



Trending News

Food Support and Resources

The holidays and winter break are right around the corner. This might mean having more people at home and around the table. CountyCare wants to make sure no one goes hungry this season. We hope you find these resources helpful.

Greater Chicago Food Depository - Members can search for food pantries, soup kitchens and mobile locations near them at chicagosfoodbank.org/find-food.

SNAP Federal Impact Center - The Illinois Department of Human Services will continue to provide real-time updates on SNAP benefits at snapfederalimpact.illinois.gov.

Save **84908** to your phone contacts to never miss a text message from CountyCare and to keep up to date with information. If you would like to sign up for text reminders for redetermination and other important topics, visit countycare.com/texts



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Reward and Extra Benefit Updates

Starting January 1, CountyCare will be updating their extra benefits and rewards program. See all the rewards here: countycare.com/rewards. CountyCare members can earn rewards on their Visa Rewards Card for completing healthy activities. For example,

- Members can earn \$15 for completing their health risk screening once a year.
- Starting 3/1/26, members 16 months and older will earn \$25 for completing their annual primary care provider (PCP) visit. See your PCP before 3/1/26 to earn \$50!

Health & Wellness

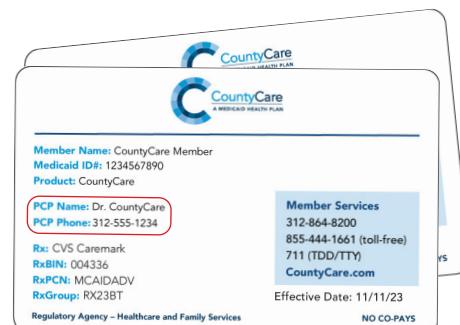
Make Time for Your Child's Annual Well Check

CountyCare covers annual well-child visits at no cost for members. During this visit, doctors will check that your child's health is on track and they are meeting milestones. When your child completes their yearly checkup with their PCP, they'll receive \$25 on their Visa Rewards card.

Are you wondering what takes place during a well-child visit? Here's what you can expect.

- Comprehensive physical exam
- Lead screening
- Shots or immunizations
- Health education
- Lab tests
- Vision and hearing checks

Visit our website to see the full list of CountyCare rewards at countycare.com/rewards.



Check your CountyCare member ID card for your child's PCP. If you would like to change your child's PCP, log in into our secure member portal at bit.ly/securememberportal

Get Rewarded for Healthy Choices

Respiratory syncytial virus (RSV), influenza (flu) and other respiratory illnesses can spread easily during the colder months. Keep yourself and loved ones healthy by getting your RSV and flu vaccines. CountyCare rewards our members for making healthy choices and completing their annual shots!

Flu shot

- Members ages 6 to 24 months will receive **\$75** on their Visa Rewards card
- Members ages 2 and older will receive **\$10** on their Visa Rewards card



COVID-19 shot

- Members ages 50 and over will receive **\$25** on their Visa Rewards card



Visit our website to see the full list of CountyCare rewards at countycare.com/rewards.





Be Safe During the Cold Months

Protect Yourself from Inside Air Pollution

Did you know the air quality inside your home can affect your health? Poor indoor air quality can contribute to lung infections, asthma and other serious conditions, especially during the colder months. Common sources of indoor air pollution include:

- Gas appliances
- Excess moisture that can lead to mold
- Building materials
- Personal products like scented sprays

For more information on how to improve your home's air quality, visit the American Lung Association at bit.ly/indoor-air-pollutants.

Stay Healthy During the Winter Months

If you're feeling down and don't want to leave the house or are having sudden mood changes during the winter months, you're not alone. Our bodies are adjusting to the shorter days and colder weather. For some people the winter blues are more intense and can become seasonal affective disorder (SAD). If you feel like you have symptoms of SAD, do not wait. Schedule an appointment with your PCP or use the Find a Provider tool on our website and search for "behavioral health."



Visit our news and events page to see our upcoming events, including vaccination and redetermination events, at countycare.com/news-and-events/.

If you use the Visa Rewards Card for rent or utilities, Housing and Urban Development (HUD) requires it to be reported as income if you seek assistance. Contact your local HUD office if you have questions.

At CountyCare, we want to make sure our members are informed about their rights and responsibilities as a health plan member. The 2025 Annual Member Notice provides important information to meet your healthcare needs, information about CountyCare's Quality Improvement Programs and Cultural Competence Program, and more. A copy of this notice can be found on our website at <http://www.countycare.com/members/resources>. You may also contact Member Services during normal business hours of operation at 312-864-8200, 711 TDD/TTY to receive this information in other languages or request that a copy be mailed to you.

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).

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

注意:如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 312-864-8200 / 855-444-1661 / 711.

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

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

Thank you for choosing CountyCare

FOLLOW US ON SOCIAL MEDIA



Need help? Our team is here to support you. Call Member Services at 312-864-8200 / 855-444-1661 (toll-free) / 711 (TDD / TTY) if you have any questions.