

CIRCLE NEWS



Vista Health System Chapter ♦ April, May, June 2021

www.VistaHealth.com/OurHealthyCircle ♦ (847) 360-4228 ♦ Current Membership: 798

Important Messages from Vista's Our Healthy Circle Advisor and CEO



Deanna Stich, Our Healthy Circle Advisor

Spring has arrived! To go along with the warming temperatures, we have several exciting virtual activities in store for Our Healthy Circle members. Be sure to check out the calendar at the back of this issue so you can join in on the fun.

Now that the days are getting longer and the weather getting nicer, I'd like to share with you some information about walking for fitness as it is one of the easiest and least costly ways to improve your physical fitness and overall health. All you need are comfortable shoes and clothing, and a commitment to get moving.

- You should aim to enjoy a brisk walk most days of the week.
- If you're starting a walking program, begin with 15 minutes at a time and slowly work your way up to longer and faster walks.
- Begin and end each outing with five minutes of slow walking.
- Find a walking buddy to help keep you motivated and join our walking club starting in April! See page 4 of this issue for more details.

Remember, the Waukegan Field House has partnered with Vista and offers Our Healthy Circle members the opportunity to walk its indoor track for free. **Call in advance to check current procedures, 847-782-3300.** You do not need to be a Waukegan resident. Simply show your Our Healthy Circle membership card and a photo ID with your address and you will be on your way to a healthier you!



Norman Stephens, CEO

I am proud to announce that Vista Health System has vaccinated more than 1,800 staff members, physicians and Vista Physician Group patients against COVID-19 at the time this newsletter went to press.

Vaccinations began December 17, 2020 with our phase 1a frontline healthcare workers and has continued to expand per the state's guidelines. Vista has not wasted a single dose of vaccine throughout the process thanks to our efficient team of vaccinators.

Currently, Vista Physician Group (VPG) is coordinating vaccinations for its primary care patients. VPG patients are contacted by their physician's office to schedule vaccination appointments per vaccine availability and the state's guidelines. I invite you to visit our websites for the most current and up to date vaccine information:

VistaHealth.com and **VistaPhysicianGroup.com**. Your patience is appreciated as we work as quickly as possible to vaccinate VPG patients with the supply we receive.

If you and your loved ones are still awaiting a vaccine, here are some resources to help you find a shot locally:

• **Lake County Health Department:**

www.LakeCountyIL.Gov/4521/COVID-19-Vaccine

• **State of Illinois:** www.Coronavirus.Illinois.Gov/s/Vaccination-Location

Thank you for your continued support of Vista Health System and for being a member of Our Healthy Circle. Stay well!

Free VIRTUAL HEALTH TALKS

Sign up today—2 Ways: 1) Register online at VistaHealth.com, click on the event you would like to register for and sign up. It's that easy! **OR** 2) Call Deanna Stich at (847) 360-4228

Please leave your first name, **SPELL** your last name, phone number, and email if you have one.

You can participate via internet OR phone. Call Deanna to obtain the call in number.

Event sign on information will be provided after you register.

Interested in a topic but unavailable the day and time it will be presented? Register anyway, most presentation will be recorded for later viewing.

Thursday April 22 • 1 pm

Topic: Robotic Surgery

Presented by: Aaron Siegel, MD, Lake County Surgeons, P.C., Gurnee, IL 60031, Office: 847-856-2525

Location: Virtual Zoom

May TBD

Topic: How Diabetes and High Blood Pressure affects the Kidneys

Presented by: Maria Kahn, MD, Associates in Nephrology, 1272 American Way, Libertyville, 60048, Office: 847-549-7222

Location: Virtual Zoom

Tuesday May 18 • Noon

Topic: Stroke

Presented by: Shazia Kamran, MD, VPG-Neurology, 15 Tower Court, Gurnee, 60031, Office: 847-599-0715

Location: Virtual Zoom

Thursday June 3 • Noon

Topic: Men's Health

Presented by: Richard Margolin, DO, VPG-Family Medicine, 15 Commerce Dr., Grayslake, Office: 847-231-5300

Location: Virtual Zoom

Wednesday June 23 • 10 am

Topic: Vaccines after 60

Presented by: Karama Thiab, MD, VPG-Internal Medicine, 15 Tower Court, Gurnee, Office: 847-599-1444

Location: Virtual Zoom

Fitness

Free Virtual Recorded Workout

Leaders—Stacey VanZeyl, Vista Exercise Physiologist and Sonali Karnik, Vista Physical Therapist

Topics that will be covered include stretching, strength training, balance, warm-up exercises and core strength, all while doing movement each session. You will need a chair, water, light 1 pound weights or soup cans, exercise bands (can be obtained through Vista Rehab for \$2.50), a mat if available and paper and pencil for notes as needed.

11:30 am—Thursdays

April 1, 8, 15, 22, 29

May 6, 13, 20, 27

June 10, 24



Go to vistahealth.com to register. Sign on information for the sessions will be provided after registration

Join the Walking Club—

On Tuesday mornings we will meet at **Hinkston Park**, 810 Baldwin Ave, Waukegan, 60085 at **10 am**. Walk at your own pace. Come and enjoy good company and the spring weather. Go to Vistahealth.com or call Deanna at 847-360-4228 to register for weekly reminders.

April 20, 27

May 4, 11, 25

June 1, 8, 22, 29

Walk at the Waukegan Field House

The Waukegan Field House has partnered with Vista and is offering Our Healthy Circle members an opportunity to get walking for free. You do not need to be a Waukegan resident. Show your Our Healthy Circle membership card and a photo ID with your address and you will be on your way to a healthier you! **As of January 26, 2021, the following safety protocols are in effect—Face masks must be worn at all times and only 20 people will be allowed on the track at one time. Call in advance to check current protocol.**

Therapy Pool at the Waukegan Field House

\$2 Tuesday's—Therapy Pool for \$2/person on Tuesdays from 5 am—10 am for Our Healthy Circle Members. You will need to follow all the rules and policies of the pool and show your Our Healthy Circle membership card to receive the discount. Normal rate—Resident \$10/Non-resident \$15. Reservations are required.

Healthy Heart Program – Lindenhurst

The Healthy Heart Program helps individuals improve their overall fitness level and health through an individualized exercise program in a professionally supervised healthcare environment.

Hours of operation:

- Mon., Wed. & Fri. - 6 a.m. to noon; 1-5 p.m.
- Tue. & Thurs. - 8 a.m. to noon; 1-4 p.m.

Location: Vista Ambulatory Care Center, 1050 Red Oak Lane, Lindenhurst

Costs: Orientation Fee: \$50-\$30

As an Our Healthy Circle member you will receive a \$20 discount on this orientation fee. Please call (847) 360-4228 to obtain the coupon.

Session Fees (2 convenient payment options):

- 6-month membership: \$150
- Punch card good for 60 days (20-visit card = \$70, 15 visit card = \$57, 10 visit card = \$40, 5 visit card = \$22)

To Get Started: Call (847) 356-4750 and ask to schedule an appointment with the exercise physiologist.

To Qualify –

You will need three forms to participate in this activity. Please call 847.360.4228 and leave your name and address and we will send the forms to you.

Participants must be able to exercise without physical assistance, have no prior heart or lung conditions and have no more than one of the following risk factors: high blood pressure, high cholesterol, diabetes or smoking.

Cardiac/Pulmonary Program

The Cardiac/Pulmonary Program helps individuals with previous heart surgeries, MI's, or pulmonary issues to exercise safely through an individualized exercise program in a professionally supervised healthcare environment.

Location: Vista Ambulatory Care Center, 1050 Red

Oak Lane, Lindenhurst **Costs:** Orientation Fee: \$70

Session Fees: Punch card good for 60 days (20 visit card = \$110 • 10 visit card = \$60)

To Get Started: Call (847) 356-4759 and ask to schedule an appointment with the exercise physiologist.

Masks are required while exercising and you will be required to clean equipment before and after use. Please bring your own pen.

Free Cooking Demo presented by Chef Judith Hallisey, ARAMark Food Service

Date: May 6

Time: 2:30 pm

Recipe for a **Mother's Day dessert** will be available after registering Go to vistahealth.com to register.

Sign on information for the sessions will be provided after registration

Sorry but this session will not be recorded.



1.

Choose a
provider



2.

Choose a
reason



3.

Choose a time
and date



With Online Self-Scheduling making a primary care appointment is easy as 1-2-3.

We are dedicated to making healthcare more convenient and more accessible to you and your family members.

With online self-scheduling, we're putting more control in your hands.

Now you can quickly set up a primary care provider appointment by going to one website. At **VistaAnytime.com**, just find a provider that has a time slot available when your schedule is free, and book the appointment yourself. And just like that, you are scheduled for care.

Can't be any easier than that! See for yourself!

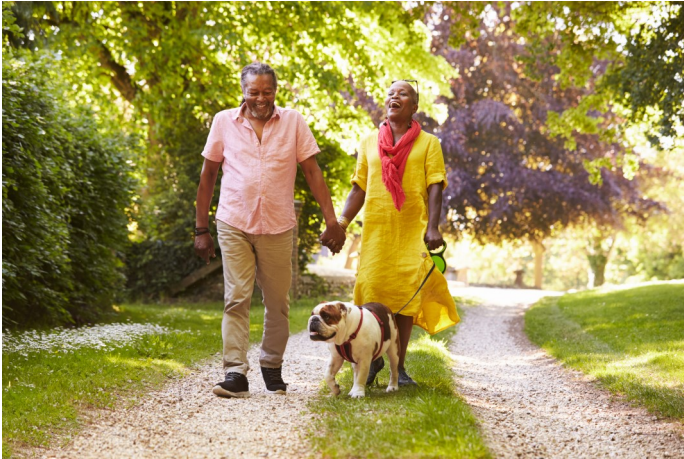


VistaAnytime.com

Physicians linked from VistaAnytime.com are members of the Medical Staff at Vista Health System.

Walking in the Summer Sunshine

By Stacey Van Zeyl, Exercise Physiologist, Vista Health System



As summer approaches we welcome the warmer temperatures and sunshine. With this, many people start going outside more often to walk. This is one of the best exercises that people over age 50 can enjoy, as long as their joints cooperate. Some of the benefits of walking include a cardiovascular workout for your heart, Vitamin D from the sun, it can help with osteoporosis and helps to boost your mood.

There are, however, some safety things to think about. As the temps get hotter mid-summer walking mid-day is not recommended. During the summer it is best to walk before 10 am and after 6 pm. Also, some things to consider are...

1. Walk with a buddy, it makes it more enjoyable and the time goes by faster.
2. Pick different locations to walk each week, the Lake County forest preserves are a great option.
3. Always take water and a cell phone with you.
4. If you drive to a location, never leave valuables in your car.
5. Wear good walking shoes and change them about every 6-9 months.
6. Don't forget to stretch after each walk to keep your muscles loose and help prevent injuries (hamstring stretches, calf and your quad/thigh muscles are the most important to stretch after walking).

I always recommend starting off slowly with 10-15 minutes 3-4 days/week. Gradually increase this time to 30-40 minutes as tolerated. Once you are up to the longer times then try some more adventurous walks at the forest preserves. Until you are ready for the challenge of hills, stick to different neighborhoods or flat bike trails such as the DesPlaines River Trail or the Robert McClory Bike Path. Most importantly go out and have fun, enjoy the fresh air.

Vista Physician Group has teamed up with CareHarmony

If you have a Vista physician for your general care you may receive a call from CareHarmony.

Who is CareHarmony and why enlist their help? CareHarmony is extra support available 24/7 to answer questions related to your health or other needs. Under the guidance of your physician, a care coordinator will monitor and provide comprehensive care for your chronic health conditions to supplement care between office visits. Sometimes you have medical needs and are unsure how to deal with them. The care coordinators from CareHarmony help to identify and resolve these issues.

For more information visit www.VistaPhysicianGroup.com/CareHarmony.

Our Healthy Circle
Zoom Spring Painting Party
Friday, April 16th at 11am



There is "Hope" for Spring!!
Let's have fun together painting
from the comforts of our own homes!
A safe way to see each other and get
excited about the upcoming
Spring season!!

*All needed materials will be packaged and ready for pick up, including 11x14 canvas, brushes, acrylic paints, paper towel, & water cup
Keli Krygowski, artist and instructor, will teach step by step through Zoom (link will be sent out via email)

Cost: \$20 cash at Pick Up

Material Pick Up Times:

April 12th at Vista East Lobby
1324 N Sheridan Rd Waukegan
between 12pm-2pm

April 13th at Vista Ambulatory Care Center Lobby
1050 Red Oak Lake Lindenhurst
between 12pm-2pm

Catholic Charities Presents: **Zoom Educational Presentations**

April 5 – May 24 – 1 – 3 pm – Matter of Balance – 8 week fall prevention program combines education, discussion and exercise evidence based program. The goal of the program is to decrease fear of falling and increase physical activity levels

April 6 & 8 – June 8 & 10 – 1 – 2 pm – Bingocize – 10 week fall prevention program combines the fun of bingo with fall prevention exercises.

April 7 – 28 – 10 – 11 am – Tai Chi – 4 week Tai Chi class

April 15 – September 30 – 10 – 11 am – Wit's Workout – This is a weekly program that will provide exercises for your brain and help you to practice maintaining and improving your memory

May 5 & 7 – June 2 & 4 – 10 – 11 am - Tai Chi for Arthritis – This 8 week class will help improve mobility, strength and relaxation. It is appropriate for anyone, but especially for those with arthritis

RSVP to Kari Pohar – 847-740-6708 or email
kpohar@CatholicCharities.net

<https://zoom.us/j/7342152035?pwd=L25oZENFYzNrdmF4aDIKVjJxbkVLQT09>

or www.zoom.us/join

Meeting ID: 734 215 2035

Passcode: 7c2nME

Dial in: 1 312 626 6799

Trips—

Trips are not sponsored or sanctioned by Vista Health System.

Happy Times Tours & Experiences—Call for information- 414-867-2727—Day trips

*Gratuities for the tour director and driver are not included in the price and are at the passenger's discretion. Please note that the itinerary is subject to change due to COVID restrictions that may be enforced without notice. COVID Policies: All passengers are required to wear a mask while on the motorcoach. If you are sick, please stay home and get healthy. Payment is due at time of reservations. All day trips are non-refundable.

Gardens & Grohmann May 5th, 2021 Per person rate: \$125

Experience a desert oasis, a tropical jungle and floral gardens...all in one morning! The Mitchell Park Horticultural Conservatory, better known as the Mitchell Park Domes, is one of the most unique destinations in Milwaukee. Discover cacti, succulents, shrubs and desert palms in the Desert Dome. Enjoy the seasonal display in the floral show dome and walk among 1,200 species of rainforest plants in the Tropical Domes. Lunch is included at Milwaukee's authentic Polish restaurant, Polonez. We will have a private room for our group with plenty of room. Enjoy a Polish Plate lunch (stuffed cabbage, half link of Polish Sausage, Pierogi, Potato Pancake, Vegetable, Dessert and non-alcoholic beverage). Vegetarian requests can be accommodated with advance notice. Many of the recipes used today are from their family recipes. Enjoy the Polish heritage and décor. Our final stop will be at the Grohmann Museum, home to the Man at Work Collection. On this guided tour, you will see more than 1,400 paintings and sculptures dating from 1580 to the present. They reflect a variety of artistic styles and subjects that document the evolution of organized work: from farming and mining to trades such as glassblowing and seaweed gathering. You will have time to go up to the roof and see the 9-foot bronze statues that are perched on the roofline. They are all replicas of smaller statues in the Grohmann Museum collection.

Departure Times & Location: 7:45am Depart Cracker Barrel, Gurnee, IL (estimated return at 5:10pm)

Schmemeil, Schlimazel MKE—Laverne & Shirley themed tour of Milwaukee

June 27, 2021 Per person rate: \$89

If you are a fan of the Laverne & Shirley show, you will appreciate seeing Milwaukee's City Hall which was the opening shot of the show. See Polish Flats and the Brewery that made Milwaukee Famous, "Shotz." We even make a stop to see Laverne's heart throb the Bronze Fonz Statue. Bring your camera for that! Our day includes touring Lakefront Brewery where you will enjoy 2 samples, a souvenir glass and a giant pretzel. The day also includes a game of mini-bowling because the girls have to keep their skill sharp for the Shotz Brewery Tournament. Top off the day with a frozen custard treat at Milwaukee's legendary and nostalgic Leon's Drive-In. Grab your friends and get ready for a Sunday Funday!

Departure Time & Location: 8:30am Depart Cracker Barrel, Gurnee, IL (Estimated return 3:30pm)

Collette—Call for information-800-852-5655—Extended Trips

Albuquerque Balloon Fiesta Departs: Wednesday, Sept 29,2021 6Days/7Meals
Per person rate: Double occupancy \$2,699 + Travel insurance Reservation #1046663

Highlights: Santa Fe, Open-Air Tram Tour, Loretto Chapel, Santa Fe School of Cooking, Turquoise Trail, Balloon Fiesta, Old Town Albuquerque, National Museum of Nuclear Science & History, Indian Pueblo Cultural Center. Final payment due by July 31, 2021.

Tropical Costa Rica Departs: Wednesday, Feb 2, 2022 9Days/14Meals
Per person rate: Double occupancy \$2198 + Travel insurance Reservation #1051300

Highlights: Lush forests and stunning waterfalls...rumbling volcanoes and endless coastlines...Costa Rica is a paradise teeming with exotic plants and incredible animals. Luxuriate at a resort for two nights at Playa Carrillo, Guanacaste, known for its breathtaking beauty and fine sandy beaches. Spend two nights in Monteverde's lush cloud forest. Experience the forest canopy on your choice of a hanging bridges nature walk or an exhilarating zip lining tour. Explore part of the 20,000 acre nature preserve of Cano Negro on a riverboat adventure. Enjoy the tranquil views of the Arenal Volcano from your hotel. Explore San Jose's Plaza de Cultura and view the magnificent National Theatre. You will find a slice of paradise . Final payment 12/4

Trips—

Trips are not sponsored or sanctioned by Vista Health System.

Grand American tours and cruises—Call for information-800-423-0247—Extended Trip

Hawaii with Norwegian Cruise Line on The Pride of America

- **Departs: Saturday, Sept 10, 2022**
- **8Days/7Nights**
- **Per person rate: Double occupancy Inside Cabin \$3,985**
Outside Cabin \$4,052
Balcony Cabin \$4,434

Prices include roundtrip airfare from Chicago, cruise, port charges, government fees, taxes and transfers to/from ship. Norwegian Cruise Line has advised that all air prices are subject to change and are not guaranteed until full payment has been received. Price does not include travel protection insurance. When making your reservation mention Our Healthy Circle.

Highlights:

Honolulu, Oahu

The big, blue Pacific and stunning Koolau mountains serve as a dramatic setting for Hawaii's largest city. Climb to the top of Diamond Head. Take a romantic sunset stroll on Waikiki Beach. Catch a glimpse of history by visiting Pearl Harbor and the National Memorial Cemetery of the Pacific.

Kahului, Maui

A surplus of natural splendor and the genuine hospitality of its people have helped to make Maui Hawaii's second most popular island. Explore the fascinating history of the town of Lahaina. Plant yourself on a pristine beach, or play one of the world's most beautiful golf courses.

Hilo, Hawaii

The entire city of Hilo is like one giant greenhouse with spectacular tropical flowers at every turn. Visit the town's well-preserved historic buildings, which date back to the turn of the century and showcase Hawaii's unique architecture. Just 30 miles away the Hawaii Volcanoes National Park is the home of the active Kilauea Volcano.

Kona, Hawaii

Kona offers the quintessential Hawaii experience. Sunny, warm weather and crystal blue waters entice visitors to partake in a variety of surfside fun. Snorkel amongst a kaleidoscope of tropical marine life. Take a surfing lesson, a kayaking trip or head out to deeper waters for some deep-sea fishing.

Nawiliwili, Kauai

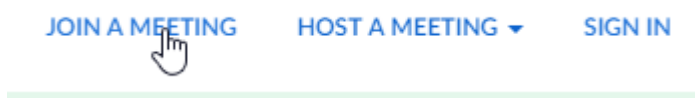
Named after the Wiliwili trees, which once lined its picturesque harbor, this lovely port of Kauai is your gateway to what many believe to be Hawaii's most beautiful island. On "The Garden Island," nature is truly the star, from the dramatic mountains of Kokee to the cool rain forests of Haena. And the tradition of the luau adds lively entertainment unique to Hawaii.

Final payment due by April 13, 2022.

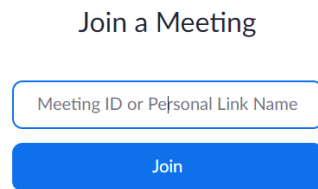
How to access Zoom

Zoom for PC

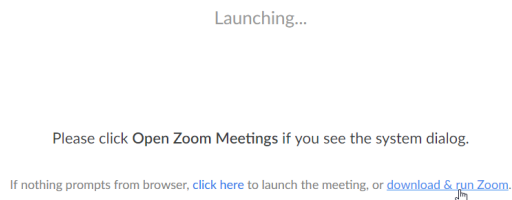
1. Navigate to the website www.zoom.us
2. From the upper right side, click **Join a Meeting**:



3. You will be given the **Meeting ID** and **Passcode**. Type the Meeting ID in the **Meeting ID** field and click **Join Meeting**:



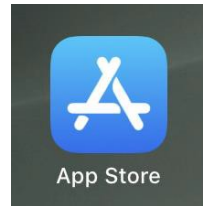
4. If you do not already have Zoom installed, you will be prompted to install it. Click **download & run Zoom** to download the file and begin the installation process.



5. The application will run and launch into the meeting. You may be prompted to enter your **Passcode** at this point.
6. Follow the on-screen prompts to permit Zoom access to your camera and microphone.

Zoom for iOS

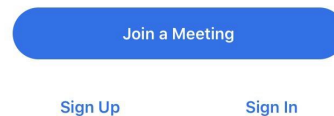
1. Open the App Store—look for this icon:



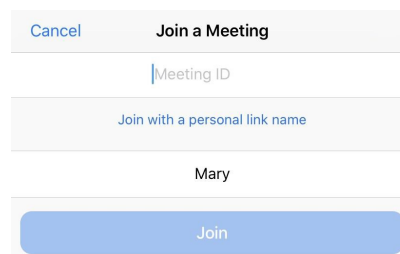
2. Search for the application **Zoom Cloud Meetings**, and install:



3. Once downloaded, open the **Zoom Cloud Meetings** application, and tap **Join a Meeting**:



4. The provider will give you a **Meeting ID** and **Passcode**. Type the Meeting ID in the **Meeting ID** field and tap **Join**. You will then be prompted for a passcode:



6. Follow the on-screen prompts to permit Zoom access to your camera and microphone.

◀ March		April 2021					May ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1 Holy Thursday 11:30 am Virtual workout	2 Good Friday 	3	
4 Easter 	5	6	7	8 11:30 am Virtual workout	9	10	
11	12 Noon—2 pm Pick up Painting Party Supplies at Vista East, Waukegan	13 Noon—2 pm Pick up Painting Party Supplies at Vista Ambulatory Care Center, Lindenhurst	14	15 Tax Day (Taxes Due) 11:30 am Virtual workout 	16 11 am Zoom Spring Painting Party	17	
18	19	20 Walking Club—10 am/Hinkston Park	21	22 Earth Day 11:30 am Virtual workout 1 pm Virtual Health Talk- 	23	24	
25	26	27 Walking Club—10 am/Hinkston Park	28	29 11:30 am Virtual workout	30 Arbor Day 		

◀ April	May 2021					June ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Walking Club— 10 am/Hinkston Park	5 Cinco De Mayo 	6 11:30 am Virtu- al workout 2:30 pm Virtual Mother's Day Cooking Demo	7	8
9 Mother's Day 	10	11 Walking Club— 10 am/Hinkston Park	12	13 11:30 am Virtu- al workout	14	15 Armed Forces Day 
16	17	18 NO Walking Club Noon Virtual Health Talk-	19	20 11:30 am Virtu- al workout	21	22
23	24	25 Walking Club—10 am/Hinkston Park	26	27 11:30 am Virtu- al workout	28	29
30	31 Memorial Day 					

◀ May		June 2021					July ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 Walking Club— 10 am/Hinkston Park	2	3 Noon Virtual Health Talk- NO virtual workout	4	5	
6	7	8 Walking Club— 10 am/Hinkston Park	9	10 11:30 am Virtu- al workout	11	12	
13	14 Flag Day 	15 NO walking club	16	17 NO Virtual workout	18	19	
20 Start of Summer (Summer Solstice) 	21	22 Walking Club— 10 am/Hinkston Park	23 10 am Virtual Health Talk-	24 11:30 am Virtu- al workout	25	26	
27	28	29 Walking Club— 10 am/Hinkston Park	30				

Don't Take Sleep Issues Lying Down



Getting enough sleep is essential for maintaining good health. Unfortunately for many people, getting a full night's rest is a luxury – an estimated 22 million people in the U.S. suffer from sleep apnea, according to the American Sleep Apnea Association.

What is Sleep Apnea?

Characterized by repetitive pauses in breathing during sleep, sleep apnea occurs when the tissue at the back of the throat between the mouth and lungs briefly collapses and causes breathing to stop momentarily. With each apnea event, the brain and body become oxygen deprived and may wake the sleeper. This can happen hundreds of times a night and result in excessive daytime sleepiness.

Additionally, sleep apnea has been linked to diabetes, heart disease, obesity and depression, according to the Centers for Disease Control and Prevention.

Symptoms

Due to airway blockage, signs and symptoms of sleep apnea can include:

- Frequent loud or heavy snoring
- Gasping for air during sleep
- Abrupt awakenings accompanied by gasping or choking
- Dry mouth or sore throat upon awakening
- Excessive daytime sleepiness

- Difficulty with concentration or memory
- Mood changes, such as depression or irritability
- Nighttime sweating

Treatment & Prevention

Sleep apnea can lead to serious health consequences if left untreated. If you think you may have sleep apnea, make an appointment with your primary care doctor at VistaAnytime.com to discuss your symptoms. He/she can then refer you to a sleep specialist to determine if a sleep study is needed.

Vista Health System has two comprehensive Sleep Centers in Waukegan and Lindenhurst that are nationally accredited by the American Academy of Sleep Medicine (AASM) in both adult and pediatric (age 2+) sleep disorders. That means, we've met or exceeded all of the highest standards for professional health care as designated by the AASM. These standards address core areas such as personnel, facility and equipment, policies and procedures, patient care and quality assurance. We offer both in-lab and home sleep studies.

We work to help improve not only sleep quality, but your quality of life. Learn more about the Sleep Centers at Vista Health System at VistaHealth.com/Sleep. To make an appointment with our sleep doctor, call **(847) 360-9800**.

Vista's Nationally Accredited Sleep Centers:

- **Vista Medical Center East**, 1324 N. Sheridan Rd., Waukegan
- **Vista Ambulatory Care Center**, 1050 Red Oak Ln., Lindenhurst

Take our sleep screening: VistaHealth.com/Sleep

24/7 NURSE HELP LINE

(847) 360-HELP
(4357)



A Free Service

Not sure if you need to see a
doctor or go to the hospital?
Call the **Help Line** to get advice.

(se habla español)

If you are experiencing a medical emergency, call 911.

VistaHealth.com/helpline





VISTA HEALTH

OUR HEALTHY CIRCLE CHAPTER

Sponsored by Vista Health

*Enriching the lives of adults age 50 and better – one member at a time –
through friendship, exercise and wellness programs, hospital benefits, activities, education and discounts.*

Date submitted with payment: _____				If applicable, complete this section for 2nd membership. **Same Address Only**			
1st applicant, initial here _____				2nd applicant, initial here _____			
Last Name		Mid Initial		Last Name		Mid Initial	
First Name			<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.	First Name			<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
Please initial here: _____				Please initial here: _____			
Phone # (____) ____ - ____		Full Date of Birth Month Day Year		Full Date of Birth Month Day Year		Full Date of Birth Month Day Year	
		<input type="checkbox"/> M <input type="checkbox"/> F				<input type="checkbox"/> M <input type="checkbox"/> F	
Are you retired? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Semi-retired				Are you retired? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Semi-retired			
E-mail address: _____ @ _____				E-mail address: _____ @ _____			
Address			Apt #	<i>(Not required. However, including it will allow you to receive event news and other valuable health information.)</i>			
City		State	Zip	How did you hear about Our Healthy Circle / who recruited your membership?			
Membership(s) is a gift from (list name): _____							
Address _____							
City		Send Gift Card? <input type="checkbox"/> Yes <input type="checkbox"/> No					
State	Zip						
MEMBERSHIP OPTIONS – 1 APPLICANT				Are you a hospital volunteer? <input type="checkbox"/> Yes <input type="checkbox"/> No			
<input type="checkbox"/> One-year membership: \$13.50 <input type="checkbox"/> Two-year membership: \$25.00				If not, are you interested in the rewards of being a hospital volunteer? <input type="checkbox"/> Yes _____ <input type="checkbox"/> No _____			

Go online to join or renew in minutes at **www.OurHealthyCircle.com** with your credit or debit card, or personal check. You can even have a friend or family member do it for you from their computer or mobile device. If you don't have access to the internet, or need assistance, contact me at the number below and I will help you personally.

at 847.360.3000

**RETURN COMPLETED APPLICATION AND CHECK TO:
Vista Health - Our Healthy Circle
1324 N. Sheridan Rd., Waukegan, IL 60085**

45-day money-back guarantee. Certain conditions apply; see Chapter for details. Benefits subject to change without notice. Memberships non-transferable.
Our Healthy Circle is a non-profit organization, and reserves the right to deny or terminate the membership of any individual based on administration's sole discretion.