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## And remember: Keep your card!

We add more rewards as you earn them. Use cards at stores like Dollar General, Family Dollar, Meijer, Walmart, Walgreens and CVS (but not in Target).

## Other CountyCare Benefits:

- ✓ **Free Sleep Safe Kit for Mothers Who Complete All Prenatal Visits**
- ✓ **Free Car Seat for Enrolled Children**
- ✓ **Book Club for Kids Ages 3 Through 16**
- ✓ **Free Home Pregnancy Tests**
- ✓ **Free Weight Watchers Membership Vouchers**
- ✓ **Free Cell Phone Minutes for Health-Related Calls to CountyCare**

For details and eligibility, visit [www.countycare.com](http://www.countycare.com).

# Did You Have the Winter Blues?

Research shows that many people feel depressed or anxious during the dark, cold winter months.

If you had the winter blues, keep in mind that members in need of emotional support can call CountyCare for help. You will talk with a “live person” who is specially trained to help with mental health and substance use disorder needs. They can connect you with a provider who can help.

These mental health services are included in your coverage to help you feel your best. CountyCare also offers free substance use disorder care. When we say “All the benefits. None of the cost,” we mean it! Please see [www.countycare.com/about/what-is-covered](http://www.countycare.com/about/what-is-covered) for details.

## Easy Access

While your PCP is your main contact for care, CountyCare offers members additional providers to help with care for mental health and substance use. CountyCare is proud to have preferred providers from the Behavioral Health (BH) Consortium of Illinois. To find out more, call CountyCare between 8:00 am to 6:00 pm Monday through Friday and 9 am to 1 pm Saturday at 312-864-8200 or 855-444-1661 (toll-free) or 711 (TDD/TTY). Select 4 for member options, then select 1 for Behavioral Health. Intake staff are bilingual (Spanish), and many BH Consortium services are available in Spanish as well. Sites are located throughout the county. Intake staff can help you find one near you. Appointments are available within seven days or sooner if your need is urgent. Providers can also be found on our website at [www.countycare.com/find-a-provider](http://www.countycare.com/find-a-provider) and choose Mental Health/Substance Abuse.

Our fast service will help members get quality care in the right place at the right time. Stay healthy all year – mind, body and spirit.



# Reminders

## Annual Notices Posted on Website

Please visit [www.countycare.com/members/newsletter](http://www.countycare.com/members/newsletter) for information that can help you manage your health and use your health plan well.

### Cancer Screening/Early Treatment

Women aged 21 to 64 years should get cervical screens with pap smears every 3 years. You may also get tested for human papillomavirus (HPV). Talk with your provider about what is best for you. While you're there, ask about the vaccine to prevent HPV, which can lead to cervical cancer.

### Help Us Keep Up to Date on You!

Keep your phone number and address current so you can get important updates on your coverage. Visit [www.countycare.com/members/access-update-your-profile](http://www.countycare.com/members/access-update-your-profile) or call us at 312-864-8200 / 855-444-1661 (toll-free) 711 TTD/TTY.

### Nondiscrimination Statement

Discrimination is against the law. CountyCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. CountyCare does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. Please see [www.countycare.com/members/nondiscrimination-act](http://www.countycare.com/members/nondiscrimination-act) for details.

### New Ways to Stay Connected

We always look for better ways to keep you informed about benefits. Let us know the best ways to reach you, whether it's by text or email. Let us know what works for you by calling 312-864-8200, option #1.

### Keep Your Coverage

Need help with the redetermination process? Call 312-864-8200/ 855-444-1661 (toll-free)/711 (TDD/TTY) and press 1.



**Like us on Facebook!**

Illinois Client Enrollment Services will send you information about your health plan choices when it is time for you to select a health plan and during your open enrollment period.

CountyCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak ENGLISH, language assistance services, free of charge, are available to you. Call 312-864-8200 / 855-444-1661 (toll-free) / 711 (TTY).

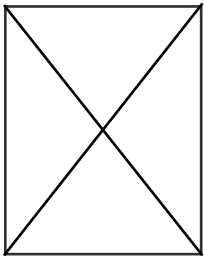
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 312-864-8200 / 855-444-1661 / 711 (TTY).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 312-864-8200 / 855-444-1661 / 711 (TTY).

This document is also available in other languages. Please contact us at 312-864-8200 to request this document in another language.



**CountyCare Member**  
123 Main Street  
Your Town, USA 12345



**CountyCare Administrative Offices**  
1900 West Polk Street  
Suite 220C  
Chicago, IL 60612

# Thank You for Choosing **CountyCare**



**Like us on Facebook!**

For upcoming event information,  
please visit [www.countycare.com/about/events](http://www.countycare.com/about/events)