

KIDS AND ADULTS NEED CHECKUPS

It is important for kids and adults to see their PCP regularly, even when they are not sick. Healthy Kids is a **free** health care program for babies, kids, teens, and young adults (through age 20). At a Healthy Kids checkup, the PCP will make sure your child is growing and developing properly and will find problems before they become more serious.

At a Healthy Kids checkup your PCP will:

- Give your child a complete physical exam
- Make sure your child is developing normally
- Give your child needed shots to prevent diseases
- Talk to you about helping your child stay healthy
- Provide lab services, such as lead screening
- Make referrals for special services

As adults, we usually visit our PCP when we are sick or not feeling well. Did you know you should


also visit your PCP when you are healthy? It is just as important for adults to get regular checkups as it is for kids.

At an adult annual checkup your PCP will check your health and catch any problems as early as possible. Your PCP may also give you other tests or send you to a specialist as necessary. For example, some women may be sent for a mammogram.

During your checkup talk to your PCP about any medicines and vitamins (and herbs) you take. Also talk about any health concerns you may have and what health screenings you may need.

Call your PCP to make an appointment for a checkup. Or, call the Illinois Health Connect Client Helpline at 1-877-912-1999 (TTY: 1-866-565-8577). We can help you make an appointment to see your PCP! The call is **free**.



 State of Illinois
Rod R. Blagojevich, Governor

Department of Healthcare and Family Services
Barry S. Maram, Director



1375 E. Woodfield Road
Suite 600
Schaumburg, IL 60173-5418



ILLINOIS HEALTH CONNECT CLIENT NEWSLETTER

February 2008, volume1, issue1

WELCOME TO ILLINOIS HEALTH CONNECT!

Welcome to Illinois Health Connect, your home for health care. Illinois Health Connect is a new health care program of the Illinois Department of Healthcare and Family Services (HFS). Illinois Health Connect provides a “medical home” where you and your family can get the health care you need to stay healthy.

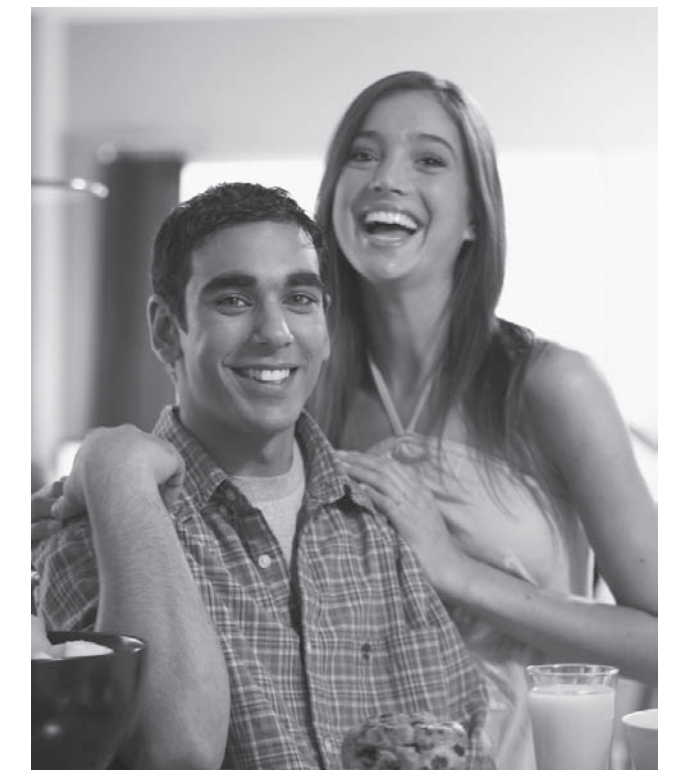
As a member of Illinois Health Connect, you now have:

- A “medical home” to provide you with health care.
- A Primary Care Provider (PCP) at your medical home who gets to know you and your health needs well.
- Healthy Kids exams – free checkups for babies, kids, teens, and young adults (birth through age 20).
- Free checkups for adults.
- Treatment for your illnesses and your chronic conditions.
- An Illinois Health Connect Helpline (a free call) for answers to questions and other help.

At your medical home, you get the health care you need to stay healthy. It is important that you and all your family members who are in Illinois Health Connect go to see your PCP(s) for your regular checkups and other medical needs.

If you have questions about your medical home, you can call the Illinois Health Connect Client Helpline at 1-877-912-1999 (TTY: 1-866-565-8577). The helpline is open Monday through Friday, from 7:00 a.m. to 8:00 p.m., and on Saturdays, from 9:00 a.m. to 5:00 p.m. The call is free.

You can also get more information about Illinois Health Connect online at www.illinoishealthconnect.com.



1375 E. Woodfield Rd. | Schaumburg, IL 60173-5418 | 1-877-912-1999 | www.illinoishealthconnect.com

www.illinoishealthconnect.com

ILLINOIS HEALTH CONNECT

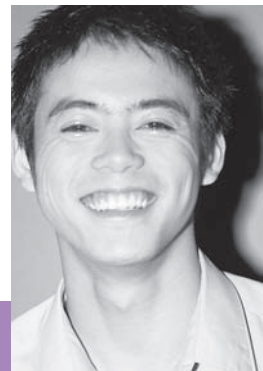
WHY IT IS GOOD TO HAVE A PCP AND MEDICAL HOME

Your medical home is where all your health care records are kept, and where you and your children will go to see their Primary Care Provider (PCP). A PCP is the doctor or other health care provider at your medical home who takes care of you and your family.

Having a medical home means you get better health care. When you and your children have a medical home, the PCP will get to know your health needs. That way, you and your children get the health care you need to stay healthy. Even if you and your children are healthy and never get sick, it is good to have a medical home. You and your children need preventive health care to help stay healthy.

A PCP will:

- Give your children regular checkups and immunizations (shots) to stay well.
- Provide you with an annual checkup to stay well.
- Take care of you and your children when sick.
- Help you and your children manage diseases and other conditions like diabetes, high blood pressure and asthma.
- Work with you to get the health care you and your children need.
- Refer you or your children to specialists or other health care providers, if needed.
- Give you information to keep you and your children healthy.
- Answer questions you have about your health care and your children's health care.



“Having a medical home means you get better health care...that way, you and your children get the health care you need.”



Tips to Get Care:

- Call your PCP or your children's PCP if you need medical help or to make an appointment for regular checkups.
- Call your PCP when you first notice a problem. Your PCP will make an appointment or answer any questions you may have.
- Taking care of a problem early may prevent a trip to the emergency room or a more serious problem.
- Call Illinois Health Connect at 1-877-912-1999 (TTY: 1-866-565-8577) if you need more information or help in getting an appointment with your PCP. The call is free.



VACCINES KEEP KIDS HEALTHY

One of the best ways to protect your child's health is with vaccines (shots). Vaccines protect your child from serious illnesses and diseases.

Keeping shots up-to-date is important to your child's health. Children need shots from birth through childhood. Shots help the body fight diseases and stay healthy. They protect children from illness when they come in contact with people who have not had their shots. Children can become very ill and even die if they develop illnesses or diseases that can be prevented by shots.

The best time to get your child their shots is when they are healthy. Because shots work by protecting the body before a disease strikes, if you wait until your child gets sick with the disease, it will be too late for the shot to work.

Talk to your child's doctor about which shots your child needs and when they need to get the shots. Also, talk to your child's doctor about where your child can get the shots they need. Your child may receive free vaccines from their doctor. Your child's doctor will also help keep your child's shot records current. Working together with your child's doctor will help keep your child healthy.

If your child has not had all of the shots they need, call your child's doctor to make an appointment right away.

Remember, vaccinations are an important part of your child's total health care. Vaccinate your child on time, and keep your child's shot record up-to-date. Make sure you take your

child to their doctor on a regular basis for checkups and follow the doctor's recommendations about the timing of shots for your child.



Sources:

HFS website – Immunizations

www.hfs.illinois.gov/mch/immunizations.html

March of Dimes website – Vaccinations

http://search.marchofdimes.com/cgi-bin/MsmGo.exe?grab_id=2&page_id=1573632&query=vaccines&hiword=VACCINATION+VACCINE+vaccines+

Nemours Foundation – Immunizations

www.kidshealth.org/parent/general/body/vaccine.html

American Academy of Pediatrics – Q&A Immunizations

www.aap.org/healthtopics/immunizations.cfm

American Academy of Family Physicians – Frequently Asked Questions about Immunizations

www.familydoctor.org

