

# CIRCLE NEWS



Vista Health System Chapter ♦ Jan, Feb, March 2021

www.VistaHealth.com/OurHealthyCircle ♦ (847) 360-4228 ♦ Current Membership: 836

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



**Deanna Stich, Our Healthy Circle Advisor**

Happy New Year! As we welcome 2021, I'm pleased to inform you that we've have a full schedule of exciting virtual activities planned for Our Health Circle members this year. Check out the details so you can join in on the fun!



**Norman Stephens, CEO**

American Heart Month, February, is just around the corner, and it's the perfect time to learn about and reassess your risk for heart disease.

Does your "heart age" match that of someone younger than you? Someone older than you? Your heart age is directly linked to your risk for cardiovascular disease.

During the winter months, ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses -- especially for seniors. Here are some tips for preventing common winter dangers.

- Icy, snowy roads and sidewalks make it easy to slip and fall. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to make walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.
- Cold temperatures can lead to frostbite and hypothermia. Don't let indoor temperatures go too low and dress in layers when going out. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments. Don't be afraid to reach out for help.

Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough.

To help you stay on top of your heart health, Vista Health System offers a free, quick and easy online heart risk assessment tool that will calculate your heart age and offer advice on how to maintain or improve your heart health. Your results come packaged in a handy report that can be printed or emailed so you can share with your doctor and determine if additional care is needed.

Visit [VistaHeartRisk.com](http://VistaHeartRisk.com) to take the five-minute assessment. Even if you've taken the assessment before, it's a good practice to check in on your heart regularly.

### VistaHeartRisk.com

- Get a report you can print and share with your doctor
- Calculate your risk of developing heart disease
- Prioritize your most harmful heart risk factors
- Get a good idea of your overall heart health

We want to help you live a long and healthy life. That's why we offer preventive screening tools like this quiz. And, if you find that you do need cardiac care, we'll be there for you, providing guidance, support, minimally invasive treatments, lifesaving emergency care and rehabilitation services to get you back on track.

As always, thank you for being a member of Our Healthy Circle, and best wishes for a happy and healthy 2021!

## **Free VIRTUAL HEALTH TALKS**

**Sign up today—2 Ways:** 1) Register online at [VistaHealth.com](http://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**

**by phone if you prefer.—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.**

**Tuesday January 26 • 10 am**

**Topic: Tips & Tricks for Healthy Hips and Knees**

Presented by: Christine Samonds MS, ccc-SLP, MBA, Director, Therapy & Rehab, Vista and Aeron Ignacio, Manager, 4 West, Vista

**Tuesday February 2 • 10 am**

**Topic: What is 211 and How it can help you?**

Presented by: Sara Martinez, Ambassador, United Way and 211

Location: Virtual Zoom

**Wednesday Feb 17• 10 am**

**Topic: Healthy Heart**

Presented by: Ahmed Hashim, MD, Interventional Cardiology, North Lake Cardio Vascular Center, 847-360-1000

Location: Virtual Zoom

**Tuesday March 10• 10 am**

**Topic: Nutrition after 60**

Presented by: LHC Illinois Home Health

Location: Virtual Zoom

**Wednesday March 16 • 10 am**

**Topic: Sleep Disorders**

Presented by: Srikanth Davuluri, MD; Pulmonary and Sleep Medicine, Vista Physician Group

Location: Virtual Zoom

## **Fitness**

### **Free Virtual Workout**

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

Topics that will be covered—Stretching, Strength training, Balance, warm-up exercises and Core Strength all while doing movement each session. You will need a chair, water light 1# weights or soup cans, exercise bands (can be obtained at the Vista Rehab for \$2.50), a mat if available and paper and pencil for notes as needed.

**11:30 am Thursdays**

**Live Dates—Jan 21, Jan 28, Feb 4, Feb 11, Feb 18, Feb 25, March 4, March 11, and March 18**

Go to [vistahealth.com](http://vistahealth.com) to register. Sign on information for the sessions will be provided after registration



**Thursday's session will repeat on the following Tuesday at 11:30 am**

**Recorded dates: - Jan 26, Feb 2, Feb 9, Feb 16, Feb 23, March 2, March 9, March 16, and March 23**

### **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! **The free sessions are held Monday–Sunday from 1 – 4 p.m. at the Field House located at 800 Baldwin Ave, Waukegan. Due to Covid you must check in at the front desk and get a wrist band. Only 20 people will be allowed on the track at one time.**

### **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

### **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 Demos presented by Chef Judith Hallisey, ARAMark Food Service**

Date: February 10

Time: 2:30 pm

Recipe for a **Valentine's Day Dish** will be available after registering

[Go to vistahealth.com to register.](http://vistahealth.com)

Sign on information for the sessions will be provided after registration

**Sorry but this session will not be recorded.**





**During American Heart Month, don't let your heart health slide. Show the ones you love how much you care by learning about and addressing your cardiovascular disease risk factors.**

Hypertension is a widespread problem — nearly one third of American adults have it — that causes damage or stress to your body's blood vessels and potentially leads to atherosclerosis or heart disease. Stage 1 hypertension is defined as systolic pressure (the top number — pressure when the heart contracts) 130–139 mmHg and/or diastolic pressure (the bottom number — pressure between heartbeats) 80–89 mmHg.

High blood pressure increases your risk of developing heart disease or experiencing a stroke — often without any warning signs. A common misconception is that if you have high blood pressure, you will experience sweating, headaches, facial flush, dizziness and trouble sleeping, but this isn't necessarily the case. Because hypertension typically shows no symptoms, it's even more important to pay attention to your risk factors and take appropriate prevention measures. Risk factors for hypertension include:

- Diabetes
- Excessive alcohol consumption
- Sedentary lifestyle
- Smoking
- Unhealthy diet, particularly one that is low in potassium and high in sodium

If you are concerned about your blood pressure or its effect on your heart health, speak with your doctor about the best methods to control it, including lifestyle changes.

**Don't Take Stress to Heart**

Did you know that every time your stress levels rise, so does your blood pressure? The body responds to stressful situations by releasing the hormones adrenaline and cortisol — hormones that prepare the body to fight or flee in life-threatening situations. These hormones trigger several changes within the body. For example, your blood vessels constrict and your heart beats faster, which both temporarily raise blood pressure, and high blood pressure is a cause of heart disease and stroke, according to the American Heart Association.

Whether or not temporary changes in blood pressure translate into long-term high blood pressure is under investigation. Still, even these temporary increases may cause problems. The National Heart, Lung & Blood Institute reports that emotionally upsetting events are one of the most commonly reported heart attack triggers.

# **Catholic Charities Presents:** **Zoom Educational Presentations**

**Friday, January 15th @ 10 am**

Online Safety

Join us for a presentation by the Lake County Sheriff's Department. They will be presenting on how we can keep ourselves safer while needing to utilize the internet more now than ever.

**Thursday, February 25th @ 1 pm**

Sand Hill Cranes

Sand Hill Cranes frequent Lake County and you probably have seen them around. Lake County Forest Preserves will present on these birds and we'll get to know about them a bit more

RSVP to Kari Pohar – 847-740-6708 or email  
[kpohar@CatholicCharities.net](mailto:kpohar@CatholicCharities.net)

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

or [www.zoom.us/join](http://www.zoom.us/join)

**Meeting ID:** 734 215 2035

**Passcode:** 7c2nME

**Dial in:** 1 312 626 6799

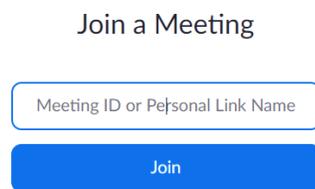
# How to access Zoom

## Zoom for PC

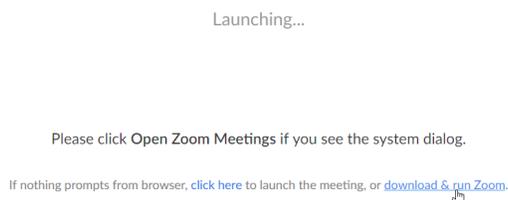
1. Navigate to the website [www.zoom.us](http://www.zoom.us)
2. From the upper right side, click **Join a Meeting**:



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



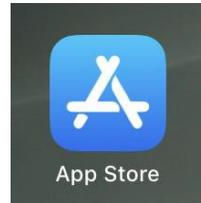
4. If you do not already have Zoom installed, you will be prompted to install it. Click **download & run Zoom** to download the file and begin the installation process.



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

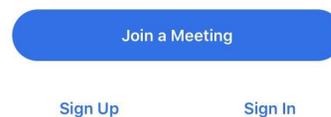
1. Open the App Store—look for this icon:



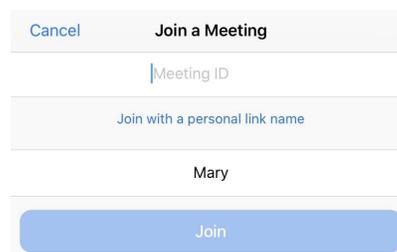
2. Search for the application **Zoom Cloud Meetings**, and install:



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.

Collette presents—

## Albuquerque Balloon Fiesta

September 29 – October 4, 2021



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### **SPECIAL ZOOM TRAVEL PRESENTATION**

Date: Tuesday, January 19, 2021 Time: 10:00 AM

Register using the link: <https://collette.zoom.us/j/99457023960>

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For more information contact  
Collette  
1-800-581-8942  
please refer to booking#1046663

**Trip is not sponsored or sanctioned by Vista Health System.**



# HAPPY TIMES TOURS & EXPERIENCES



Virtual Experiences

## New Orleans Mardi Gras Virtual Experience

**\$139 Per Package**

*We're bringing*

***New Orleans to Wisconsin!***



### Receive:

- Bag of Café du Monde Beignet Mix
- 12oz Bag of Chicory Coffee
- 1 King Cake
- 4 Single Original Pralines
- 2oz bag of Zapp's Evil Eye Potato Chips (inspired by famed Voodoo Healer Marie Laveau)
- 2oz bag of Zapp's Voodoo Chips
- 9oz bag of powdered Pat O'Brien's Hurricane Mix
- Mardi Gras Beads
- Healing Voodoo Doll hand-made by Bloody Mary
- Access to Instagram and Facebook Live on Bourbon Street with Bloody Mary (going live will be twice during the day and if you miss them, they will be posted for you to watch when you have time in the private group)
- Private Facebook Group where you will be able to view videos going behind the scenes of the floats, costumes and learning some history of New Orleans
- Bloody Mary Tour's E-Spirit package: E-Book on New Orleans Cemeteries and Sprits and a Virtual Tour of Bloody Mary's Haunted Museum

Call Happy Times Tours & Experiences to reserve your package.

Don't forget to mention that you are an Our Healthy Circle Member.

Package pick up details are below.

Must be purchased before January 31st, 2021. Payment is due at time of reserving your package. All payments received are non-refundable.

**Pick up of purchased packages for Our Healthy Circle members -**

**Date: February 9 Time: 10 - Noon**

**Place: Cracker Barrel parking lot - 5706 Northridge Dr, Gurnee, 60031**

**All experiences can be shipped Nationwide, but shipping is an additional cost.**

**Happy Times Tours & Experiences**

P.O. Box 14153, West Allis, WI 53214

Phone: (414) 867-2727 | Email: [info@happytimestours.com](mailto:info@happytimestours.com) | [www.happytimestours.com](http://www.happytimestours.com)

[www.facebook.com/HappyTimesTour](https://www.facebook.com/HappyTimesTour)



# HAPPY TIMES TOURS & EXPERIENCES



Virtual Experiences



## Cupid's Culinary Delights Gift Box \$69 Per Package

### Receive:

- 2 Extra Large Chocolate Covered Strawberries (1 Dark Chocolate and 1 Milk Chocolate) from Ultimate Confections
- 3oz Package of Cupid's Kiss Popcorn (cherry with sprinkles and white cheddar) from Poppin' Z's Popcorn
- 3oz Package of Red Hot Cinnamon Popcorn from Poppin' Z's Popcorn
- 2 Large Cupids Cupcakes from Aggie's Bakery
- Box of 12 Old Fashioned Cocktail Marshmallows from XO Marshmallows
- 16oz Tri-Chocolate Covered Sweetened Dried Cranberries from Warrens, Wisconsin, Cranberry Capital of the Wisconsin
- Access to a Private Facebook Group where you can watch the videos from some of the businesses featured in this package to learn more about them!



Call Happy Times Tours & Experiences to reserve your package. Don't forget to mention that you are an Our Healthy Circle Member so we can send you the link for the group Virtual Trip! Package pick up details are below.

**PACKAGES MUST BE PURCHASED AT LEAST 1 WEEK IN ADVANCE OF THE PICKUP DATE!**  
Payment is due at time of reserving your package. All payments are non-refundable.

**Pick up of purchased packages for Our Healthy Circle members –**

**Date: February 9 Time: 10 – Noon**

**Place: Cracker Barrel parking lot - 5706 Northridge Dr, Gurnee, 60031**

**All experiences can be shipped Nationwide, but shipping is an additional cost.**

**Happy Times Tours & Experiences**

P.O. Box 14153, West Allis, WI 53214

Phone: (414) 867-2727 | Email: [info@happytimestours.com](mailto:info@happytimestours.com) | [www.happytimestours.com](http://www.happytimestours.com)

[www.facebook.com/HappyTimesTour](https://www.facebook.com/HappyTimesTour)



# HAPPY TIMES TOURS & EXPERIENCES



Virtual Experiences

## Wisconsin's Amish Virtual Experience \$85 Per Package

### Receive:

- 1 Package of Amish Cashew Crunch
- 1 Package of Amish Turtle Candy
- 2 Jars of Amish Jam (varying flavors—Strawberry, Strawberry Rhubarb, Raspberry or Blueberry)
- 2 Beautiful Amish handmade Pot Holders
- 1 Beautifully crafted handmade wooden bowl
- Private Facebook Group where you will be able to view a video on Wisconsin's Amish Country



Call Happy Times Tours & Experiences to reserve your package. Don't forget to mention that you are an Our Healthy Circle Member! Package pick up details are below.

PACKAGES MUST BE PURCHASED by March 1, 2021. Payment is due at time of reserving your package. All payments are non-refundable.

**Pick up of purchased packages for Our Healthy Circle members –**

**Date: March 26 Time: 10 – Noon**

**Place: Cracker Barrel parking lot - 5706 Northridge Dr, Gurnee, 60031**

**Happy Times Tours and Down a Country Road have partnered to bring Wisconsin's Amish virtually to you in your home!**

### Who is Down a Country Road?

Kathy Kuderer, co owner of Down A Country Road is an author and public speaker, knowledgeable about the Amish and their customs. Kathy was just 6 years old when the Amish moved into the Cashton, WI area in 1966. She shares not only the history, traditions and customs of her Amish friends and neighbors, but her heartfelt experiences among them. Kathy has worked with the Amish in a business relationship for over 25 years. She respects and is well respected by her Amish neighbors and community.

**This is great for a gift. Treat yourself or someone else!**

**All experiences can be shipped Nationwide, but shipping is an additional cost.**

**Happy Times Tours & Experiences**

P.O. Box 14153, West Allis, WI 53214

Phone: (414) 867-2727 | Email: [info@happytimestours.com](mailto:info@happytimestours.com) | [www.happytimestours.com](http://www.happytimestours.com)

[www.facebook.com/HappyTimesTour](https://www.facebook.com/HappyTimesTour)

◀ December	January 2021						February ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					<b>1</b> New Year's Day 	<b>2</b>	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> 10 am Catholic Charities Zoom presentation—on-line safety.	<b>16</b>	
<b>17</b>	<b>18</b> Martin Luther King Jr. 	<b>19</b> SPECIAL ZOOM TRAVEL PRESENTATION Time: 10:00 AM	<b>20</b> Inauguration Day	<b>21</b> 11:30 am Virtual workout	<b>22</b>	<b>23</b>	
<b>24</b>	<b>25</b>	<b>26</b> 10 am Virtual Health Talk-	<b>27</b>	<b>28</b> 11:30 am Virtual workout	<b>29</b>	<b>30</b>	
<b>31</b> Last day to purchase New Orleans Mardi Gras Virtual Experience							

◀ January	February 2021						March ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b> Last day to purchase Cupids Culinary Delights gift package Virtual Experience	<b>2</b> Groundhog Day  10 am Virtual Health Talk-	<b>3</b>	<b>4</b> 11:30 am Virtual workout	<b>5</b> National Wear Red Day 	<b>6</b>	
<b>7</b> Super Bowl	<b>8</b>	<b>9</b> Package pick up for Virtual Trips 10—noon,	<b>10</b> 2:30 pm Virtual Valentine's Day Cooking Demo	<b>11</b> 11:30 am Virtual workout	<b>12</b>	<b>13</b>	
<b>14</b> Valentine's Day 	<b>15</b> Presidents Day 	<b>16</b>	<b>17</b> Ash Wednesday  10 am Virtual Health Talk-	<b>18</b> 11:30 am Virtual workout	<b>19</b>	<b>20</b>	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> 11:30 am Virtual workout 1 pm Catholic Charities Zoom presentation—Sand Hill Cranes	<b>26</b>	<b>27</b>	
<b>28</b>							

◀ February	March 2021						April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b> Last day to purchase Amish Wisconsin Virtual Experience	<b>2</b>	<b>3</b>	<b>4</b> 11:30 am Virtual workout	<b>5</b>	<b>6</b>	
<b>7</b>	<b>8</b> Int'l. Women's Day	<b>9</b>	<b>10</b> 10 am Virtual Health Talk	<b>11</b> 11:30 am Virtual workout	<b>12</b>	<b>13</b>	
<b>14</b> Daylight Saving Begins 	<b>15</b>	<b>16</b> 10 am Virtual Health Talk	<b>17</b> Saint Patrick's Day 	<b>18</b> 11:30 am Virtual workout	<b>19</b>	<b>20</b> Start of Spring (Spring Equinox) 	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> Package pick up for Virtual Trip 10—noon,	<b>27</b>	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>				

# 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](http://VistaHealth.com/helpline)



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.



# 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: _____				<b>If applicable, complete this section for 2<sup>nd</sup> membership. **Same Address Only**</b>			
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		<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							
<b>MEMBERSHIP OPTIONS – 1 APPLICANT</b>				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.