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**WORRY FREE**  
COMMUNITY

## Health Coverage Updates

*August 2022*

### Upcoming Events:

Integrative Health & Wellness Expo  
Marketplace / Medicare Presentation

### New Changes:

Healthcare for All Kids

### In this Newsletter:

ACA - Marketplace Enrollment  
Medicaid - Public Aid  
Medicare  
Outreach Schedule / Community Events  
Ask a Doc Series  
Development Tip  
Sign-up

**Upcoming Events!**



**INTEGRATIVE  
HEALTH &  
WELLNESS  
EXPO**

**SATURDAY  
AUGUST 27, 2022  
10AM - 4PM CST**

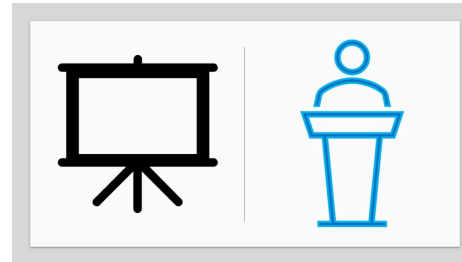
**613 E. 67TH ST  
CHICAGO, IL**

**FREE**

Zumba  
Yoga  
Massage  
Deep-Breathing  
Healthy Food Demos  
Organic Garden Tours  
Food & More...

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## Marketplace / Medicare Presentation

Our team will be doing a  
**Marketplace / Medicare**  
presentation Webinar on Zoom

**Registration Link:** TBD  
**Call:** 630.517.0598

**Location:**  
Zoom (Link provided upon  
registration)

**Date:** September 25, 2022  
**Time:** 11am-12pm

## New changes happening! Healthcare for All Kids

DHS recently began transitioning children on All Kids premium levels to All Kids with no premium.

Some children who were aging out at age 19 may have received termination letters on 7/12 or 7/13 as part of the system switch. These letters were in



**As of July 1st** – Changes taking place for families with children enrolled with Medicaid will now be transferring over to All Kids / CHIP Program.

**Kids enrolled with Premium Level 1 will be transferred over to Medicaid – All Kids Program.**

**Kids enrolled with Premium Level 2 will be transferred to enroll in a managed care plan.**

Transportation will now be included and vaccinations are being approved.

Health Coverage Updates!

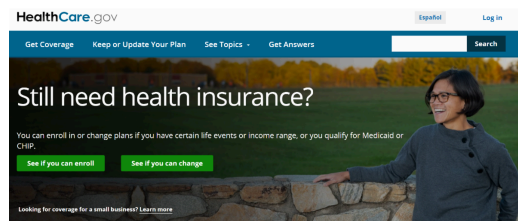
error. An internal DHS message explains the issue below on the letter.

Contact your local DHS office if you received these notices with kids losing coverage or not getting reinstates.

**Take Action for your kids  
Back to school!**

Families, please make sure your children are covered with a health plan. To ensure that they are fully covered to get their back to school physicals, vision and dental check ups, vaccinations and are ready to learn!

**Need Help to enroll?  
Call:630.517.0598**



**ACA - Marketplace Enrollment**

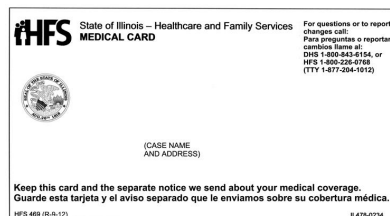
**You can still enroll today!  
Get plans as low as \$1.00!**

**Call us & see if you qualify!**

## Medicaid - Public Aid

Enroll anytime!

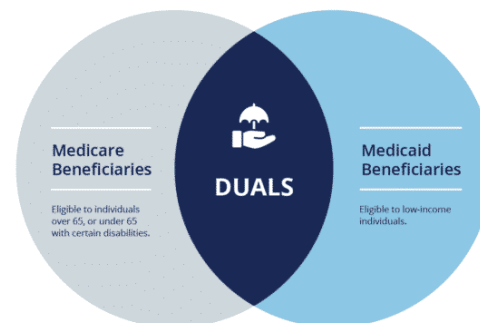
Medical Insurance, Link Card (SNAP Benefits), Dual Eligible (Medicare)



## Medicare

65 and older? Turning 65 soon?

Need help understanding Part A, Part B, and Drug plan?



## Outreach Schedule - Community Meet and Greet

Call: 630.517.0598  
Come visit us!



**WF Office**

Monday - Friday: 9am-5pm

1701 Bloomingdale Road  
Glendale Heights, IL 60139**Be-Well Clinic**

Monday - Thursday: 10am-2pm

9741 SW Highway  
Oak Lawn, IL 60453**MCC Mosque**

Every Friday: 12pm-2pm

4380 N. Elston Avenue  
Chicago, IL 60641**Hayat Clinic**

Every 2nd Wednesday of the month

6350 N. Maplewood Avenue  
Chicago, IL 60659**Ask A Doc  
Series****My Stomach, My Responsibility**Join us for this informative session  
in partnership with  
Salaam Community Wellness Center!**Location:**

Zoom (Link provided upon registering)

**Date:** August 28, 2022**Time:** 2pm-4pm**REGISTER****Q&A with our  
health experts****Registration for Webinar**Scan the **QR Code** OR**[Click to Register!](#)****Check out our monthly Developmental Tip!**

## 6 Tips for Healthy Aging



**Eat & Drink Healthy:** Make healthy choices— like fruits, vegetables, whole grains, lean meats, low-fat dairy products, and water.



**Move more, Sit less throughout the day:** Being active can help you prevent, delay, and manage chronic diseases; improve balance and stamina; reduce risk of falls; and improve brain health.



**Don't use Tobacco:** If you use tobacco, take the first step towards quitting.



**Get regular Checkups:** Visit your doctor for preventive services, not just when you're sick. This can prevent disease or find it early, when treatment is more effective.



**Know Your Family History:** Share your family health, history with your doctor, who can help you take steps to prevent chronic diseases or catch them early.



**Be Aware of Changes in Brain Health:** Everyone's brain changes as they age, but dementia is not a normal part of aging. See your doctor if you have questions about memory or brain health.

**Visit our Website!**

WORRY FREE COMMUNITY  
1701 Bloomingdale Road, Glendale Heights IL 60139  
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Email: [info@worryfreecommunity.org](mailto:info@worryfreecommunity.org)

