



myHealth
CONNECTIONS
 PROMOTING HEALTH AND WELL-BEING

Welcome to Cook County's Health and Wellness Fair!

Health Screenings*

Services	Provider
A1c Diabetes	Cook County Division of Endocrinology
Blood Pressure, BMI, Weight and Body Composition	Method Health
Hepatitis C	American Liver Foundation
Physical Injury Prevention	Airrosti
Spirometer	Method Health
Vision	EyeMed/Vision Health Management Systems

Health and Wellness Resources*

Resources	Provider
Deferred Compensation/Enrollment	Nationwide Retirement
EBS, H/R, Payroll System Conversion	CCG/STEP/ERP
Flexible Spending Accounts/Transit Benefit	WageWorks
Generic Drugs, Mobile App, Diabetes Management	CVS/caremark
Health and Well-Being Tools and Resources	Blue Cross Blue Shield of Illinois
Oral Health	The Guardian
LegalShield and IDShield Programs	Pre-Paid Legal
Rethink Your Drink, Go the Distance, Healthy Hotspot	Cook County Department of Public Health
Spring Events and Wellness Brochures	Forest Preserves of Cook County
Stretching and Lifting Demonstrations	Method Health

*Some screenings and resources may not be available at all locations.



Make sure you also stop by the Cooking Demonstration Station!

Don't miss the daily healthy living tips on the MyHealth Connections Facebook page. If you haven't signed up yet be sure to do so by visiting: <https://www.facebook.com/groups/Myhealthconnections/>