



SUMMER *to* FALL

MENTAL HEALTH RESET

Season changes can disrupt routines. Try simple anchors: consistent sleep/wake times, a daily walk or stretch, and intentional screen breaks. Staying socially connected and engaging in meaningful activities supports mental well-being.

Eating more IN-SEASON fruits and veggies

By Mario Villalobos Medran, MS, RDN, LDN

The American Heart Association recommends a dietary pattern rich in fruits and vegetables for better health. Seasonal fruits and vegetables are fresher with greater nutrient density and better taste. They can also lower your grocery bill and reduce your environmental impact associated with out-of-season produce.

Go to the link below or scan the QR code for a full list from the USDA and try different fruits and vegetables all year long.

<https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide>

NO CASH PAYMENTS

EFFECTIVE AUGUST 1, 2026

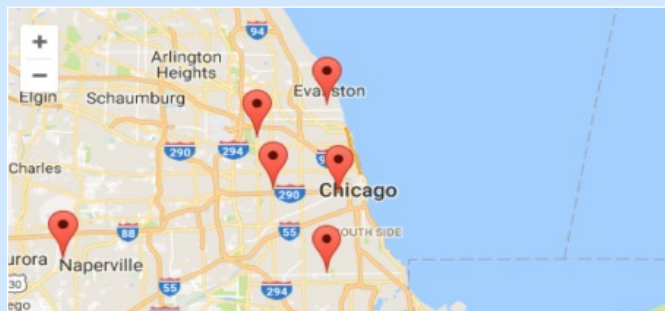
PLAN AHEAD

PLEASE PLAN TO PAY WITH:

CREDIT OR DEBIT CARD

MOBILE WALLET

Union Health Service operates six facilities throughout Chicagoland providing primary and specialty care



UHS Locations include:

- 1634 W. Polk St. Chicago, Illinois 60612
- 4701 N. Cumberland Ave. Norridge, Illinois 60706
- 2800 W. 87th St. Chicago, Illinois 60652
- 3340 S. Oak Park Ave Berwyn, Illinois 60402
- 3535 E. New York St. Aurora, Illinois 60504
- 1325 Howard St. Evanston, Illinois 60202

For more information on UHS locations please refer to our website www.unionhealth.org.

UHS Suburban Contracting Facilities:

PRIMARY CARE/GENERAL MEDICINE

McGowan Family Health and Wellness Center

Chicago Heights 60411

mcgowanfamilyhealthandwellnesscenter.com

Provida Family Medicine

Gurnee 60031

providafamilymedicine.com

Zmedi

Orland Park 60462 | Palos Heights 60463

zmedigroup.com

Alex Iskander, MD

Plainfield 60586

saintmaryinternalmedicine.com

PEDIATRICS

Bharti Amin, MD

Matteson 60443 | 708-748-5910

Rush Copley Pediatrics

Aurora 60504

rush.edu/locations/rush-copley-medical-group-pediatrics-aurora-ridge

OBSTETRICS & GYNECOLOGY

Ob-Gyn Associates of Libertyville, SC

Libertyville 60048

obgynedocs.com

Rush Copley OB/GYN, Eola

Oswego | Aurora

rush.edu/locations/rush-copley-medical-group-ob-gyn-aurora-2020

OB/GYN Health Associates, SC

Orland Park 60467 | Oak Lawn 60453

obgynhealthassociates.com/



IS IT OKAY TO DRINK BEER, WINE, OR HARD LIQUOR?

By Mario Villalobos Medran, MS, RDN, LDN

Alcohol should not be a priority, but if you choose to drink, moderation is key. While some studies suggest that moderate red wine intake may reduce the risk of heart disease, most research shows that any alcohol consumption carries health risks, including increased blood pressure, type 2 diabetes, high triglycerides, fatty liver disease, and cancer. Alcohol also contains calories and can contribute to weight gain when consumed in excess.

The updated *Dietary Guidelines for Americans* recommend drinking “less alcohol for better overall health.”

Dietitian's recommendations:

- Choose light beer or dry red wine to reduce carbohydrate intake.
- Avoid mixing hard liquor with soda, juice, or other sugary beverages. Instead, choose sparkling water or diet mixers.
- Sip slowly and avoid drinking when you're thirsty to help prevent overconsumption.
- Don't drink on an empty stomach. Eat before or while drinking to slow alcohol absorption.



CALL FIRST

UHS encourages members to call even to schedule an unscheduled visit. In many cases, same-day appointments are available, and calling first allows the UHS team to help determine the most appropriate next step. Our call center is ready to assist you during clinic hours, and our answering service and on-call Physicians are available after hours and on holidays. All medical visits outside of UHS require preauthorization to avoid patient financial responsibility.

— If you need medical attention, call UHS at 312.423.4200, option 1 —

UHS sends automatic phone/text appointment reminders. Updating your mobile number and email helps you remember appointments and stay informed (including the newsletter).



Keep Your CONTACT INFO Current



DID YOU KNOW

UHS has a patient assistance program for medications that may not be covered. Please contact us at memservice@unionhealth.org for more information.