



ILLINOIS
**HEALTH
CONNECT**
Your Home For Healthcare™

ILLINOIS HEALTH CONNECT CLIENT NEWSLETTER

Volume 5, Issue 2

HIGH BLOOD PRESSURE – THE SILENT KILLER

High blood pressure puts you at risk for heart disease, stroke, vision loss, and sexual problems in men. It is one of the leading causes of death in the United States. One in three Americans have high blood pressure, but only half of those have it under control.

As your heart pumps blood, the blood pushes against the walls of blood vessels. This force is called blood pressure. The higher your blood pressure is, the more the blood pushes on the the blood vessels, and the harder your heart has to work to pump blood to all of your body.

To find if you have high blood pressure, visit your Primary Care Provider (PCP) at your medical home. This is important because high blood pressure has no symptoms. That is why it is called the silent killer.

If your PCP at your medical home tells you that you have high blood pressure, there are many ways you can help control it.

- Choosing a healthy diet low in salt is a great start. An easy way to eat healthy is to divide your plate into four equal parts. Two parts should be filled with fruits and vegetables, preferably raw or steamed. Fill one part with protein, such as chicken breast. The last part is your starch, like a piece of whole wheat bread or brown rice. Avoid fried foods and sugary sweets.
- Exercise helps you strengthen your heart, feel better, and reduce stress. Your PCP can guide

you on appropriate exercise routines.

- If you smoke, try to quit. Everytime you smoke, your blood vessels constrict, causing your blood pressure to rise even higher. If you need help quitting, call the Illinois Tobacco Quitline at 1-866-Quit-Yes. The call is free.

If blood pressure medicine is prescribed by your doctor, be sure to take it as prescribed. Ask your PCP or pharmacist for help if the directions are not clear to you. Make a plan to help you remember to take your medicine every day. Use a calendar and check off when you have taken your pill. If you miss your dose, contact your PCP for instructions on what to do. If your PCP prescribes more than one medicine, write these medicines down in a chart, and check them off as you take them. Be sure to take this chart with you when you visit any medical or dental provider.

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SERVICES FOR A HEALTHY PREGNANCY AND A HEALTHY BABY

It is best to get prenatal care as soon as you know you are pregnant and continue to get care throughout your pregnancy. You should use the same doctor or clinic for all your prenatal care. Take good care of yourself while you are pregnant. Take prenatal vitamins with folic acid. Exercise regularly. Don't smoke, drink alcohol or use drugs.

It is also very important to continue to see your Primary Care Physician (PCP) at your medical home or your OB/GYN after the baby is born. You can talk to your PCP or OB/GYN about family planning and birth control.

WIC/Breastfeeding

Eating healthy foods is important when you are pregnant! WIC is a food assistance program for **W**omen, **I**nfants and **C**hildren. WIC helps pregnant women, new moms, babies and young children eat well and stay healthy.

Make sure you sign up for WIC while you are pregnant! WIC can help you learn how to eat well for your growing baby. It is also important that babies and young children eat right. This helps them grow up healthy and strong. With WIC, you can get healthy foods and iron-fortified infant formula for babies who are not breastfed.


WIC helps women understand how to breastfeed. You can get answers to questions about breastfeeding, support and counseling. If you are pregnant or thinking about having a baby, make plans now to breastfeed your baby for the first year of life. Breastfeeding is the



“Eating healthy foods is important when you are pregnant.”

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Your PCP may order a blood pressure monitor for you if he feels that you need one. Take your blood pressure at the same time every day and write down your results. Take this chart with you when you visit your medical home. And be sure to bring in your blood pressure monitor so your PCP can check its accuracy.

There is no safe level of high blood pressure. High blood pressure does not go away after time, it is a life-long disease. Work with your PCP and follow your PCP's advice to help keep your blood pressure under control. 

Sources: Centers for Disease Control and Prevention, American Heart Association, ChooseMyPlate.gov

normal and natural way to feed your baby. Breast milk is all your baby needs for the first six months. You can keep your baby healthier by breastfeeding. Breast milk protects babies from ear infections, colds, allergies, diarrhea and constipation. Your baby will be sick less and have fewer doctor visits.

Breastfeeding helps you bond with your baby. Holding your baby while you nurse makes your baby feel loved and close to you. Breastfeeding has health benefits for moms, too. Breastfeeding lowers the risk of ovarian cancer, breast cancer and osteoporosis.

To see if you qualify for WIC, visit a WIC Clinic. To locate a WIC office near you, call 1-800-323-4769 (TTY: 1-866-295-6817) or go online at www.dhs.state.il.us and click on "Food".

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Family Case Management

Family Case Management (FCM) is an Illinois Department of Human Services (DHS) program that helps pregnant women, infants and children get needed services. Help with health-care and transportation is available. FCM can provide education on issues such as pregnancy, childbirth, parenting, family planning and birth control. For more information, visit your local DHS office. Or call 1-800-843-6154 (TTY: 1-800-447-6404) or go online at www.dhs.state.il.us.

text4baby

To help you during your pregnancy with information about caring for your health and giving your baby the best possible start in life, check out text4baby. Text4baby is free. It provides important health information and resources in simple text messages.

Registration is easy and can be done from your cell phone. Just text "Baby" (or "Bebe" for Spanish) to 511411. You'll be asked to enter your baby's due date or your baby's birthday, and your zip code. Once registered, you will receive three text messages a week, until your baby is a year old, with tips for your pregnancy or caring for your baby.

Quit Smoking

Quitting smoking will improve your chances of having a healthy baby. During pregnancy, moms who quit smoking are proud of them-


selves for breaking the addiction. By quitting, former smokers get many health benefits. They cut down on their risk of having lung disease, a heart attack or getting cancer.

The people who you live with, especially your children, will also be healthier. You will have extra money to spend on other important things for your family. Quitting smoking is one of the most important things you will ever do. However, it is not easy.

For help and support, contact a medical professional at the Illinois Tobacco Quitline. The Quitline is open seven days a week from 7 a.m. to 11 p.m. The number is 1-866-Quit-Yes (TTY: 1-800-501-1068). This call is free. Or go online at www.quityes.org.

Post Partum Depression

Pay attention to your feelings during and after pregnancy. Do you feel sad nearly all the time? Have you stopped feeling pleasure or worry too much? Have you lost interest in food? Talk to your PCP right away.


If you need help finding a PCP, Illinois Health Connect can locate a medical home for you while you are pregnant and after you have the baby. Call IHC between 8 a.m. and 7 p.m., Monday through Friday. The number is 1-877-912-1999 (TTY: 1-866-565-8577). The call is free. 

Sources: Illinois Department of Human Services, text4baby.org, Illinois Department of Public Health

TIME FOR FLU SHOTS

Flu season has arrived! One of the best ways to protect yourself and stay healthy is with immunizations (shots). It is important to get your flu shot.

Shots help your body fight diseases and stay

healthy. Make sure to talk with your Primary Care Provider (PCP) about getting a flu shot today! Most children ages 6 months through 18 years should get a flu shot every year. Ask your PCP if the flu shot is right for your family. 





State of Illinois

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Illinois Department of Healthcare and Family Services Co-Payment Chart

Adults (White Card)	All Kids Assist and Moms & Babies (White Card)	All Kids Share (Yellow Card)	All Kids Premium Level 1 (Yellow Card)	All Kids Premium Level 2 (Yellow Card)
	\$0 Well-child visits or immunizations (shots)	\$0 Well-child visits or immunizations (shots)	\$0 Well-child visits or immunizations (shots)	\$0 Well-child visits or immunizations (shots)
\$3.65 Doctor visit	\$0 Doctor visit	\$3.65 Doctor visit	\$5 Doctor visit	\$10 Doctor visit
\$3.65 Brand Name drugs \$2 Generic drugs	\$0 Brand name drugs or generic drugs	\$3.65 Brand name drugs \$2 generic drugs	\$5 Brand name drugs \$3 Generic drugs	\$7 Brand name drugs \$3 Generic drugs
\$0 ER visit	\$0 ER visit	\$3.65 ER Visit	\$5 ER visit	\$30 ER visit
\$3.65 ER visit for non-emergency services	\$3.65 ER visit for non-emergency services	\$10 ER visit for non-emergency services	\$25 ER visit for non-emergency services	\$30 ER visit for non-emergency services
\$3.65 per day hospital inpatient services	\$0 Hospital inpatient services	\$3.65 Hospital inpatient services (per admission)	\$5 Hospital inpatient services (per admission)	\$100 Hospital inpatient services (per admission)
\$0 Hospital outpatient services	\$0 Hospital outpatient services	\$3.65 Hospital outpatient services (per visit)	\$5 Hospital outpatient services (per visit)	5% of HFS rate for hospital outpatient services (per visit)
No Maximum	No Maximum	\$100 Maximum per family	\$100 Maximum per family	\$500 Maximum per child

There are no co-payments for Well-Child, Immunizations, Preventive Services, Diagnostic Services or Family Planning. Family planning **related** medical services require a co-pay for office visits.

Clients enrolled in the Breast and Cervical Cancer Program have no co-payments.

Clients enrolled in the Illinois Healthy Women Program and the Illinois Veterans Care Program should call the HFS Health Benefits Helpline at 1-866-468-7543 (TTY: 1-877-204-1012) with questions about benefits and/or co-payments.

