






UNION HEALTH SERVICE SMOKING CESSATION CLINIC

ARE YOU READY TO QUIT SMOKING? WE CAN HELP!

Get support from our Clinical Pharmacist! Talk to your Union Health Service doctor today and schedule an appointment.

HEALTH BENEFITS OF QUITTING SMOKING

-  **IMPROVES** health and **INCREASES** life expectancy
-  **LOWERS** risk of 12 types of cancer
-  **LOWERS** risk of cardiovascular diseases
-  **LOWERS** risk of chronic obstructive pulmonary disease (COPD)
-  **LOWERS** risk of some poor reproductive health outcomes
-  **BENEFITS** people who have already been diagnosed with coronary heart disease or COPD
-  **BENEFITS** people at any age - even people who have smoked for years or have smoked heavily will benefit from quitting

QUITTING SMOKING IS HARD, BUT IT IS THE BEST THING YOU CAN DO FOR YOURSELF.

We can help develop a plan to help you quit smoking. This will include education on the impacts of smoking habits, new behaviors that make quitting easier, information on medications that increase quitting success, techniques to avoid weight gain, and support.

INTERESTED? TALK TO YOUR DOCTOR TODAY TO SCHEDULE AN APPOINTMENT WITH OUR CLINICAL PHARMACIST!

- ✓ Individual appointments
- ✓ Professional interpreters available

NUTRITION DEPARTMENT



UHS DIETITIANS:

Sally Orloff (*Department Manager*)

Mario Villalobos Medran
(*Bilingual Spanish*)

Frances Chow

We are excited about the addition of two new Dietitians to the team. Currently, all the Dietitians work at our Polk Street office. In the future, a Dietitian will be available at the 87th Street office. Dietitians can work with patients in person or over the phone, whichever is the most convenient for you.

If you are unable to keep your appointment, please call UHS (312-423-4200 ext. 7997). Cancelling is important because another member can use your appointment. Thank you!

REMEMBER There is NO co-pay for Dietitian appointments!

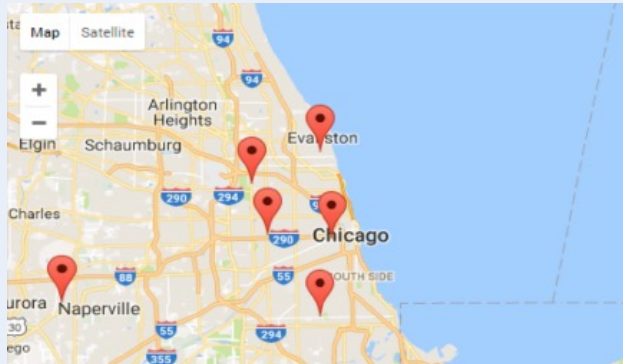
COVID-19 VACCINE

Available at participating pharmacies according to your prescription benefit. If you have questions, contact the UHS Member Service Department.

COVID TESTING Members should be doing testing through home test kits that are available <https://www.covid.gov/tests> Beginning September 25, 2023 every U.S. household can again place an order to receive four more free COVID-19 rapid tests delivered directly to their home.

Before You Throw Out "Expired" Tests: Check to see if the expiration dates have been extended: www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests

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.



Flu season has already started and normally peaks between December and February. The CDC recommends an annual flu vaccine for everyone six months of age and older. Flu Shots are available at all of our UHS locations.

Join Our Patient Portal. A Patient Portal is a secure online website that gives you convenient 24-hour access to your personal health information and medical records—from anywhere with an Internet connection. Accessing your personal medical records through a Patient Portal can help you to be more actively involved.

There are many locations to register for the Patient Portal.

1. Member Service
2. Check-In at your doctor's appointment
3. Medical Records

MAMMOGRAPHY

AT UNION HEALTH SERVICE

We are pleased to share some encouraging news regarding our medical screening efforts for Mammography. Our recent data shows that an impressive 90% of female members of Union Health Service between the ages of 50 and 74 have completed a mammogram within the last two years.

This accomplishment is a significant milestone in our commitment to women's health, and it reflects the dedication of both our healthcare providers and our valued members. Here is what this statistic means for you and the community:

- 1. Early Detection:** Mammograms are a vital tool in the early detection of breast cancer. Completing a mammogram greatly enhances the chances of detecting cancer at an early, more treatable stage.
- 2. Improved Outcomes:** By ensuring that a large percentage of women in this age group are getting screened regularly, we are contributing to better health outcomes and an increased likelihood of successful treatment in case breast cancer is detected.
- 3. Membership Health:** This statistic demonstrates our commitment to improving the overall health of our members. It reflects the importance we place on preventive care and early intervention.
- 4. Encouraging Preventive Health:** We want to take this opportunity to encourage all eligible women to continue with regular mammography screenings as recommended. If you are due for your mammogram or have questions about breast health, please do not hesitate to reach out to your healthcare provider.

We would like to express our gratitude to our members for their proactive approach to preventive health and to our healthcare team for their dedication to promoting and providing accessible screening services.

If you have any questions or concerns related to mammography or any other aspect of your healthcare, please feel free to contact your primary care physician. Your well-being is our priority, and we are here to support you in every way possible.

Thank you for being proactive about your health, and together, we can continue to make positive strides in the journey toward better health outcomes.

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