
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 Vermilion 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">● Assess participant’s broadband interests and experiences in health promotion and healthcare● Get a better sense of what community members need? Or new programs to share with them	<ul style="list-style-type: none">● 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)● Are there health related programs or services you are interested in learning more about (e.g. for children, yourself, other family)?● Do you use any kind of app, website, or device to access health programs?● What failures/challenges are you experiencing with these services?● Have you ever participated in telehealth services?● Do you use social media to know about health promotion?● Are there any programs or services you would recommend to other community members?	<ul style="list-style-type: none">* Present the resource to the participant.* Have you ever used this resource? <p><u>Resources to explain:</u></p> <ul style="list-style-type: none">* Find COVID tests* Application for Benefits Eligibility* Champaign County Health Care Consumers <p>Get a better sense of what community members need or new programs to share with them</p>

Introduction

12 TIPS TO BE HEALTHY

1

EAT A HEALTHY DIET



2

BE PHYSICALLY ACTIVE, EVERY DAY, YOUR WAY



3

GET VACCINATED



4

DON'T USE ANY FORM OF TOBACCO

5

AVOID OR MINIMIZE USE OF ALCOHOL

6

MANAGE STRESS FOR YOUR PHYSICAL AND MENTAL HEALTH



7

PRACTICE GOOD HYGIENE



8

DON'T SPEED, OR DRINK AND DRIVE



9

WEAR A SEAT-BELT WHEN DRIVING AND HELMET WHEN CYCLING

10

PRACTICE SAFE SEX



11

REGULARLY CHECK YOUR HEALTH

12

BREAST FEEDING: BEST FOR BABIES



World Health Organization

WWW.WHO.INT/SHANGHAI2016



9th Global Conference on Health Promotion SHANGHAI 2016

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

Resources for

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

Free COVID-19 TEST Kits-Resources

Place Your Order for Free At-Home COVID-19 Tests

As of November 20, 2023, residential households in the U.S. are eligible for another order of #4 free at-home tests from USPS.com.

- Each order includes #4 individual rapid antigen COVID-19 tests ([COVIDTests.gov](https://www.covidtests.gov) has more details about at-home tests, including extended shelf life and updated expiration dates)
- If an order has not been placed for your address since the program reopened on September 25, 2023, you can place# 2 orders now
- Orders will ship free

Important Info about Expiration Dates:

Tests may show “expired” dates on the box, but FDA has extended those dates; [see the full list of extended expiration dates.](#)

The logo for USPS.COM, featuring the United States Postal Service eagle head icon to the left of the text "USPS.COM" in a bold, blue, sans-serif font.

[COVID Home Tests | USPS](#)

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



A vertical list of five benefits, each with a circular icon to its left. The icons are: a SNAP logo, a caduceus, a dollar sign, a document with a checkmark, and a plus sign in a circle.

- 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/>

All Kids Program by Illinois Department of Healthcare and Family Services

Requirements

Who can get All Kids?
Children can get All Kids health insurance if:

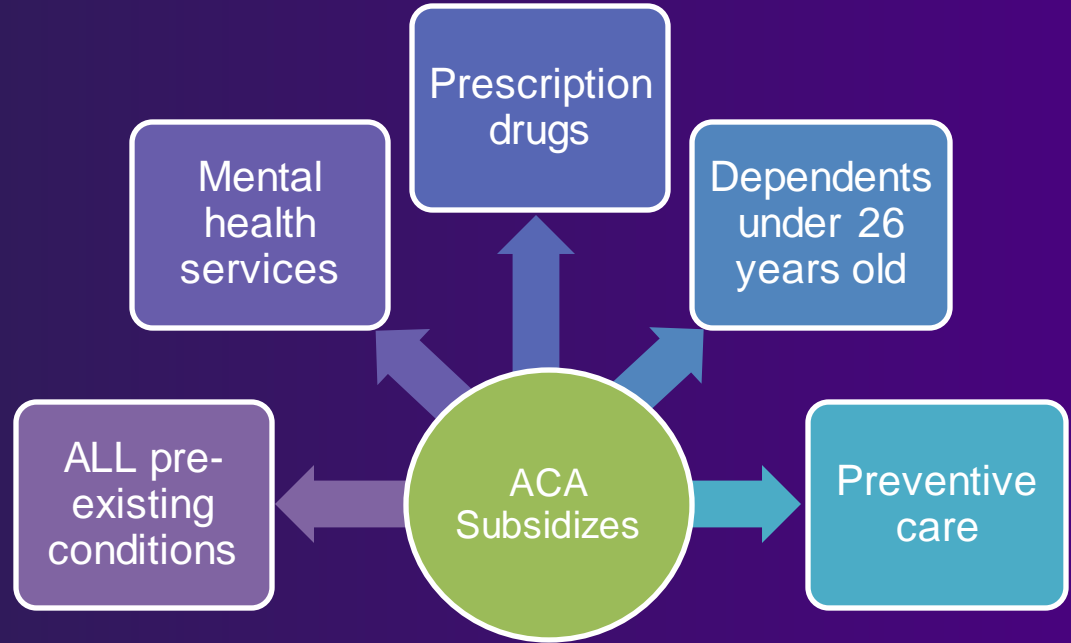
- They live in Illinois.
- They are age 18 or younger.
- They meet the **insurance requirements for All Kids**.
- Their family's income meets the All Kids Income Limit.

The screenshot shows the website for the Illinois Department of Healthcare and Family Services (HFS). The header includes the Illinois state logo and 'ILLINOIS.gov', the HFS logo, the name of the Director, Elizabeth M. Whitehorn, and a search bar. The main navigation menu includes Home, My Healthcare, Medical Providers, Child Support Services, HFS OIG, Info Center, and About Us. The breadcrumb trail reads: HFS > Medical Programs > All Kids > About All Kids. The page title is 'About All Kids' and the sub-heading is 'What is All Kids?'. The main text explains that All Kids is a program for children who need comprehensive, affordable health insurance, regardless of immigration status or health condition. It states that every child deserves the chance to grow up healthy and that with All Kids, children can get the care they need. Examples of care include regular check-ups, dental fillings, and eye exams. A statistic is provided: 'To date, there are over 1.6 million Illinois children enrolled in All Kids. If your family, like many hardworking families, cannot afford private health insurance, All Kids may be the answer for you.' A sidebar on the left contains links for 'All Kids', 'Apply Online', 'Download Application', 'Get Help Applying', 'Information for Customers', 'Member Handbook', and 'Covered Services'.

[About All Kids | HFS \(illinois.gov\)](https://www.illinois.gov/allkids)

Affordable Care Act / “Obamacare” / Marketplace

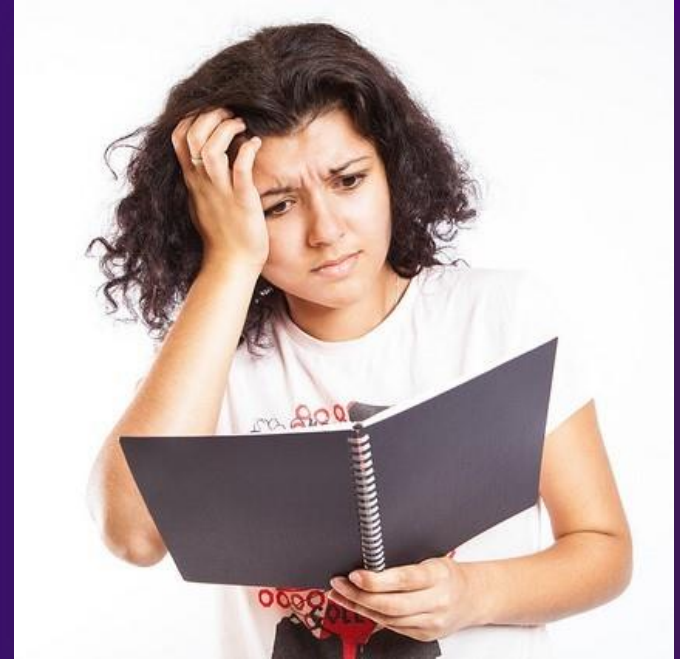
It is a platform to help provide some subsidy to people seeking affordable health insurance.



Marketplace Enrollment Challenges

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

Find Advice

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

Enrolling dates

- Open enrollment: Nov 1st to Jan 15th 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.*

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
 - 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.

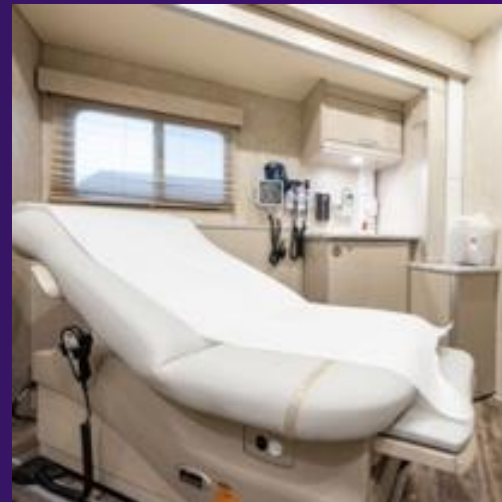
Health Care Expenses Resources

Mobile Health Clinic

- 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>





Champaign County Christian Health Center

- A ministry-based healthcare center providing free and quality healthcare services.
- **Services Include:**

- | | |
|----------------------------|---------------------------------|
| ✓ Primary Care | ✓ Mental Health Care |
| ✓ Screenings | ✓ Nutritional Counseling |
| ✓ Dental Health | ✓ Interpreting Services |
| ✓ Prayerful Support | ✓ Pharmacy Assistance |

- In-Person Clinical Hours
 - ✓ Every 2nd and 4th Tuesday & Wednesday 5:30-8:30 pm
- Telehealth Hours
 - ✓ Monday-Friday 8am-8pm
- Call to Schedule Appointment
 - ✓ (217) - 398 - 2914
- Location for In-Person Visits
 - ✓ 1401 S. State St, Suite #B, Champaign, IL 61820

Website:
www.ccchc2003.org/

Promise Healthcare – Frances Nelson

- A health center with staff physicians dedicated to providing primary health care to the underserved in our community.
- **Accepts most insurance, Medicaid, and Medicare. A sliding fee scale is available, and they treat anyone regardless of their ability to pay.**
- Location & Phone
 - ✓ 819 Bloomington Road, Champaign, IL 61820
 - ✓ (217) - 356 - 1558 (Medical Appt)

Website:

www.promisehealth.org/



Health Center Services:

- COVID Testing
- COVID Vaccinations
- Primary Care
- Walk-in Clinic
- Prenatal Care
- School Physicals
- Sports Physicals
- Psychiatry
- Counseling
- Women's Health
- Dental Care
- Medication Assistance
- Social Services
- Lab Services
- 24 Hour Nursing Service

Community Health Services:

- Enrollment Services
 - Medicaid
 - Medicare
 - Marketplace
- Education Assistance
- Resource Assistance

Dental Services:

- Extractions
- Restorations
- Cleanings
- Full Exams
- Dental Health Education
- Limited Urgent Care

GoodRx: Prescription Saver



- 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



- 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>

OSF Financial Assistance

- Free or discounted care through OSF financial assistance programs. In addition to offering discounts required by law, OSF HealthCare offers financial assistance for medically necessary healthcare services to those who qualify.
- Resources available on the website are provided in English, French, Espanol, and Polksie.
- General Guidelines About the Program:
 - ✓ Eligibility is persons of every faith and ethnic background, regardless of their ability to pay.
 - ✓ Some families may qualify for discounted health care through the Illinois Uninsured Discount Act or Healthy Michigan law.
 - ✓ Call: (800) 421-5700 (Mondays- Fridays: 8 a.m. - 4:30 p.m.)
 - ✓ Website: [Financial Assistance | OSF HealthCare](#)
 - ✓ Link to submit financial assistance form: <https://x.osfhealthcare.org/patients-visitors/billing-insurance/financial-assistance/apply-financial-assistance>

PACE Center for Independent Living

- PACE is an organization run by and for people who have disabilities.
- Services Provided:
 - ✓ Deaf services and the Visual Impairment North of 55 Program
 - ✓ Benefits, Housing, Jobs, and Transport services.
 - ✓ Advocacy; Information & Referral; Peer Counseling.
 - ✓ Transition Services (Nursing home diversion program and a school-based program for youth).

Address: PACE, Inc., 301 S. Vine Suite 211, Urbana, Illinois 61801.

Phone: (217)-344-5433; Video Phone: (217) 689-0289;

Email: info@pacecil.org; Fax: 217-344-2414.

Website: Home - PACE (pacecil.org)

Food Pantries Resources



Food Resource Guide for Urbana-Champaign



Cunningham Township Supervisor's Office
205 W Green St, Urbana, IL, 61801
Office: 217-384-4144
www.cunninghamtownship.org

Food Resource Guide for Urbana-Champaign

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

Champaign Urbana Public Health District Food Pantry

List and Details of Food Pantries in Champaign County



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District
www.c-uphd.org

[Food Pantry List December 2023 \(c-uphd.org\)](http://www.c-uphd.org)



Free Nutrition Classes INEP Kitchen Winter 2024

Join other parents and Extension staff for a series of 7 classes on a variety of food and nutrition topics. Each class will include a variety of healthy cooking demonstrations as well as some fun activities. These sessions are FREE, but registration is required. The following are a sampling of some of classes that may be offered

Register and details here

[Registrations | Illinois Extension](#)

Fun With Food

Classes

Let's Keep Our Food Safe - Feb 14

Getting to know MyPlate - Feb 21

Children - Feb 28

What's for Dinner? - March 6

Plan, Shop, \$ave - March 13

Shop for Value, Know the Facts - March 20

What's the Scoop on Fast Food - March 27

Mobile Market

- 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>



Eastern Illinois FOODBANK-Operates in Counties of Eastern Illinois

Eastern Illinois foodbank exists to **alleviate hunger in eastern Illinois**

Serves 18 counties in Eastern Illinois

1.5 million

people served through our food mobile distributions and network of food pantries

10.8 million Pounds of food distributed

The screenshot shows the Eastern Illinois Foodbank website. The header includes the logo, navigation links (FIND HELP, TAKE ACTION, MORE THAN FOOD, ABOUT EIF, FOR AGENCIES), and a DONATE button with social media icons. The main content area is titled "Vermilion County" and "VERMILION COUNTY AGENCY HOURS". On the left, there are links for "Food Finder", "Foodmobile Schedule", "School & Collegiate Markets", and "SNAP Benefits". The agency hours are presented in a table with columns for each day of the week.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOPS Food Pantry 12 - 1 PM Danville Rescue Mission Soup Kitchen 4 PM	The Dwelling Place Day Center 10 AM - 3 PM Danville Rescue Mission Soup Kitchen 12:30 & 5:30 PM Grant Township Food Cupboard 12:30 - 2 PM Danville Township Food Pantry	Oakwood Area Food Pantry 10 AM - 12 PM Danville Rescue Mission Soup Kitchen 12:30 & 5:30 PM Salvation Army Pantry 1 - 3 PM	Danville Rescue Mission Soup Kitchen 12:30 & 5:30 PM Danville Township Food Pantry 1:30 - 3:30 PM St. James Food Pantry 3rd Wed. 1:30 - 5 PM	Antioch Mission Food Pantry 9 AM - 12 PM St. Vincent DePaul Food Pantry 10 AM - 12 PM Danville Rescue Mission Soup Kitchen 12:30 & 5:30 PM Grant Township Food Cupboard 12:30 - 2 PM	The Dwelling Place Day Center 10 AM - 3 PM Danville Rescue Mission Soup Kitchen 12:30 & 5:30 PM Salvation Army Pantry 1 - 3 PM Essentially Basic Household Pantry	Danville Rescue Mission Soup Kitchen 12:30 & 5:30 PM TOPS Food Pantry 1st Sat. 11 AM - 1 PM

[VERMILION COUNTY : Find Help : Eastern Illinois Foodbank \(eifoodbank.org\)](https://www.eifoodbank.org/vermilion-county)

Vermilion County Resources Only

Community Services Directory



- 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>

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@vicennahealth.org



Valley Professionals Community Health Center

- 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

- 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



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Participants of the Broadband READY Phase 2 - YOU!

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Housing Authority of Champaign County

Kimberly David, Emily Long, Abby Eberly, and Rachel Whiteman
Project Success of Vermilion County

Danielle Chynoweth, Jessica Black, Brian Hagy, Chris Evans, and Penny Grant
Cunningham Township Supervisor's Office

Thank you! For more information, please visit <https://communitydata.illinois.edu>