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CountyCare Connection Volume 18, Issue 3

Back to School PCP Visits

Summer is flying by! While your child is enjoying the last few days of vacation, don't forget about their health needs. Schedule a wellness visit for your child if they haven't seen the doctor this year.

A summer-time trip to the doctor's office gives you a jump on school requirements and health forms. Does your child need any immunizations before school starts? Do they need medications during the school day, like an inhaler? Do you have a young athlete who wants to join a team? If yes, your child's school will require that his or her doctor fill out medical forms. During an office visit, your PCP will complete these forms for you.

There are other good reasons for a doctor's visit. Your child's PCP helps care for any ongoing health issues, like diabetes and asthma. PCPs also address concerns such as a weight gain or weight loss and offer advice about nutrition and exercise. When medications are needed, your child's doctor can prescribe them. They can also refer your child to specialists, if needed.

Call to schedule a wellness visit for your child before summer comes to an end. If you are not sure how to contact your child's PCP or wish to make a change, you can call CountyCare at 312-864-8200.

Thank You for Choosing
CountyCare

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



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Keep Your Health Insurance Coverage

CountyCare wants to make it easy to keep your health coverage. We asked Heather Holberg, CountyCare Enrollment Manager, for some tips on how to renew coverage.

Q: Why do I need to renew my coverage?

A: The State of Illinois must ensure that anyone who has Medicaid remains eligible. This happens once a year for health coverage or twice a year if you also receive SNAP benefits. The state will mail you a letter with forms and directions. These forms must be filled out and returned by the date listed. Be on the lookout for the letter, because if you do not turn in your forms, you can lose coverage.

Q: What if I didn't receive a letter?

A: Letters are sent 60 days before your coverage expires. If you don't receive a letter or need help with the forms, CountyCare can help. Call us at 312-864-7333.

Q: What if I miss the renewal deadline?

A: The State allows a grace period in these cases. This grace period lasts 90 days after your coverage expires. If you complete the renewal process within the 90-day grace period, your benefits may be restored. If your coverage has expired, call CountyCare at 312-864-7333 as soon as you can. We will help you with your renewal.

Q: How can I return the renewal forms?

A: There are a few different ways you can return your paperwork. It's always a good idea to keep a copy of your confirmation just in case there are questions about it later.

- Online: go to "Manage My Case" at <https://abe.illinois.gov/>
- FAX to: 1-844-736-3563
- Mail forms to: P.O. Box 19138, Springfield, IL 62763

Enjoy Fresh Food Markets

Cook County Health & Hospitals System has partnered with Black Oaks Center and Healthy Food Hub to make it easier for you to enjoy fresh fruits and veggies at our outdoor Fresh Food Markets. You can use your active LINK card and double your value, spend \$20 and receive \$20 in Link Match, to purchase more of your favorite fresh foods at the markets. In addition to the LINK card, the Fresh Food Markets also accept senior farmer's market coupons, Women Infant Children (WIC) farmer's market coupons, cash, and debit/credit cards. We encourage you to enjoy the sun, fresh air and tasty food at the Fresh Food Markets.

The Fresh Food Markets are open one day per week through October.

CCHHS Cottage Grove Health Center

1645 Cottage Grove Avenue in Ford Heights
Open: Mondays, 10 a.m. to 2 p.m.

CCHHS Oak Forest Health Center

15900 S. Cicero Avenue in Oak Forest
(entrance on 159th Street)
Open: Wednesdays, 10 a.m. to 2 p.m.

CCHHS Robbins Health Center

13450 S. Kedzie Avenue in Robbins
Open: Fridays, 10 a.m. to 2 p.m.



Free Books for Kids!

CountyCare Has Started a Book Club!

Reading new books can be a fun and easy way for kids to learn about the world around them. Your kids ages three to 16 can get a free book in the mail every three months. All you need to do is call CountyCare Membership Services at 312-864-8200 and ask for a copy of the next book. Sound good? It gets better! Members ages five through 16 will also get a \$10 Target gift card with their book.

Some Book Club titles include:

- *On the Night You Were Born* by Nancy Tillman
- *Palace Puppies, Sunny & the Snowy Surprise* by Laura Dower
- *In the Shadow of the Volcano* by Caryn Jenner
- *Hand in Hand, 10 Black Men Who Changed America* by Andrea Davis Pinkney & Brian Pinkney

The books we send out range from toddler board books to science fiction to history. Members tell us that their kids love receiving new books to read in the mail. The Target gift card is a bonus for everyone.

Want to learn more about other free rewards your family can earn just by being CountyCare members?

You can also earn things like cell phone minutes, Weight Watchers memberships, and more. Go to <http://www.countycare.com/rewardsprogram> or call us at 312-864-8200.

Reminders

Annual Notices Posted on Website

Please visit www.countycare.com/members/resources for information that can help you manage your health and use your health plan well.

New Ways to Stay Connected

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

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 for details.

Help Us Keep You Up to Date!

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 or call us at: 312-864-8200 / 855-444-1661.

Men's Health

We love the men in our lives. Help promote their health and safety with these tips.

- **Eat Right**
Eat fruits and vegetables every day. Limit sugar, salt, fat and alcohol.
- **Keep Moving**
Exercise helps with weight control, stress, mental health and lowers risk of disease.
- **Don't Smoke**
It's one of the worst thing you can do to your body.
- **Go to the doctor**
Men are known to avoid the doctor. Remind them to go!



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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.

