



## SEASONAL WELLNESS: HOW TO STAY HEALTHY THIS WINTER

During the winter season it's important to take extra care of your health. The cold weather can make it easier for germs to spread, so keeping your immune system strong is key. Eating immune-boosting foods like citrus fruits, leafy greens, and whole grains can help protect your body. Don't forget to get your flu shot, which is available through your health plan—this simple step can prevent you from getting sick. Staying active is also important, so try to walk or do light exercises indoors if it's too cold outside. If you're unsure about what you need to stay healthy, your health care provider can offer access to helpful resources like flu shots, vaccinations, and dietitians' consultations.

When you visit UHS, please remember to ask for a mask if you have cold symptoms, flu symptoms, or feel unwell. Let us stay safe and healthy together this season!

### ANNUAL WELL VISIT

An Annual Well Visit (AWV) or Complete Physical (CPX) is an annual in person visit. Please schedule your appointment with your Primary Care Provider.

### UHS DIETITIANS

## CAN YOGURT REDUCE THE RISK OF TYPE 2 DIABETES?

By Mario Villalobos Medran, MS, RDN, LDN

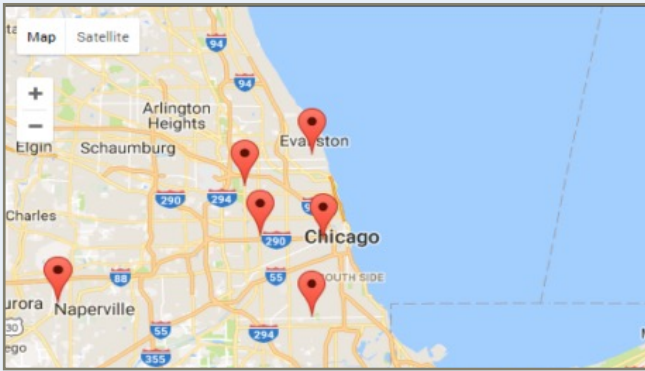
Early in 2024, the U.S. Food and Drug Administration approved a health claim for dairy-based yogurt consumption as a whole. The claim states that while there is limited scientific evidence, there is a potential reduced risk of type 2 diabetes relating to yogurt intake of at least 2 cups per week.

With this in mind, here are some key recommendations when choosing a yogurt:

- ✔ Pick a fat-free or low-fat plain Greek vs regular and flavored yogurt. You can add your favorite fruit for flavor, including fresh, canned, or frozen without added sugars.
- ✔ If you prefer flavored yogurt, compare and choose the yogurt with the least amount of added sugars. Some brands include 0 added sugars.
- ✔ Get a yogurt with a least 10g of protein per serving. Some brands include 15-25g per serving.
- ✔ You can enjoy a serving of yogurt for breakfast or as a snack!



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



### Locations include:

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

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

## PHARMACY NEWS

UHS is excited to announce that, in our ongoing efforts to better serve you, we are extending our operating hours! Effective March 1st, 2025, our pharmacy will now be open six days a week, Monday to Saturday.

We hope that these extended hours will provide greater convenience and flexibility for all your pharmaceutical needs. Our dedicated team is committed to providing the highest level of service and care, and we look forward to welcoming you during our new hours of operation.

Thank you for your continued support and trust in our pharmacy. If you have any questions or need further information, please do not hesitate to contact us.

### NEW OPERATING HOURS:

**Monday-Friday:**  
8am–5pm

**Saturday:**  
9am–1pm

### FLU SHOTS ARE STILL AVAILABLE

Flu Shots available at all of our UHS locations:



## MEDICATION RECONCILIATION: A KEY TO ACCURATE HEALTH RECORDS

Clear communication between you and your healthcare provider is essential to ensure the best care possible. One important aspect of this is Medication Reconciliation—regularly reviewing your medication list with your provider at each visit. This includes prescriptions, over-the-counter medications, vitamins, and supplements.

Discussing your medications helps your provider ensure you're taking them correctly, at the right dosage, and that none of your medications conflict with each other or your allergies. It is also crucial for medication adherence, which means following the prescribed plan to get the most benefit from your medications. Missing doses or taking them incorrectly can affect your health outcomes.

By keeping an accurate, up-to-date medication list and having these conversations during each visit, you help your provider support your wellness and prevent potential issues.

Remember, taking your medications as prescribed and staying engaged with your provider is key to staying healthy and managing your care effectively.

## CALL BEFORE YOU GO!

### PLEASE CALL UHS IF YOU ARE FEELING UNWELL:

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

