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# Broadband and Civic Empowerment Curriculum

Session 2: Healthcare & Wellness Resources

Prepared by

- University of Illinois - Community Data Clinic
- Cunningham Township Supervisor's Office
- Champaign-Urbana Public Health District
- Housing Authority of Champaign County
- Project Success of Vermillion County, Inc.

# Session Outline



You may read: “The questions we will ask today are about your experiences and potential complications in accessing digital connectivity. You may feel uncomfortable answering some questions. However, we are never judging you or your preferences, we just want to expand a description of these perspectives based on participants’ lived experiences. You can skip any questions that you do not want to answer or say ‘I do not wish to answer’ Thank you for your participation!”

Purpose	General questions	Activities / Research technique
<ul style="list-style-type: none"><li>Assess participant’s broadband interests and experiences in health promotion and healthcare</li><li>Get a better sense of what community members need? Or new programs to share with them</li></ul>	<ul style="list-style-type: none"><li><b>The last time you or a household member was sick: Where do you get health information? (who do you go to?) Or any program relevant for you? (as a patient or client)</b></li><li><b>Are there health related programs or services you are interested in learning more about (e.g. for children, yourself, other family)?</b></li><li>Do you use any kind of app, website, or device to access health programs?</li><li>What failures/challenges are you experiencing with these services?</li><li>Have you ever participated in telehealth services?</li><li>Do you use social media to know about health promotion?</li><li><b>Are there any programs or services you would recommend to other community members?</b></li></ul>	<ul style="list-style-type: none"><li>* Present the resource to the participant.</li><li>* Have you ever used this resource?</li></ul> <p><u>Resources to explain:</u></p> <ul style="list-style-type: none"><li>* Find COVID tests</li><li>* Application for Benefits Eligibility</li><li>* Champaign County Health Care Consumers</li></ul> <p>Get a better sense of what community members need or new programs to share with them</p>

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# Introduction



<https://vchd.org/>  
<https://www.c-uphd.org>

## Resources for

- Physical activity
- Well Woman Visits
- Adolescent health
- Tobacco initiatives

# Get free at-home COVID-19 tests this winter

Every U.S. household is eligible to order 4 free at-home COVID-19 tests.

**Order Free At-Home Tests**

Need help placing an order for your at-home tests?  
Call [1-800-232-0233](tel:1-800-232-0233) (TTY [1-888-720-7489](tel:1-888-720-7489)).



# Health Insurance Access

# Application for Benefits Eligibility

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Help to Buy Food



Healthcare



Cash Assistance



Community Supports



Medicare Savings

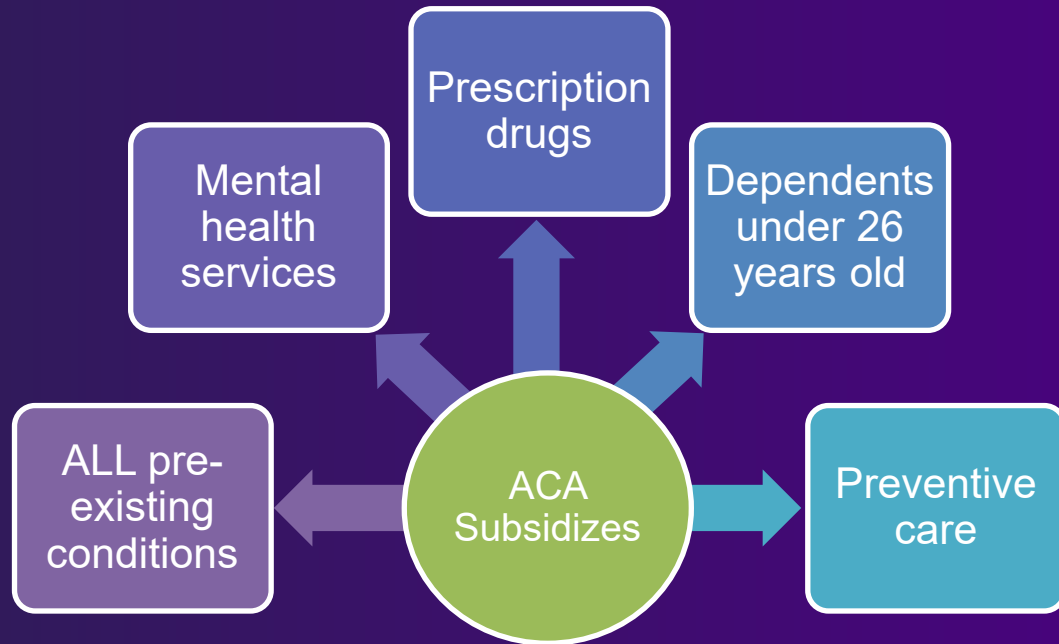
- Helping people in Illinois lead healthy and independent lives.
- Website for applying for and manage your healthcare, food, and cash assistance benefits.
- Screening tool to qualify (15 min)

<https://abe.illinois.gov/abe/access/>

# Affordable Care Act / “Obamacare” / Marketplace

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It is a platform to help provide some subsidy to people seeking affordable health insurance.



# Marketplace Enrollment Challenges

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Marketplace enrollment can be confusing and overwhelming for subscribers:

- Open enrollment and Special enrollment periods selection.
- They have 5 different options of plans to choose (different prices, and services).
- Amount of technical terms to learn (e.g., deductibles, premium tax credit).
- Relationship with Medicare and Medicaid.



# Tips to Succeed in a Marketplace Enrollment

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## Find Advice

Take advice from an independent organization to help you with enrollment and plan selection.

## Enrolling dates

- Open enrollment: Nov 1st to Jan 15<sup>th</sup> for the next year.
- Special enrollment period: anytime when you find a job with uncovered insurance!

**Estimate income:** prefer to go higher to avoid taxes issues.

## Select your plan

- Understand deductibles and co-payments to avoid expensive payments.
- Check whether your preferred doctor belongs to your new plan network.
- Check how your prescriptions are covered by your plan.

## Need help with health insurance?

### We've got you covered!

- ✓ Marketplace ("Obamacare"/  
*healthcare.gov*)
- ✓ Medicaid
- ✓ All Kids
- ✓ Medicare Part D & Advantage  
plans\*
- ✓ Employee health insurance ♦
- ✓ Retiree health insurance ♦

*... and more!*

*\* We also help with applications for  
financial assistance programs like Extra  
Help and Medicare Savings Program.*

Source: <https://www.healthcareconsumers.org/health-insurance/>

## Champaign County Health Care Consumers



- Trained, certified, and experienced staff.
- Attention in English and Spanish.
- All services are free.
- Hours: Monday – Friday, 9am – 5pm
- Contact:
  - Phone: (217) 352-6533
  - Email: [cchcc@cchcc-il.org](mailto:cchcc@cchcc-il.org)
  - Address: 44 E Main St. Suite 208, Champaign, IL 61820
  - <https://www.healthcareconsumers.org/>

Unsure of what you might be eligible for, or would like help  
applying? please contact CCHCC at (217) 352-6533

♦ CCHCC can help people understand their benefits through  
their employer or their retirement options. CCHCC does not  
enroll in their employer/retiree benefits.

# Health Care Expenses Resources

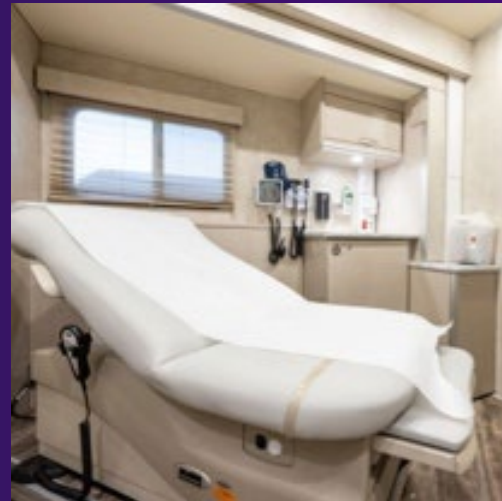
# Mobile Health Clinic

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- Affordable, non-urgent medical services to neighborhoods near you
- Full-service walk-in clinic, is available to the entire family and is serving your neighborhood.
- Call (217) 365-7928 for locations and times near you (mostly at Champaign and Bloomington)

- or -

Browse <http://carle.org/MobileHealthClinic>





# GoodRx: Prescription Saver

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- Free mobile app and website that helps finding the lowest prescription prices in your neighborhood.
- Use the price comparison resource to save up to 80% on virtually all FDA-approved drugs—brand-name and generic.

1) Compare prices

2) Get free coupons

3) Show to your pharmacist

<https://www.goodrx.com/>



# Carle Financial Assistance

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- Free or discounted care through Carle financial assistance programs
- General Guidelines About the Program:
  - ✓ Eligibility is based on your household's adjusted gross income
  - ✓ Carle's Case Management department will be happy to help you fill out application forms
  - ✓ Discounts will extend for one year from the date of approval and are renewable
  - ✓ Uninsured hospital patients who meet certain requirements may qualify for an uninsured discount through Carle's Illinois Hospital Uninsured Patient Discount Program

<https://carle.org/Patients-Visitors/Financial-Assistance>

# Food Pantries Resources

# Food Resource Guide for Urbana-Champaign

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Cunningham Township Supervisor's Office  
205 W Green St, Urbana, IL, 61801  
Office: 217-384-4144  
[www.cunninghamtownship.org](http://www.cunninghamtownship.org)

Food Resource Guide for Urbana-Champaign

<https://docs.google.com/document/d/1bVeprNvEv2yiZ7nFzhMef4xxtDt5xiguxz7UuLi80mw/edit>

# Mobile Market

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- Access to fresh and nutritious foods
- Every Wed and Thu from 9 AM to 1 Pm
- Locations (check schedule)
  - ✓ Church of the Living God: 312 E. Bradley Ave., Champaign
  - ✓ Illinois WorkNet: 1307 N. Mattis Ave., Champaign
  - ✓ Carle on Broadway: 221 N. Broadway Ave., Urbana
- Call (217) 377-5358
  - or – Browse<https://www.fourosprey.org/mobile-market>



# Vermilion County Resources Only

# Community Services Directory

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- Dental assistance
- Medication discount programs
- Rx Assistance
- SingleCare Health Prescription Savings Card
- Find more resources and contact info at <https://vchelp.org/service/list/?c=3>

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**Do you know any programs or  
services you would recommend  
to other community members?**

# Abriendo Caminos

## Clearing the Path to Hispanic Health



<https://www.facebook.com/abriendocaminos2/>

## Lifestyle Medicine

### Upcoming Events: Basis of a Healthy Diet

Location:  
201 W Kenyon Ave  
Immigrant Cooperative  
in CUPHD basement



**Basis of a Healthy Diet:**  
**Nov 27th 2-3pm**

Learn about different macronutrients and food groups, benefits of each, and what healthy eating means!

**Be Your Own Detective With Nutrition:** Dec 4th  
**2-3pm**

Learn how to read a food label, how to tailor the right foods into your lifestyle, and if you need a multivitamin/supplement

**The Problem With Processed Foods:** Dec 11th  
**2-3pm**

Learn about whole food education and how it can support your health.

#### PLUS:

- Get free food at each event!

[lifestylemedicine@avicennahealth.org](mailto:lifestylemedicine@avicennahealth.org)





# Valley Professionals Community Health Center

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- A location in Caguya, Indiana – 55 min driving from Hoopeston or Champaign
- Dental services are especially affordable
- <https://valleyprohealth.org/>



## Primary Care

Primary care includes the treatment of acute and chronic illnesses, as well as check-ups and more.



## Dental

Dental includes everything from preventative care to emergency and restorative services.



## Behavioral Health

A variety of services that suit all family needs, including individual and family counseling.



## Patient Resources

RN Care Managers and Community Resource Navigators are ready to support you with all your needs.



# Water Drink Reminder

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- Do you drink enough water?
- Do you always forget to drink water regularly?
- A water tracker app to help you develop good habits of water drinking!
- This water tracker app reminds you to drink water every day to keep you hydrated
- Ask permission of your health professional if you have special conditions for fluids ingestion
- Available in English. Disponible en español
- Find it in Google Play and Apple Store



# Acknowledgements

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Participants of the Broadband READY Phase 2 YOU!

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- Danielle Chynoweth and Jessica Black, Cunningham Township Supervisor's Office
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- Laura GallagherWatkin and Clayton Harmening, CRIS Healthy Aging
- Adani Sanchez, Champaign County Health Care Consumers

**Thank you!**

**For more information, please visit <https://communitydata.illinois.edu>**