



## 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 pre-authorization to avoid patient financial responsibility.

It's not too late

to get vaccinated for the flu

There is currently an increase in cases of Upper Respiratory Illness nationwide.

UHS encourages all patients to get a flu shot to help protect themselves and others.

## POLK FACILITY UPDATE

Renovation work is ongoing as part of the B Station Renovation, focused on improving the space and care environment. We appreciate everyone's patience and understanding during this process.

**FLU SHOTS ARE STILL AVAILABLE**

Flu shots are available at all UHS locations.

Achieved Health Plan Accreditation by  
 **AAAHC**

Union Health Service has successfully completed its on-site accreditation survey and has been awarded continued AAAHC accreditation through 2029. This outcome demonstrates our ongoing compliance with established quality and safety standards and reflects the consistent efforts of our staff to maintain effective, reliable, and patient-centered healthcare operations.

**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
- 3340 S. Oak Park Ave Berwyn, Illinois 60402 **NEW**
- 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 | 708-748-5910

**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/)

# SMOOTHIES

## Health Friend or Foe?

by Sally Orloff, MS, RDN, LDN, CDCES



Smoothies are thought of as something healthy. Every social media influencer seems to have the magic combination of ingredients for your weight management or health journey. Most dietitians, however, would suggest to save smoothies for a special treat and not for daily consumption.

While they can contain healthy nutrients, there are some disadvantages for weight gain and blood sugar spikes with continued intake.

- Liquids and blends pass through your stomach quicker than solid foods, leading to over consumption.
- Our brains tell us when we are full and when to stop eating. Smoothies do not have the same effect on your brain as chewing and digesting food does.
- The “add ins” to a smoothie are often more than you would eat when the food is whole.

Keep healthy eating simple by eating the whole food the smoothie is made from: Fruit, veggies, milk yogurt, nuts or seeds.

## REMINDER: WE HAVE MOVED!

Oak Park Clinic has moved to Berwyn and is now called Berwyn Clinic. Please note our new location:

**3340 S. Oak Park Ave. Berwyn, IL 60402**

# RESET & RECHARGE

**FOCUS ON:**

- ✓ Sleep hygiene
- ✓ Hydration
- ✓ Digital detox
- ✓ Stress management
- ✓ Healthy recipes
- ✓ Meal prep
- ✓ Mindful eating
- ✓ Reducing processed foods

**ACTIONABLE TIPS:**

**1. Hydration**

- Carry a water bottle
- Add fruit slices

**2. Movement**

- Take the stairs
- Walk after dinner
- Try a new sport

**3. Sleep**

- Establish a routine
- Put screens away an hour before bed
- Make your bed

**4. Nutrition**

- Add a fruit/veggie to each meal
- Pack lunch

**5. Mental Health**

- Meditate 10 minutes
- Practice affirmations
- Use sick days as mental health days