., during a school vacation, etc.) and make travel arrangements. Upstate KIDS staff can be reached toll free at 1-888-870-0247. Once the appointment is scheduled, you will be mailed a Clinic Visit Confirmation letter with a map and directions to your appointment, and information regarding travel arrangements made for your clinic visit. Prior to your scheduled appointment, Clinic Staff will contact you directly with an appointment reminder call.

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**10.)Do I have to pay for travel costs?**

If the location of your assigned clinic is too far from your home to travel to and from in one day, you are eligible for one overnight stay in a hotel room nearby the clinic where your appointment is scheduled. Hotel rooms will be paid for directly and upfront by Upstate KIDS.

Families will have to pay upfront costs for meals, gas, highway tolls, and parking and later be reimbursed. Following your appointment, you will be mailed a check for gas and meal expenses. Toll and parking costs can also be reimbursed in the form of a check, if receipts are saved and mailed to the study.

To receive a check for travel expense reimbursement following your appointment, you (parent) will need to complete and sign IRS Form W-9 at the clinic, which will be securely forwarded by the study to the Research Foundation for the State University of New York at Albany, the entity that administers the Upstate KIDS study. This is a requirement, as the Research Foundation for SUNY will need this information in order to generate and mail you a check following your appointment.

The IRS defines payments (direct compensation) from the study for incentive and any travel reimbursement as taxable income. Therefore, the Research Foundation for SUNY is required by the IRS to report your direct compensation from the Upstate KIDS study for the calendar year via a 1099 Misc form ONLY if it is over \$599 for that year (this minimum does not include your hotel stay that may be arranged for your family during your clinic appointment, since these are paid for directly by the study). Please note, the vast majority of study participants will not reach this \$599 limit in incentive and travel reimbursement costs provided by the study within a calendar year. You will be asked to sign a RF SUNY Travel Reimbursement Form at the appointment.

Please contact the Upstate KIDS study at 1-888-870-0247 if you have any questions on the process for travel reimbursement.

**11.)Do I need to save receipts?**

You will need to provide receipts for tolls and parking in order to be reimbursed for those costs.

You will not need to provide receipts for meals and mileage reimbursement. Reimbursement for meals and mileage will be calculated after your appointment, based on your geographical location and distance to the clinic.

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**12.)What is the reimbursement rate for gas/mileage?**

Families will be reimbursed at the mileage reimbursement rate established by the IRS. This rate changes periodically; as of January 1 2018, it is \$.545 per mile.

**13.)How many people will be reimbursed for travel expenses to the clinic?**

Families will be reimbursed for each child participating in the clinic visit, and one adult.

**14.)What is the meal reimbursement rate?**

Families will be reimbursed for meals for each child participating in the evaluation, and one adult. The rate varies depending on length of stay and geographic location. Please contact the Upstate KIDS Follow-Up Study toll free at 1-888-870-0247 for information regarding current meal reimbursement rates.

**15.)Can my family and I stay overnight?**

If the location of the assigned clinic is too far away for your family to travel to and from in one day, you are eligible for one overnight stay in a hotel room nearby the clinic. Upstate KIDS will pay the cost of the room and any parking fees charged by the hotel upfront (charges such as long distance phone calls, in room movies, and other incidentals will not be covered). The Upstate KIDS study will assist families with identifying and reserving hotel rooms close to the clinic visit center.

**16.)What do I need to bring to the appointment?**

You should bring your **PHOTO IDENTIFICATION**, medication and any other necessities for you and your child, and any receipts for tolls (EZ Pass statement) and parking. If you child is currently taking any medications, you should bring a list of the medication names and doses.

**17.)If I schedule my child's appointment during my scheduled work hours, will the study reimburse me for lost wages?**

We are unable to reimburse parents for lost wages if they choose to schedule the appointment during their scheduled work hours. However, Upstate KIDS staff will work closely with you to schedule the appointment at a time that is the most convenient for you and your family.