

November 2022

# AccessLine

AccessLine is published for Access to Care program members

## IMPORTANT

You are receiving this newsletter because we DO NOT have your email address.

To get future information quickly, email us at [info@accesstocare.org](mailto:info@accesstocare.org) & include your name and member ID.

Access to Care is administered by the Suburban Primary Health Care Council, a private, not-for-profit organization. Funds for Access to Care are received from Cook County, townships, municipalities, private foundations and corporations, service organizations and individuals.

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708-531-0680  
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## The Holidays are Coming Soon... Stay Healthy!

Show your family and friends you care this holiday season.

Help them (and yourself!) stay up to date on FREE COVID-19 and flu vaccines.

Vaccination continues to be our best defense against COVID and flu.

Everyone 6 months and older is eligible to receive a COVID vaccine (1st, 2nd and 3rd doses) and a flu shot.

You can be vaccinated or boosted for COVID & vaccinated for flu at the same time.

Visit [BoostUpCookCounty.com](http://BoostUpCookCounty.com) or call 833-308-1988 for more information. Or call the Access to Care Resource Desk and we can help.



Help them stay up to date on free COVID-19 and flu vaccines. **Boost up today!**



## Only for Access to Care Members

Flu shots are covered by Access to Care at **ZERO** cost. You must get the flu shot from a local pharmacy, like Walgreens. Don't forget your ATC identification card. The flu shot is not free if you get it at a doctor's office.

## Is it Your Time to Re-Enroll?

As you know, all Access to Care members must re-enroll each year. When you re-enroll, we will check to make sure you are still eligible. We want to make sure you continue to have access to all available services.

Did you know that you can now re-enroll online? Just go to: [www.accesstocare.org/application](http://www.accesstocare.org/application) and fill out the application. Call us at 708-531-0680 with any questions about your re-enrollment.



## The holidays can be difficult for some...

Take a breath. You are not alone.

If you are feeling overwhelmed, help is available.

Call us 708-531-0680 or email us at [info@accesstocare.org](mailto:info@accesstocare.org) and we will connect you with a counselor.

### Only for Access to Care Members

You can receive up to 8 counseling sessions for just \$5 per session.

## Knowing How to Read a Food Label Can Help You Make Healthier Choices!

The Nutrition Facts label on food items breaks down the amount of calories, carbs, fat, fiber, protein, and vitamins per serving of the food. Be sure to look at different brands of the same foods—you'll be surprised. For example, one brand of tomato sauce may have WAY more calories and sugar than another brand for the same serving size! Here's how to read a label:

1. Check the Serving size first. All the numbers on this label are for a 2/3-cup serving.
2. This package has 8 servings. If you eat the whole thing, you are eating 8 times the amount of calories, carbs, fat, etc., shown on the label.
3. Total Carbohydrate shows you types of carbs in the food, including sugar and fiber.
4. Choose foods with more fiber, vitamins, and minerals.
5. Choose foods with lower calories, saturated fat, sodium, and added sugars. Avoid *trans* fat.

Nutrition Facts	
8 servings per container	
Serving size <b>2/3 cup (55g)</b>	
Amount per serving	
<b>Calories 230</b>	
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

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Access to Care wishes you and your families a happy, healthy holiday season.