



CountyCare Connection Summer 2017

Strong Babies Need Strong Mamas

Take care of yourself after baby arrives.

Congratulations, you just had a baby. Now what?

In this issue, we look at ways you can take charge of your health so you and your new baby can stay healthy.

Knowledge Is Power: Schedule Your Postpartum Check-up Today

“After having a baby, you may not have the energy or time to go to your doctor. Your focus may be on taking your baby to check-ups,” says Dr. Arden Handler, a maternal child health professor at the University of Illinois – Chicago. “But babies do best when moms are healthy.”

That’s why it’s important to see your provider after you give birth (or postpartum). At this visit, your provider will give you information to help you stay strong, happy and healthy for your baby.

We suggest new moms see their providers three to seven weeks after childbirth. At this check-up, they will perform a physical exam. They will also discuss any health conditions you have.

Sometimes when people hear the word “postpartum” they think “depression.” But at postpartum visits, you can discuss **any** feelings about being a new mom. You can even go for more than one check-up.

(Continued on page 2)

Table of Contents

Think About Birth Control	2
Breastfeeding Basics	2
Keep Healthy Habits, Start New Ones.	3
Websites for New Moms.	3
Dealing with Depression.	4
Adventure Indoors for a Cool Summer	5
How to Have a Healthy Summer	6
Farmer’s Markets	6
Fresh Food Trucks Offer More Good Food Options This Summer.	7
Contact Us!	8
Notifications.	8

Strong Babies Need Strong Mamas (continued)

Think About Birth Control

With a new baby at home, you have a lot more than birth control to think about. Yet, you can get pregnant soon after giving birth.

Long-acting birth control methods

Doctors suggest you wait a year or two before having another baby. CountyCare offers free family planning visits and all birth control methods.

The most effective methods are intrauterine devices (IUDs) and implants. Many women find these easy, effective and safe birth control options. They are also fine to use while breastfeeding. Providers can put them in before you leave the hospital. Or, they can do this at your postpartum check-up or at later visits.

- IUDs - There are currently four types of IUDs. They protect you from pregnancy from three to 12 years. IUDs are nearly as effective as getting your tubes tied. As soon as providers remove them, you can get pregnant again. Interested? Talk to your provider about what might be best for you.
- Implants - Doctors insert this small 1 ½ inch rod just under the skin in your upper arm. It keeps you 99.95 percent protected from pregnancy for four years.


Permanent birth control

Are you done with having children? If you are sure, consider permanent birth control. In women, some call this “getting your tubes tied” or “tubal ligation.” In men, it’s called a vasectomy. CountyCare also covers permanent birth control.

Other birth control methods

CountyCare offers all other birth control methods. Only you and your provider can decide what is best for you.

Helpful tools:

- Birth control reminder app for your phone 
- Information and comparisons of different birth control methods www.bedsider.org/methods
- Quiz about birth control www.mybirthcontrolapp.org

Breastfeeding Basics

Breastfeeding your new baby has many rewards. Breast milk provides complete nutrition made just for your baby and babies digest it easily. It can protect your little one from many health problems.

Mothers also benefit from breastfeeding:

- Helps you lose baby weight and bond with your baby.
- Lowers your chance of certain cancers.
- Saves you money – you don’t need bottles or formula.

Many moms have questions about breastfeeding, especially when getting started. Have questions or problems? Talk to your provider or your baby’s provider.



Extra help

The women, infants and children (WIC) nutrition program supports breastfeeding. They provide breastfeeding moms with the following:

- Extra food coupons.
- Counselors to give you support and advice.

Breastfeeding resources

- Find your local WIC program at www.dhs.state.il.us and search for WIC.
- Get breastfeeding resources at www.wichealth.org. You will need your WIC ID number.
- CountyCare covers double electric breast pumps (prescription from your provider needed). If you need a pump, ask your provider to order one from one of these companies (delivery or pick-up):

Advanced Home Medical	909-569-9013
Advanced Home Medical, Inc.	773-205-6993
Byram Healthcare	630-271-9041
J&B Medical Supply Co, Inc.	800-737-0045 x149
Kosirog Pharmacy, Inc.	773- 486-3998
US Medical Equipment, Inc.	847-635-7644

Keep Healthy Habits, Start New Ones

While pregnant, many women make changes that help them have healthy babies. Why not make these healthy habits permanent?

If you gave up smoking, keep going! It's good for you, your baby and your whole family. Need help? Call the Illinois Quit Line at 1-866-QUIT-YES or talk to your provider at your postpartum check-up.

Returning to a healthy weight

Wondering if your body will ever get back to "normal"? Returning to a healthy weight is important, but be patient. Your body just went through a lot! It took nine months for your body to grow a baby. It may take just as long (or longer) for your body to get back into shape. Here are some tips:

- Eat just as healthy as when you were pregnant, or even healthier!
- Gradually get more active and increase your heart rate by fast walking or dancing.
- Keep taking your prenatal vitamins. Or ask for a new prescription at your postpartum check-up.

Websites for New Moms

Check out these fun websites!

www.textforbaby.org

Subscribe to texts sent to your phone to help you through your baby's first year.

www.cdc.gov/preconception

Helps you plan – or prevent – future pregnancies.

Dealing with Depression

If you're feeling sad, you're not alone. About one in seven new mothers feel depressed.

Feeling a little sad after the baby comes is very common. Many women have mood swings and trouble sleeping. "Baby blues" usually go away after a few days or weeks.

If you continue to have negative feelings or you don't enjoy what once made you happy, you may be depressed. This is a serious health problem. Talk to your provider about how you feel, and he or she can help.

How to get help

You don't have to wait until your check-up to get help.

Call NorthShore University Healthsystem's 24-hour Postpartum Depression Crisis line at 866-364-MOMS (6667) anytime you are worried or scared.



CountyCare covers counseling and treatment for postpartum depression. Many counselors work in the same practice as your primary care providers.

Other resources



Fussy Baby Network

Helps stressed out moms.

Call 888-431-BABY (2229) to be connected to an infant-parent specialist who can help.



H.A.S.

Healthcare Alternative Systems, Inc., Postpartum Depression Program

Helps moms two weeks to 12 months after birth and pregnant women who have had postpartum depression.

Call the hotline 24 hours a day, 7 days a week at 1-866-364-MOMS (6667)



Postpartum Progress

Provides information for women with postpartum depression and other mental health issues.

www.postpartumprogress.com



March of Dimes

Promotes baby and mom health and well-being.

www.marchofdimes.org/pregnancy/postpartum-depression.aspx

Adventure Indoors for a Cool Summer

When it's too hot to enjoy the outdoors, explore Cook County's indoor activities.

It helps kids stay active, both physically and mentally, while school is out. With a little extra effort, you can even enjoy adventures for free or at discounted prices.

Outdoors Indoors



At the always-free

Garfield Park Conservatory

(300 N. Central Park Avenue, Chicago, IL 60624), go on a scavenger hunt and explore plant life, dig for dinosaur bones, and ride a giant slide.



Or check out animal exhibits at the

Little Red Schoolhouse in Willow Springs

(9800 Willow Springs Road., Willow Springs, 708-939-6897), part of Cook County Forest Preserves. The schoolhouse also has an indoor play area.



The Hal Tyrrell Trailside Museum

(738 Thatcher Avenue, River Forest, 800-870-3666), in suburban River Forest is a free, child-friendly nature museum. Take a short hike on nearby trails, meet animals, or work on an arts and crafts project.

Park It

Art, dance, gymnastics: [The Chicago Park District](#) has indoor classes for everyone. If you really want to chill, ice skate indoors at a park district sports center. Go to chicagoparkdistrict.com for class listings and schedules.

Days at the Museums

[Many museums](#) also offer free days and times. Find these on their websites or call the museum. All you need is a valid Illinois state ID. Check out some listings at www.chicagoonthecheap.com.

More Than Books: Your Local Library

[Libraries](#) offer more than books. They have story times for tots, craft classes and museum passes to one of 17 museums. And libraries are free! Sign up for a library card for you and your family. For more information about the Chicago libraries, visit chipublib.org. Suburban libraries have programs as well.

Blah-Busters: The Movies

Need a little thrill? Catch this summer's blockbusters at reduced prices.

[Regal Cinemas Summer Movie Express](#) offers kid-friendly movies for just \$1 on Tuesdays and Wednesdays. Visit www.regmovies.com for details.

[Classic Cinemas in Oak Park](#) offers a Wednesday Morning Movie Series for \$1 admission beginning June 7th. Visit www.classiccinemas.com for details.

How to Have a Healthy Summer

Buy fresh at your local farmer's market.

There's nothing like biting into a fresh tomato or crunchy corn on the cob.

With farmer's markets all over the city and suburbs, it's easy to eat healthy this summer.

Farmer's markets provide fresh fruits and vegetables from local farms near Cook County. Often, farmers pick food the day before, so it is ripe and tasty. Farmer's market produce can be cheaper than what you find at the grocery store because it comes directly from local farms. Also, many farmer's markets accept WIC and LINK cards.



See page 7 to find links to a complete list.

Maxwell Street Market

All year
Desplaines Street & Taylor Street
Sundays, 7 am – 3 pm
LINK card accepted

Bronzeville Community Market

July 9 – September 17
46th Street & King Drive
Sundays, 8 am – 1 pm
LINK card accepted

Loyola Farmer's Market

June 6 – October 17
Loyola Plaza,
6550 N. Sheridan Road
Mondays, 2:30 – 6:30 pm
WIC and LINK cards accepted

Downtown—Federal Plaza

May 16 – October 31
Adams Street & Dearborn Parkway
Tuesdays, 7 am – 3 pm
LINK card accepted

Columbus Park Farmer's Market

June 11 – September 12
Congress Parkway & Central Avenue
Tuesdays, 2 – 7 pm
LINK card accepted

Lincoln Square Farmer's Market

June 6 – October 31
2301 W. Leland Avenue
Tuesdays, 7 am – 1 pm
LINK card accepted

North Lawndale Market

September 5 – October 31
Johnson School of Excellence
1420 S. Albany Avenue
Tuesdays, 2:30 – 5:30 pm
LINK card accepted

Andersonville Farmer's Market

May – October
Berwyn Avenue between Clark Street & Ashland Avenue
Wednesdays, 3 – 8 pm (May – August);
3 – 7 pm (September – October)
WIC, SNAP and LINK card accepted
(Match up to \$20 for LINK participant)

Northbrook Farmer's Market

June 21 – October 11
Cherry & Meadow Streets,
downtown Northbrook
Wednesdays, 7 am – 1 pm
WIC and LINK cards accepted

LaFollette Park Farmer's Market

June 12 – September 13
1333 N. Laramie Avenue
Wednesdays, 2 – 7 pm
LINK card accepted

Pullman Farmer's Market

July 5 – October 25
111th Street & Cottage Grove Avenue
Wednesdays, 7 am – 1 pm
LINK card accepted

Roseland Community Market

August 30 – November 1
109th Street & Wentworth Avenue
Wednesdays, 2:30 – 5:30 pm
LINK card accepted

Daley Plaza Farmer's Market

May 11 – October 26
50 W. Washington Street
Thursdays, 7 am – 3 pm
LINK card accepted

Austin Market

July 13 – October 12
Chicago & Mayfield Avenues
Thursdays, 2 – 7 pm
LINK card accepted

The Plant Farmer's Market

June 3 – September 16
1400 West 46th Street
Saturdays, 10 am – 2 pm
Senior coupons and LINK card accepted

Kenosha Harbor Market

Year-round
Wisconsin Street along Second Avenue
between 54th & 56th Streets
Saturdays, 10 am – 2 pm
WIC and LINK cards accepted

Division Street Farmer's Market

May 12 – October 28
Division Street & Dearborn Parkway
Saturdays, 7 am – 1 pm
LINK card accepted

Englewood / Anchor House Farmer's Market

July 8 – September 16
76th Street & Racine Avenue
Saturdays, 8 am – 1 pm
LINK card accepted

Printers Row Farmer's Market

June 17 – October 28
Dearborn Street & Polk Street
Saturdays, 7 am – 1 pm
LINK card accepted

PCC Farmers Market

June 6 – October 31
330 N. Lotus Avenue
12 – 5 pm
LINK card accepted

Fresh Food Trucks Offer More Good Food Options This Summer

Farmer's Markets aren't the only place to find fresh produce this summer.

The Greater Chicago Food Depository's new Fresh Trucks deliver food to neighborhoods all over Chicago this summer. You'll find these trucks at the same locations where the Depository serves food to children in their Kids Cafés.

Children enter the truck and "shop" for free fresh fruits and vegetables for their families.

To find locations, dates, and times when the Fresh Truck will be near you, go to www.chicagosfoodbank.org/find-food. Put in your ZIP code, then you can filter by "Produce Mobile." The map will show you where the Fresh Trucks will be located, and when you click on "More Information" you can see the dates and times.

For great, healthy recipes using fresh produce, visit www.allrecipes.com/from-farm-to-table-farmers-markets online. Or try this recipe:

Cucumber Salad

- 1 Large or Medium Cucumber
- Cilantro (Dried or Chopped Fresh)
- 2 Green Tomatoes (Diced)
- 2 Red Tomatoes (Diced)
- 1 Cup Vinegar (White or Apple Cider)
- 1½ Tablespoon Olive Oil, Vegetable Oil or Canola Oil
- Jalapeños (Optional)

1. Wash and chop vegetables; place them in a bowl.
2. In separate bowl, combine vinegar, your choice of oil, and cilantro.
3. Mix together until well blended.
4. Pour over veggies and chill.



Contact Us!

CountyCare is here to help.

Have a question? Call us or visit our website www.countycare.com.

- To keep your coverage – Need help with the redetermination process? Call 312-864-8200 / 855-444-1661 (toll-free) / 711 (TDD/TTY) and press 1.
- Mental Health & Substance Support Call 312-864-8200/855-444-1661 (toll-free) / 711 (TDD/TTY) and press 3.
- Need transportation? Contact FirstTransit at 630-403-3210.

From this newsletter:

- Feel free to contact your Care Coordinator if you need help with any topics from this newsletter. Call 312-864-8200, press prompts 4 and 8.
- Farmers Markets – Find a complete list of farmers markets accepting WIC and LINK at www.cityofchicago.org/city/en/depts/dca/supp_info/farmersmarkets0.html or www.ams.usda.gov/local-food-directories/farmersmarkets

Notifications

How to Reach Us



CountyCare's normal business hours of operation are Monday – Friday 8:30 am to 8 pm and Saturday 9 am to 1 pm (Central Time). CountyCare can help you 24 hours a day, seven days a week. Language assistance will also be provided through a translator, if needed. Please call us if you need help understanding this handbook or need it in a different language or format, such as Spanish, Polish, large print, Braille, audio tape, or CD.

After Hours & Holidays

If you need medical advice and can't reach your provider, you can call CountyCare's nurse advice line. This is our 24-hour, nurse-on-call phone line, which can be reached at 312-864-8200 / 855-444-1661 (toll-free) / 711 (TDD/TTY), press prompts 4 and 9. It is staffed with nurses who can assist you in any language that you may need.

Hearing Impaired Members

Call Illinois Relay at 711. Ask the operator to connect you to us at 312-864-8200 or 855-444-1661 (toll-free). Let your provider know if you need a sign language interpreter for a medical visit. If the provider does not have one, call us at least seven days before your visit to make arrangements for an interpreter to be present during your appointment.

Thank You for Choosing
CountyCare



Like us on Facebook!

For upcoming event information, please visit www.countycare.com/about/events