





## SPRING INTO SUMMER

Make Your  
School  
Physical  
Appointment  
Today!

UHS DIETITIAN

## Looking for Heart Healthy Foods? THINK “NUTS”

By Mario Villalobos Medran, MS, RDN, LDN

Some studies have found that eating a handful of nuts daily can help improve heart health, lower blood pressure, reduce risk of type 2 diabetes, and help with weight management. No surprise they are part of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) eating plans. They contain key nutrients for optimal health such as protein, healthy fats, fiber, and some vitamins & minerals. Your best choices? The American Heart Association recommends almonds, hazelnuts, peanuts, pecans, pistachios, and walnuts. Choose unsalted or low salt when possible. Do not consume if you are allergic to nuts!



## INCREASED MEASLES ACTIVITY 2025

### What to Watch For:

Symptoms typically appear 10-12 days (range: 7-21 days) after exposure and may include:

- Fever
- Cough, runny nose, and red/watery eyes
- A red, blotchy rash that usually starts on the face and spreads downward

### When to Seek Care:

If you or your child develop these symptoms—especially after known exposure or recent travel—please call our outpatient clinic before coming in at phone 312-423-4200. This helps us take appropriate precautions to protect others. Wear a MASK.

### Prevention Reminder:

Vaccination is the best protection. The MMR vaccine is safe and effective and available at all UHS locations. Please discuss with your physician.

Consider measles in patients presenting with febrile rash illness and clinically compatible symptoms (cough, coryza, and conjunctivitis).



Ask patients about recent travel internationally or to areas with an ongoing measles outbreak, as well as their recent contacts.



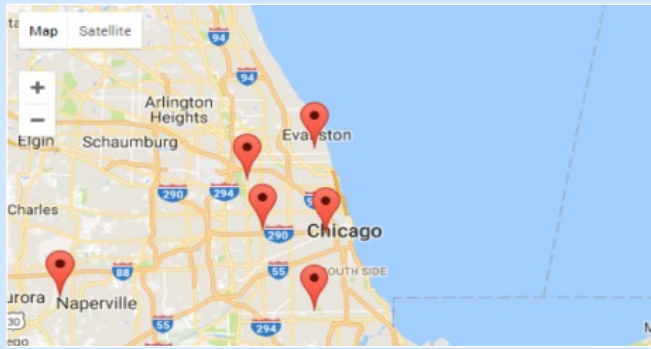
We are currently seeing increased Measles activity in the United States and in Illinois. Measles is a highly contagious viral illness that can lead to serious complications.

At UHS,  
Your  
health and  
safety are  
our top  
priority.



UHS Oak Park office at 610 S. Maple St. Oak Park, IL. 60304 has temporarily been moved to Suite 1500. Thank you for your patience as we look to relocate to a new location.

## Union Health Service operates six facilities throughout Chicagoland providing primary and specialty care



### UHS LOCATIONS INCLUDE:

- 1634 W. Polk St. Chicago, Illinois 60612
- 4701 N. Cumberland Ave. Norridge, Illinois 60706
- 2800 W. 87th St. Chicago, Illinois 60652
- 610 S. Maple St. Oak Park, Illinois 60304
- 3535 E. New York St. Aurora, Illinois 60504
- 1325 Howard St. Evanston, Illinois 60202

For more information on UHS locations please refer to our website [www.unionhealth.org](http://www.unionhealth.org).

### UHS SUBURBAN CONTRACTING FACILITIES

#### Primary Care/General Medicine

##### McGowan Family Health and Wellness Center

Chicago Heights 60411

[mcgowanfamilyhealthandwellnesscenter.com](http://mcgowanfamilyhealthandwellnesscenter.com)

##### Provida Family Medicine

Gurnee 60031

[providafamilymedicine.com](http://providafamilymedicine.com)

##### Zmedi

Orland Park 60462 | Palos Heights 60463

[zmedigroup.com](http://zmedigroup.com)

##### Alex Iskander, MD

Plainfield 60586

[saintmaryinternalmedicine.com](http://saintmaryinternalmedicine.com)

#### Pediatrics

##### Bharti Amin, MD

Matteson 60443

##### Rush Copley Pediatrics

Aurora 60504

[rush.edu/locations/rush-copley-medical-group-pediatrics-aurora-ridge](http://rush.edu/locations/rush-copley-medical-group-pediatrics-aurora-ridge)

#### Obstetrics & Gynecology

##### Ob-Gyn Associates of Libertyville, SC

Libertyville 60048

[obgynedocs.com](http://obgynedocs.com)

##### Rush Copley OB/GYN, Eola

Oswego | Aurora

[rush.edu/locations/rush-copley-medical-group-ob-gyn-aurora-2020](http://rush.edu/locations/rush-copley-medical-group-ob-gyn-aurora-2020)

##### OB/GYN Health Associates, SC

Orland Park 60467 | Oak Lawn 60453

[obgynhealthassociates.com/](http://obgynhealthassociates.com/)

### UHS DIETITIAN

## Tips for Keeping Your Grocery Bill Down

By Sally Orloff, MS, RDN, LDN, CDCES

- ✓ Cook your own food. Convenient foods, consumed from a package, cost more.
- ✓ Buy generic or store brands.
- ✓ Plan and make your shopping list from the weekly sale items.
- ✓ Avoid shopping when you are hungry; it can lead to impulse buying of snacks or eating out.
- ✓ The dollar store carries frozen veggies and some whole grains.
- ✓ Buy in bulk. Shop with friends or family when the deal requires buying multiple items.
- ✓ Foods in bags usually cost less than when it is in a box.
- ✓ If you finish all of it, bagged produce is often less than several individual items.
- ✓ Dried beans are an economical protein and can be used in casseroles, chili, or soups. Make in large amount and freeze.
- ✓ Get to know the reward programs at the stores in your neighborhood.
- ✓ Look for senior discounts. Some places start at age 55 or 62.
- ✓ Look for the discontinued items; they are priced for fast sale.
- ✓ Shop the perimeter of the store for necessary staples like meat/chicken/fish, dairy, and produce.
- ✓ Look for seasonal produce, or buy frozen or canned with the liquid drained.
- ✓ Compare unit prices rather than the shelf price. The unit price tells you cost per ounce, pound, or other weight, or volume.

### CALL BEFORE YOU GO!

- Our call center is ready to assist you during clinic hours
- We offer same day appointments, if needed
- Our answering service and on-call Physician are available after hours and on holidays
- If you require more urgent medical attention, our team can direct you to the nearest in-network Urgent Care Center or Emergency Room
- Our team of Nurses and Physicians will triage your call and direct you to the appropriate care
- All visits outside of UHS require a referral to avoid patient financial responsibility.

### QUESTIONS ABOUT YOUR BENEFITS?

The Union Health Service (UHS) website [www.unionhealth.org](http://www.unionhealth.org) includes information on your benefits, our locations, providers and services. Check out the Member Benefits section: [www.unionhealth.org/member-benefits/](http://www.unionhealth.org/member-benefits/). This information is from your FUND.

**HAVE YOU REVIEWED HOW TO MAKE YOUR MEDICAL BENEFITS WORK BETTER FOR YOU?** [www.unionhealth.org/how-to-make-your-medical-benefits-work-better-for-you/](http://www.unionhealth.org/how-to-make-your-medical-benefits-work-better-for-you/)