

MY ADRENAL INSUFFICIENCY JOURNEY

Welcome to the Adrenal Insufficiency Journey at Children's Minnesota. You are an essential partner in the care experience here, and we are excited to join together with you on your journey. The Adrenal Insufficiency Journey (AI) includes the following steps. Bring this with you to your next adrenal insufficiency (AI) appointment to discuss any questions with your provider.

In order to prepare you for the care and services in the endocrine clinic, we have a web app that brings all of our information to your fingertips. To find our app, and save it to your device, follow the instructions below:

1. Scan the QR code below or visit childrensMN.org/myjourney/AI.
2. Add to Favorites or Home Screen.
Apple device
 - Select box with an arrow at the bottom of screen.
 - Select action Add to Home Screen or Add to Favorites.
 - Select Add.**Android device**
 - Click on the 3 dotted lines to open more options.
 - Select action Add to Home Screen or click on star to add to Favorites.
 - Select Add.**Computer**
 - From navigation bar, select Favorites.
 - Select Add to Favorites.
3. Review steps 1–6.
4. Write down any questions you have and ask them at your next endocrine clinic appointment. We look forward to partnering with you on your AI journey.

Notes:



For the online Adrenal Insufficiency (AI) Journey, scan QR code, or visit childrensMN.org/myjourney/AI.

1

I can tell you about adrenal insufficiency (AI).

2

I tell you how to take daily medicine.

3

I can tell you when and how to stress dose.

4

I can show how to mix and give Solu-Cortef stress dose.

5

I can tell you about signs of adrenal crisis.

6

I can show you where to find more AI resources.

Children's Minnesota Endocrine Clinic

651-220-6624

Providers are on-call 24/7

Triage nursing available:
8 a.m.–4:30 p.m., Monday – Friday