



**SINAI
COMMUNITY
HEALTH SURVEY**

Dear Participant,

Thank you for participating in the Sinai Community Health Survey. For more information on the survey, please visit www.sinaisurvey.org or contact us.

This packet contains important health information on just a handful of topics we covered in your interview today. Please remember that the information you find in this packet does not replace your doctor's advice. Your doctor is the best person to answer questions about your personal health.

If you do not have a health care provider, are looking for a new one, or need help with finding affordable healthcare, Sinai Health System has dedicated and trained staff to help you in English and Spanish. Below is some information that may be helpful.

- If you are interested in getting your care at Mt. Sinai Hospital or Holy Cross Hospital, please call (773) 257-6345 and ask to schedule an appointment with a physician.
- If you do not have health insurance or need help in finding an affordable health care plan, please call to set up an appointment for enrollment assistance:
 - Mount Sinai Hospital: (773) 257-5121
 - Holy Cross Hospital: (773) 884-9350

Thank you again for participating in our survey. We have included our contact information below. Please contact us with any additional questions that you may have.

Sincerely,

Melissa Gutierrez Kapheim

Melissa Gutierrez Kapheim, Project Director
Sinai Community Health Survey
Phone: 773-257-5960
Email: survey@sinai.org
Web: www.sinaisurvey.org



Type 2 Diabetes

What You Need to Know

Did you know that many people who have diabetes don't know it?

Many people do not find out they have the disease until they have diabetes problems, such as blurred vision or heart trouble. If you find out early that you have diabetes, you can get treatment to prevent damage to your body.

What is diabetes?

Diabetes means you have too much glucose, also called sugar, in your blood. Glucose is a form of sugar your body uses for energy. Too much glucose in your blood can damage your body over time. Diabetes can cause heart attacks, strokes, kidney disease, blindness, dental disease, amputations, and other serious health problems.

What is type 2 diabetes?

Type 2 diabetes is the most common type of diabetes. Type 2 diabetes occurs because the body doesn't use the hormone insulin properly. Insulin helps your body absorb glucose and use it for energy. If your body doesn't make enough insulin or doesn't use insulin properly, you have a condition called insulin resistance. Insulin resistance requires the body to produce higher levels of insulin. Over time, the body cannot keep up with the demand for extra insulin and type 2 diabetes develops.

You are more likely to get type 2 diabetes if you

- are age 45 or older
- are overweight
- are physically inactive
- have a parent, brother, or sister with diabetes
- have high blood pressure or high cholesterol—blood fat
- have abnormal levels of HDL, or good, cholesterol or triglycerides—another type of blood fat
- had gestational diabetes—diabetes that develops only during pregnancy—or gave birth to a baby weighing more than 9 pounds
- have prediabetes—meaning your blood glucose levels are higher than normal but not high enough to be called diabetes
- are African American, Alaska Native, American Indian, Asian American, Hispanic/Latino, or Pacific Islander American
- have polycystic ovary syndrome, also called PCOS
- have a dark, velvety rash around your neck or armpits
- have blood vessel problems affecting your heart, brain, or legs





How do I know if I have diabetes?

Your doctor can test your blood to see if you have diabetes. Some people have signs of diabetes, such as being extra thirsty, having to urinate often, or feeling tired. Others have no signs at all.

How can I take care of my diabetes?

You can take care of your diabetes by reaching your targets for blood glucose, blood pressure, and cholesterol. Talk with your doctor about setting your target numbers for all three and how to reach them. Here are some ways to reach your targets:

- Make wise food choices. Choose fruits, vegetables, whole grains, fish, lean meats, and low-fat dairy products. Learn when to eat and how much to have.
- Be physically active for 30 to 60 minutes most days, such as taking a brisk walk. Spend less time watching TV or sitting at the computer. Two times a week do activities to strengthen muscles and bone, such as lifting weights or sit-ups.
- Reach and stay at a healthy weight. Making wise food choices and being active can help you control your weight.
- Take your medicines as prescribed and keep taking them, even after you've reached your targets.
- Ask your doctor if you should take a low-dose aspirin every day to prevent a heart attack or stroke.
- If you smoke, get help to quit.

Where can I get more information about diabetes?

National Diabetes Education Program

1 Diabetes Way
Bethesda, MD 20814-9692
Phone: 1-888-693-NDEP (1-888-693-6337)
TTY: 1-866-569-1162
Fax: 703-738-4929
Email: ndep@mail.nih.gov
Internet: www.ndep.nih.gov
www.yourdiabetesinfo.org

National Diabetes Information Clearinghouse

1 Information Way
Bethesda, MD 20892-3560
Phone: 1-800-860-8747
TTY: 1-866-569-1162
Fax: 703-738-4929
Email: ndic@info.niddk.nih.gov
Internet: www.diabetes.niddk.nih.gov

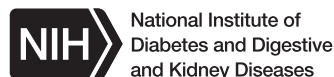
The National Diabetes Information Clearinghouse is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). The NIDDK is part of the National Institutes of Health of the U.S. Department of Health and Human Services.

This publication is not copyrighted. The Clearinghouse encourages people to duplicate and distribute as many copies as desired.

The NIDDK Awareness and Prevention Series
Materials for Community Health Fairs



The NIDDK Awareness and Prevention Series is designed to make you ask yourself, "Could this be me or someone I care for?" So take a closer look. Additional information on this topic and other titles in the series is available through the National Diabetes Information Clearinghouse or on the Internet at www.diabetes.niddk.nih.gov.



NIH Publication No. 12-6129
July 2012



What are Heart Disease and Stroke?

There are many types of heart and blood vessel diseases. Over 82 million Americans have one or more of them. Each year more than 813,000 people die from them — that's over 33 percent of all deaths in the United States! Yet many types of heart disease and stroke can be prevented. Here are some key steps you can take:

- Don't smoke, and avoid second-hand smoke.
- Lower your blood pressure if it's high.
- Eat a healthy diet low in saturated fat, trans fat, cholesterol and salt.
- Be physically active.
- Keep your weight under control.
- Get regular medical check-ups.
- Follow your doctor's orders for taking medicine.
- Control your blood sugar if you have diabetes.

Over time, fatty deposits called plaque develop in the walls of the arteries that supply the heart or brain with blood.



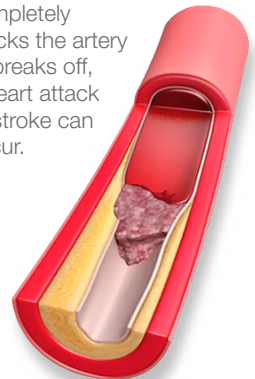
If the plaque becomes unstable and ruptures, a clot begins to form inside the artery.



As the clot continues to grow, blood flow is reduced and the heart or brain tissue can start to die.



If the clot completely blocks the artery or breaks off, a heart attack or stroke can occur.



What are some types of heart and blood vessel diseases?

HARDENING OF THE ARTERIES, or atherosclerosis, is when the inner walls of arteries become narrower due to a buildup of plaque (usually caused by a diet high in fat, cigarette smoking, diabetes or hypertension). This limits the flow of blood to the heart and brain. Sometimes, this plaque can break open. When this happens, a blood clot forms and blocks the artery. This can cause heart attacks and strokes.

HIGH BLOOD PRESSURE, also called hypertension, means the pressure in your arteries is consistently above the normal range. Blood pressure is the force of blood pushing against blood vessel walls. It's written as two numbers, such as 122/78 mm Hg. The top number (systolic) is the pressure when the heart beats. The bottom number (diastolic) is the pressure when the heart rests between beats. High blood

pressure is a pressure of 140 systolic or higher and/ or 90 diastolic or higher that stays high over time.

The danger is that you usually can't tell you have high blood pressure! There are no signs, so you must see a doctor every year. Also, no one knows exactly what causes it. Yet, high blood pressure can lead to hardened arteries, stroke or heart attack.

HEART ATTACKS occur when the blood flow to a part of the heart is blocked, usually by a blood clot. If this clot cuts off the blood flow completely, the part of the heart muscle supplied by that artery begins to die.

Here are some of the signs of a heart attack:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.

(continued)



- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

If you have one or more of these signs, don't wait more than 5 minutes before calling for help.

Call 9-1-1...Get to a hospital right away.

HEART FAILURE means that your heart isn't pumping blood as well as it should. It keeps working, but the body doesn't get all the blood and oxygen it needs. See a doctor if you notice any of these symptoms:

- Swelling in feet, ankles and legs, called "edema".
- Fluid build-up in the lungs, called "pulmonary congestion".

STROKE and TIA happen when a blood vessel that feeds the brain gets blocked or bursts. Then that part of the brain can't work and neither can the part of the body it controls. Major risk factors for stroke include:

- High blood pressure
- Smoking
- Diabetes
- High cholesterol
- Heart disease
- Atrial fibrillation (abnormal heart rhythm)

Call 9-1-1 to get help fast if you have any of these warning signs of stroke and TIA:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

HOW CAN I LEARN MORE?

- 1 Talk to your doctor, nurse or other healthcare professionals.** If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.
- 2 Call 1-800-AHA-USA1** (1-800-242-8721), or visit heart.org to learn more about heart disease.
- 3** For information on stroke, call **1-888-4-STROKE** (1-888-478-7653) or visit us at StrokeAssociation.org.

Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

How can I reduce my risk of heart disease and stroke?

What medicines may help me?

My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit heart.org/answersbyheart to learn more.

Knowledge is power, so Learn and Live!





How Can I Quit Smoking?

Smoking is the most important preventable major risk factor for heart and blood vessel disease. Smoking also harms thousands of nonsmokers, including infants and children, who are exposed to second-hand smoke.

If you smoke, you have good reason to worry about its effect on your health, your loved ones and others. You could become one of the 443,000 smoking-related deaths every year. When you quit, you reduce that risk greatly!



Is it too late to quit?

No matter how much or how long you've smoked, when you quit smoking, your risk of heart disease and stroke starts to drop. In the year after you quit smoking, your excess risk of future coronary heart disease drops by 50 percent. After 15 years, your risk is as low as someone who has never smoked.

How do I quit?

You are more likely to quit smoking for good if you prepare for two things: your last cigarette, and the cravings, urges and feelings that come with quitting. Think about quitting in 5 steps:

1. Set a Quit Date. Choose a date within the next seven days when you will quit smoking. Tell your family members and friends who are most likely to support your efforts.

2. Choose a method for quitting. There are three ways to quit smoking.

- Stop smoking all at once on your Quit Day.
- Reduce the number of cigarettes per day until you stop smoking completely.

- Smoke only part of your cigarette. If you use this method, you need to count how many puffs you take from each cigarette and reduce the number every 2 to 3 days.

3. Decide if you need medicines or other help to quit. Talk to your healthcare provider to discuss which medicine is best for you, and to get instructions about how to use it. These may include nicotine replacements (gum, spray, patch or inhaler) or prescription medicines such as bupropion hydrochloride or varenicline. You may also ask about referral to a smoking cessation program.

4. Plan for your Quit Day. Get rid of all cigarettes, matches, lighters, ashtrays from your house. Find healthy substitutes for smoking. Carry sugarless gum or mints. Munch carrots or celery sticks.

5. Stop smoking on your Quit Day.

What if I smoke after quitting?

It's hard to stay a nonsmoker once you've had a cigarette, so do everything you can to avoid that "one." The urge to smoke will pass. The first 2 to 5 minutes will be the toughest. If you do smoke after quitting:

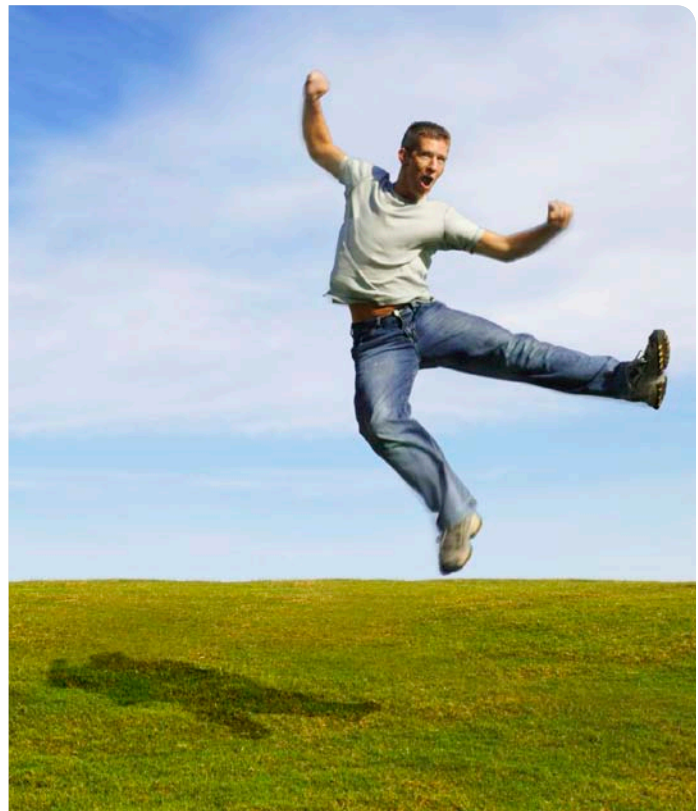
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- This doesn't mean you're a smoker again — do something now to get back on track.
- Don't punish or blame yourself — tell yourself you're still a nonsmoker.
- Think about why you smoked and decide what to do differently the next time.
- Sign a contract to stay a nonsmoker.

What happens after I quit?

- Your senses of smell and taste come back.
- Your smoker's cough will go away.
- Your digestive system will return to normal.
- You'll breathe much easier.
- You'll be free from the mess, smell and burns in clothing.
- You'll increase your chances of living longer and have less chance of heart disease, stroke, lung disease and cancer.



HOW CAN I LEARN MORE?

- 1** Talk to your doctor, nurse or other healthcare professionals. If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.
- 2** Call **1-800-AHA-USA1** (1-800-242-8721), or visit **heart.org** to learn more about heart disease.
- 3** For information on stroke, call **1-888-4-STROKE** (1-888-478-7653) or visit us at **StrokeAssociation.org**.

Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

When will the urges stop?

How can I keep from gaining weight?

My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit **heart.org/answersbyheart** to learn more.

Knowledge is power, so Learn and Live!



Facts About Healthy Weight



Why Is a Healthy Weight Important?

Being overweight or obese increases your risk for many diseases and conditions. The more you weigh, the more likely you are to suffer from heart disease, high blood pressure, diabetes, gallbladder disease, sleep apnea, and certain cancers. On the other hand, a healthy weight has many benefits: It helps you to lower your risk for developing these problems, helps you to feel good about yourself, and gives you more energy to enjoy life.

What Is Your Risk for Weight-Related Diseases?

Body Mass Index (BMI)

Your BMI accurately estimates your total body fat. And, the amount of fat that you carry is a good indicator of your risk for a variety of diseases.

There are two ways to check your BMI:

- Use the BMI chart on page 3. First, find your height in the left-hand column. Then, follow it over until you find your weight. The number on the top of that column is your BMI.
- Use the BMI calculator on the National Heart, Lung, and Blood Institute's (NHLBI's) Web site: <http://www.nhlbisupport.com/bmi/>

Once you know your BMI, check Box 1 to see what the number means. Although BMI can be used for most men and women, it does have some limitations:

- It may *overestimate* body fat in athletes and others who have a muscular build.

- It may *underestimate* body fat in older persons and others who have lost muscle.

Waist Circumference Measurement

Your waist circumference is also an important measurement to help you figure out your overall health risks. If most of your fat is around your waist, then you are more at risk for heart disease and diabetes. This risk increases with a waist measurement that is:

- Greater than 35 inches for women
- Greater than 40 inches for men

Other Risk Factors for Heart Disease

If you have other risk factors for heart disease (shown in Box 2) and are overweight or obese, then you will be at greater risk for health problems. Your doctor will check your BMI, waist circumference, and other risk factors for heart disease:

- If you are overweight (BMI 25–29.9), do not have a high waist circumference, and have less than two risk factors, then it's important that *you not gain* any more weight.
- If you are overweight (BMI 25–29.9) or have a high waist circumference and have two or more risk factors, then it is important for *you to lose* weight.
- If you are obese (BMI \geq 30), then it is important for *you to lose* weight.

Even a small weight loss (just 5–10 percent of your current weight) will help to lower your risk of developing weight-related diseases.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

National Institutes of Health
National Heart, Lung, and Blood Institute

Box 1—What Does Your BMI Mean?

Normal weight: BMI = 18.5–24.9

Good for you! Try not to gain weight.

Overweight: BMI = 25–29.9

Do not gain any weight, especially if your waist circumference is high. You need to lose weight if you have two or more risk factors for heart disease and are overweight or have a high waist circumference.

Obese: BMI = 30 or greater

You need to lose weight. Lose weight slowly—about 1/2 to 2 pounds a week. See your doctor or a nutritionist if you need help.

Box 2—Risk Factors

Besides being overweight or obese, here are other risk factors to consider:

- Cigarette smoking
- High blood pressure (hypertension)
- High LDL cholesterol (bad cholesterol)
- Low HDL cholesterol (good cholesterol)
- High triglycerides
- High blood glucose (sugar)
- Family history of premature heart disease
- Physical inactivity



How To Lose Weight and Maintain It

Changing the way you approach weight loss can help you be more successful at losing it. Most people who try to lose weight focus on one thing: weight loss. However if you set goals, begin to eat healthy foods, become more physically active, and learn how to change behaviors, then you may be more successful at losing weight. Over time, these changes will become routine and part of your everyday life.

Weight Loss Goals

Setting the right goals is an important first step to losing and maintaining weight.

- Losing just 5–10 percent of your current weight over 6 months will lower your risk for heart disease and other conditions.
- Losing 1–2 pounds per week is a reasonable and safe weight loss. Losing weight at this rate will help you to keep off the weight. And it will give you the time to make new healthy lifestyle changes.
- Maintaining a modest weight loss over a longer period of time is better than losing a lot of weight and regaining it. You can think about additional weight loss after you've lost 10 percent of your current body weight and have kept it off for 6 months.

Keeping a Balance

Maintaining a healthy weight calls for keeping a balance . . . a balance of energy. You must balance the calories or energy that you get from food and beverages with the calories that you use to keep your body going and to be physically active.

- The same amount of energy IN and OUT over time = weight stays the same
- More energy IN than OUT over time = weight gain
- More energy OUT than IN over time = weight loss

Your energy IN and OUT doesn't have to balance exactly every day: Balancing energy over time will help you to maintain a healthy weight in the long run.

A Healthy Eating Plan

A healthy eating plan gives your body the nutrients it needs every day and helps you to stay within your daily calorie level. This eating plan will also lower your risk for heart disease and such other conditions as high blood pressure and high blood cholesterol levels.

A healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, *trans* fat, cholesterol, salt (sodium), and added sugars
- Controls portion sizes

Calories

Cutting back on calories is part of a healthy eating plan to lose weight. Choose foods that are lower in fats, especially saturated and *trans* fats, cholesterol, and added sugars. Also, pay attention to portion sizes.

To lose 1–2 pounds a week, daily intake should be reduced by 500 to 1,000 calories. In general:

- Eating plans that contain 1,000–1,200 calories each day will help most women to lose weight safely.
- Eating plans that contain 1,200–1,600 calories each day are suitable for men and may also be appropriate for women who weigh 165 pounds or more or who exercise regularly.

If you eat 1,600 calories a day but do not lose weight, then you may want to cut back to 1,200 calories. If you are hungry on either diet, then you may want to boost your calories by 100 to 200 per day. Very low calorie

Height

Body Mass Index											
	21	22	23	24	25	26	27	28	29	30	31
4'10"	100	105	110	115	119	124	129	134	138	143	148
5'0"	107	112	118	123	128	133	138	143	148	153	158
5'1"	111	116	122	127	132	137	143	148	153	158	164
5'3"	118	124	130	135	141	146	152	158	163	169	175
5'5"	126	132	138	144	150	156	162	168	174	180	186
5'7"	134	140	146	153	159	166	172	178	185	191	198
5'9"	142	149	155	162	169	176	182	189	196	203	209
6'0"	150	157	165	172	179	186	193	200	208	215	222
6'1"	159	166	174	182	189	197	204	212	219	227	235
6'3"	168	176	184	192	200	208	216	224	232	240	248

* Weight is measured with underwear but no shoes.

diets of less than 800 calories per day should not be used unless you are being monitored by your doctor.

Physical Activity

Staying physically active and eating fewer calories will help you lose weight and keep the weight off over time. Plus, physical activity has many benefits:

- Lowers the risk of heart disease; diabetes; and such cancers as breast, uterus, and colon
- Strengthens your lungs and helps them to work more efficiently
- Strengthens your muscles and keeps your joints in good condition
- May slow bone loss
- Gives you more energy
- Helps you to relax and cope better with stress
- Builds confidence
- Allows you to fall asleep more quickly and sleep more soundly
- Provides an enjoyable way to share time with friends and family

How much physical activity should you aim for?

- For overall health and to reduce the risk of disease, aim for at least 30 minutes of moderate physical activity most days of the week.

- To help manage body weight and prevent gradual weight gain, aim for 60 minutes of moderate-to-vigorous physical activity most days of the week.
- To maintain weight loss, aim for at least 60–90 minutes of daily moderate physical activity.

You can break up the amount of time that you do physical activity, such as 15 minutes at a time. If you haven't been physically active for some time, then don't let that stop you. Start slowly and gradually increase your activity. For example, start walking for 10–15 minutes three times a week, then gradually build up to the recommended amount with brisk walking.

Other Weight Loss Options

Weight loss drugs and weight loss surgery may be options for some people who are at high risk from overweight or obesity or who have been unsuccessful at making lifestyle changes. If you think that you may benefit from weight loss drugs or surgery, then talk to your doctor.

Tips to Weight Loss Success

Maintaining long-term weight loss can be difficult. Three keys to success are setting realistic goals, following a healthy diet, and aiming for 60–90 minutes of physical activity most days of the week.

Portion Distortion: How To Choose Sensible Servings

It's very easy to "eat with your eyes" and misjudge what equals a serving—piling on unwanted pounds. This is especially true when you eat out, because restaurant portions are often super sized and enough for two or more people to share.

To keep portion sizes sensible:

- When eating out, choose small portions, share an entrée with a friend, or take some of the food home.
- Check a product's Nutrition Facts label to learn how much food is considered a serving and how many calories, fat grams, and other nutrients are in the item.
- Limit portion sizes of such high-calorie foods as cookies, cakes, and other sweets; french fries; and oils.
- Use smaller plates. We eat most of what is on our plate, no matter what the size. Smaller plates can mean smaller portions.



Other tips for weight loss success:

- Set specific, realistic goals that are forgiving (less than perfect). To start, try walking 30 minutes, 3 days a week.
- Ask for encouragement from your health care provider(s) via telephone or e-mail; friends and family can help. You can also join a support group.
- Keep a record of your food intake and the amount of physical activity that you do. This is an easy way to track how you are doing. A record can also inspire you. For example, when it shows that you've been more active, you'll be encouraged to keep it up.
- Change your surroundings to avoid overeating. For example, don't eat while watching television. Plan to meet a friend in a nonfood setting.
- Reward your success but not with food. Instead, choose rewards that you'll enjoy, such as a movie, music CD, an afternoon off from work, a massage, or personal time.

You can feel healthier by doing any of the following activities. For added fun, ask friends or family to join you.

- Walk or ride a bike in your neighborhood.
- Join a walking club at a mall or at work.
- Play golf at a local club.
- Join a dance or yoga class.
- Work in your garden.
- Use local athletic facilities.
- Join a hiking or biking club.
- Join a softball team or play other sports with coworkers, friends, and family.

To Learn More

Contact NHLBI for information on weight management and heart health:

NHLBI Health Information Center

P.O. Box 30105
Bethesda, MD 20824-0105
Phone: 301-592-8573
TTY: 240-629-3255
Fax: 301-592-8563

Also, check out these Web sites and Web pages:

NHLBI:
<http://www.nhlbi.nih.gov>

Includes publications and interactive features on overweight and obesity, high blood pressure, high blood cholesterol, heart attack, asthma, and women's heart health

Aim for a Healthy Weight:
<http://healthyweight.nhlbi.nih.gov>

Includes publications and such interactive features as a Portion Distortion quiz and BMI calculator

We Can!—Ways to Enhance Children's Activity and Nutrition:
<http://wecan.nhlbi.nih.gov>

Includes materials for parents to help prevent overweight and obesity in their children

Heart Healthy Recipes:

- <http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm>
- http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/
- http://www.nhlbi.nih.gov/health/public/heart/chol/hbc_what.htm



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

National Institutes of Health
National Heart, Lung, and Blood Institute

NIH Publication No. 06-5830
June 2006





C4 Community Counseling Centers of Chicago

Mental Health Services

At C4's five community mental health centers, we provide services for children, adolescents and adults. We help people manage mental health problems, overcome substance use and recover from traumas including sexual assault and abuse. Call 773.769.0205 to schedule an appointment.

Mental Health Specialty Areas

- **Assertive Community Treatment (ACT)**
- **Community Integrated Living Arrangements (CILA)**
- **Mental Health Juvenile Justice (MH/JJ)**
- **Pre-Admission Screenings (PAS)**
- **Community Support Team (CST)**
- **Psycho Social Rehabilitation (PSR)**

Mental Health Crisis Services

- **Crisis Services & 24-hour Crisis Intervention**
- **SASS (Screening, Assessment and Support Services) for Children and Adolescents**

Counseling and Therapy

- **Art and Expressive Therapies**
- **Counseling/Therapy in Individual, Couple, Family and Group Settings**
- **School-Based Services for Children**

Psychiatric Services

- **Medication Monitoring**
- **Psychiatric Evaluations**

Social Services

- **Community Support**
- **Mental Health Case Management**
- **Representative Payee Services**
- **Vocational Rehabilitation, including Supported Employment**

Substance Use Services

- **Intact Family Recovery Services (IF/R)**
- **Outpatient Substance Use Treatment, including MISA (Mental Illness/Substance Abuse Services)**
- **C4 Recovery Point**

Trauma Recovery Services

- **Sexual Assault and Abuse Treatment and Recovery**

Locations:

C4 Clark

4740 North Clark St.
Chicago, IL 60640
773.769.0205

C4 Broadway

5710 North Broadway St.
Chicago, IL 60660
773.728.1000

C4 Recovery Point

5691 N. Ridge Ave.
Chicago, IL 60660
773.303.3000

C4 North

2542 West North Ave.
Chicago, IL 60647
773.365.7277

C4 South/Intact Family Recovery

12940 S. Western Ave.
Chicago IL 60643
773.303.3000

C4 Peterson

2525 W. Peterson Ave.
Chicago IL 60659
773.506.2525

Mental Health Clinics

Based on Mental Health Clinics

Site Name	Street Address	City	State	Zipcode	Phone	Hours of Operation
Englewood MHC	641 W. 63rd St	Chicago	IL	60621	(312) 747-7496	Mon - Fri: 8:30 am – 4:30 pm
Greater Grand/MID-South MHC	4314 S. Cottage Grove	Chicago	IL	60653	(312) 747-0036	Mon - Fri: 8:30 am – 4:30 pm
Greater Lawn MHC	4150 W. 55th Street	Chicago	IL	60632	(312) 747-1020	Mon - Fri: 8:30 am – 4:30 pm
Lawndale MHC	1201 S. Campbell St	Chicago	IL	60608	(312) 746-5905	Mon - Fri: 8:30 am – 4:30 pm
North River MHC	5801 N. Pulaski Road	Chicago	IL	60646	(312) 744-1906	Mon - Fri: 8:30 am – 4:30 pm
Roseland MHC	200 E. 115th Street	Chicago	IL	60628	(312) 747-7320	Mon - Fri: 8:30 am – 4:30 pm

How to Use Get Covered Illinois – The Official Health Marketplace to Buy Coverage

Starting now, you can shop for health insurance through Get Covered Illinois – The Official Health Marketplace’s website. Follow these seven simple steps to use the Marketplace to buy the coverage that fits your budget and meets your needs.

1 Visit the Illinois Site

Use any computer or tablet device that has a connection to the internet to visit www.GetCoveredIllinois.gov and learn about new health coverage options that are available for you and your family. Here you will answer a few simple questions that will direct you to the right place to start an application. Using Get Covered Illinois helps you start in the right spot, which makes the application process faster.

If you need help, you can talk to someone for free about your coverage options. There are people near you that are available to meet face-to-face or over the phone. You can speak with:

- **Navigators:** Specially trained counselors that are available to help answer your questions and find coverage for you or your family. Visit www.GetCoveredIllinois.gov to find a Navigator.
- **Agent or Broker:** Licensed professionals who are registered with the Marketplace and can help recommend specific health insurance plans for your family. If you currently use an agent or broker, be sure to ask them if they are registered.

2 Create an Account

Based on your answers, you will be directed to the right place to create an account. You create an account by entering a username and password. Whether you are an individual, have a spouse or claim dependents, like your children, when you file your taxes every year, you only need to create one account for your family.

3 Gather Your Information

To buy health insurance through the Marketplace and find out if you can receive financial help, it is helpful to have your Social Security number, employer and income information, and tax information handy. Examples of documents that have this information include a Social Security card, paystubs, W-2 forms and other tax forms.

4 Apply for Insurance

You can now begin your application. If you need help, a Navigator, agent or broker can help you understand your plan options and application in person or over the phone. Find one near you at www.GetCoveredIllinois.gov or call the toll-free Help Desk at (866) 311-1119, open seven days a week from 8 a.m. to 8 p.m.

Medicaid is a health insurance program that provides coverage at little or no cost. If some people in your family are able to get Medicaid and others cannot, you still only have to fill out one application for your family. The Marketplace and Medicaid will work together to make sure your application gets to the right place.

5 Find Out What You Are Eligible For

You will then find out if you are eligible for any discounts. If you apply through the Marketplace, the website will tell you if you are able to get a discount on your coverage. If you apply for Medicaid, you will be notified of your eligibility in the mail.

6 Compare Plans

On the Marketplace website, you can compare different health insurance plans and costs side-by-side to find an option that fits your budget and needs before you choose a plan to enroll in.

7 Enroll

Once you choose the plan that is best for you and your family, it's time to enroll. If you enroll by December 23, 2013, your coverage will start January 1, 2014. The last day to enroll through the Marketplace during the initial enrollment period is March 31, 2014.