

# What we learned from you...

Local Family Child Care Providers told us that in the last year...



Didn't get a routine physical



Didn't see a doctor because it cost too much



Didn't see a doctor for another reason such as not being able to take time off

**With back to school coming up, here are some ideas to make sure YOU stay healthy this fall too!**

- Routine check-ups are an important for **checking in on your wonderful, giving heart!**
  - Getting your blood pressure, blood sugar and blood cholesterol checked is a good start!
  - Don't forget a **list of any health questions** you may have!
- **Don't have insurance?**
  - Open Enrollment for the Affordable Care Act Starts Nov. 1st - For more information or to locate an enrollment specialist to help you through process visit: <https://getcovered.illinois.gov/>
- If you don't have insurance or are having trouble to accessing care during open hours at your clinic, **try calling one of the local free clinics** in the area who have weekend and evening availability
  - Avicenna: 418-5888, Champaign County Christian Health Center: 398-2914, HeRMES Clinic: hermesclinic.org@gmail.com, or the Love Clinic: 359-6920
- You don't have time for the flu to get you down! - **Don't forget to get your flu shot this fall!**
- To Learn more about why routine check-ups are important and how to prepare, visit : <https://www.cdc.gov/family/checkup/>

*Routine Check-ups are **NOT** just for kids!*

*Thank you to all the Family Child Care Providers that participated in our study! - Best Wishes, Katie Magerko and Angela Wiley*

*This is a product of the Child Care Resilience Program*