

# Transition from Youth to Adult Health Care For Proviso East High School Students



## What You Need To Know When You Turn 18

LOYOLA UNIVERSITY CHICAGO  
SCHOOL OF NURSING  
**School-Based Health Center**  
AT PROVISO EAST HIGH SCHOOL  
708.449.9522 • [www.loyolasbhc.org](http://www.loyolasbhc.org)

Prepared by the School-Based Health Center at Proviso East High School



# Teens Transition to Adulthood

## What is Transition?

Transition means changing from one thing to another, such as changing from a teen to an adult. You will learn, grow and change in lots of different ways as you become an adult.

### Your health care providers would like to help you:

- Learn to do new things to take care of your own health
- Get needed medical care from adult doctors
- Find supports needed for when you become an adult
- Help you plan, connect, advocate and find information about transition



## What Can I Do To Get Ready For Transition?

- ✓ Learn about your medical history
- ✓ Think about what you want to do as an adult
- ✓ Ask questions and get information about your future
- ✓ Take part in your IEP meetings and transition planning meetings
- ✓ Get work experience by doing chores and volunteer work
- ✓ Learn skills, find supports or use adaptive devices to help you do more things on your own
- ✓ Recruit people to help you
- ✓ Plan ahead to give yourself the best chance of having the kind of adult life you want

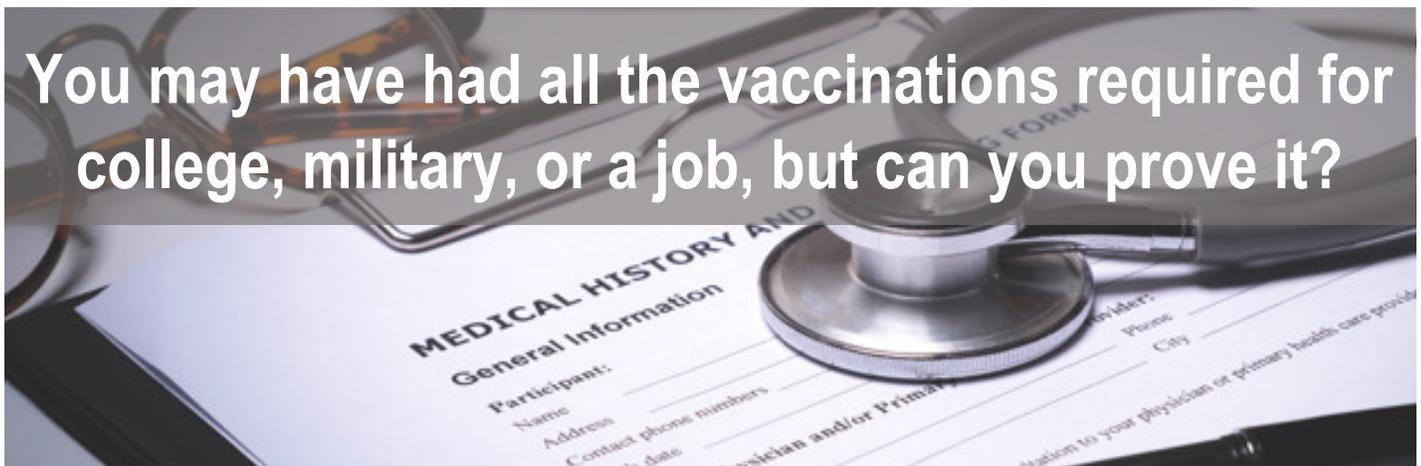


## How Does Having a Chronic Health Condition or Disability Affect Transition?

- Everyone faces new chances and new difficulties when they leave high school
- All youth need to find adult doctors, but there might be extra steps in finding specialists who know about your condition
- You may need extra help taking care of yourself and need to plan to make sure supports are in place
- It may take time to learn to do as much on your own as possible, but remember that everyone needs help to do certain things



**Have you ever watched the Oscars? Or seen athletes getting awards?  
Almost always, they thank the people who have helped them.**



You may have had all the vaccinations required for college, military, or a job, but can you prove it?

## High school seniors need a copy of their vaccination record to be prepared for adult life

### Why do I need my vaccination record?

- Your vaccination record (sometimes called your **immunization record**) provides a history of all the vaccines you received as a child and adult.
- This record may be required for certain jobs, the military, travel abroad, or college registration. If you can't prove you had immunizations, you may need to repeat them.

### How do I get my vaccination record?

- Your regular medical provider or clinic should have a copy of the vaccinations you have received. Ask your parent or guardian for the phone number of your pediatrician or regular medical provider.
- Call the office or contact your provider, and ask for a copy of your vaccination record sent to you.

### If you received services at the Loyola School-Based Clinic (SBHC) at PEHS in Room 86 B, your vaccination record may be available.

- If you have had a visit with the doctor, nurse practitioner or social worker at Loyola's clinic at PEHS, we may have your vaccination record on file!
- You can call the SBHC at (708) 449-9522 and leave a voicemail message with your full name, date of birth and call-back number. We will get back to you.
- Or email the School-Based Clinic at [SBHC@LUC.EDU](mailto:SBHC@LUC.EDU). Include your full name, date of birth, home address and email. We will check if we have your vaccination record and get back to you.

**School-Based Health Center at PEHS: 708.449.9522**

# Health Information for PEHS Graduating Seniors



LOYOLA  
UNIVERSITY  
HEALTH SYSTEM

*We also treat the human spirit.®*

The screenshot displays the myLoyola website interface. On the left, there are five main navigation options: 'Communicate with your doctor' (with a speech bubble icon), 'Access your test results' (with a bar chart icon), 'Request prescription refills' (with a pill icon), 'Manage your appointments' (with a calendar icon), and 'Pay Your Bill Online' (with a bill icon). Each option includes a brief description of the service. On the right side, there is a login and sign-up section. It includes a 'Ver en Español' link at the top, followed by input fields for 'myLoyola Username' and 'Password'. Below these fields are buttons for 'SIGN IN', 'Forgot Username?', 'Forgot Password?', 'New User?', and 'SIGN UP NOW'. At the bottom of the page, there are links for 'FAQs', 'Privacy Policy', 'Terms and Conditions', and 'High Contrast Theme', along with app store download buttons for the App Store and Google Play.

## Log into to your SBHC medical records at *myLoyola*

If you are a School-based Health Center (SBHC) patient, your medical records are in the Loyola University Health System. You may need to access your health records for a job or post-high school education. To do that, you must first login to the Loyola University Health System's website *MyLoyola* . The steps are:

1. Go to this website:  
<https://myloyola.luhs.org/mychart/>
2. Create an account.
3. Then access your information as needed.



# Do You Understand Insurance?

## Learn Your Insurance Benefits

- Use providers who are in your network to be sure your insurance benefits will cover as much of the cost as possible.
- Begin to learn more about what services are covered by your insurance. Know your plan's deductible(s) and co-payments. This will be in your policy book.
- Always carry your own copy of your current insurance card.
- Find out if you need a referral from your primary care physician before you go to a new doctor or specialist.
- Find out if your insurance company will pay for your equipment to be fixed and/or replaced if necessary.
- Read about the appeal process in your policy book and use it when you think services have been denied in error.
- Before turning 18 years old, check what age your current plan coverage will end and apply for adult health insurance before your coverage ends.

## When Contacting Your Insurance Company, Be Ready to Provide:

- ✓ Your name
- ✓ Date of birth
- ✓ Identification number (on your insurance card or social security number/policy holder social security number)
- ✓ Relationship to the policyholder (self, child, parent, etc.)
- ✓ Policyholder's date of birth, address and phone number
- ✓ Date of service
- ✓ Reason you are calling
- ✓ If available, a reference number (on the EOB or letter from insurance)

## Keep Track of Insurance Information

- Keep track of phone calls with your insurance company. Write down the date, the number you called, who you talked to, what you talked about and what is going to happen next.
- Follow up to make sure issues/problems are resolved.
- Keep all insurance information where you can easily find it (folder or large envelope marked insurance). Save information, such as *Explanation of Benefit* (EOB) forms, eligibility and denial letters, and notices regarding a change in covered or excluded services, deductibles, co-payments or out-of-pocket expenses.

(Turn over for adult health insurance options)



## Explore Adult Insurance Options

Before turning 18 years old, check what age your current plan coverage will end and apply for adult health insurance before your coverage ends.

You can search to find which **public, private and community programs** meet your needs at:

<http://finder.healthcare.gov/>.

**Employee Benefits - your own coverage:** Set career goals for gainful employment with health insurance coverage offered through employment.

**Employee Benefits - your parent's coverage:** The *Illinois Insurance Facts on Young Adult Dependent Coverage* web site ([http://insurance.illinois.gov/HealthInsurance/ya\\_dependent.pdf](http://insurance.illinois.gov/HealthInsurance/ya_dependent.pdf)) can help you figure out how long you can stay on your parents' policy and what the cost of coverage would be. Most plans carry all young adults up to age 26. Adults who are dependent on their parents for lifetime care and supervision may be able to stay on their parents' plan for longer. You can also call the **Illinois Department of Insurance** at **(877) 527-9431** to ask questions about health care coverage.

**The Affordable Care Act sets-up a new Health Insurance Marketplace:**

Visit <http://getcovered.illinois.gov/en> to view plans to see if you can find the right plan for you.

**Campus Health Plan:** College students may qualify for their school's insurance plan.

**Private Plan:** You may be able to purchase an individual plan from a health insurance company.

**Health Benefits for Workers with Disabilities:** If you have a disability and are working, you may qualify for this program. Visit [www.illinois.gov/hfs/MedicalPrograms/hbwd/pages/default.aspx](http://www.illinois.gov/hfs/MedicalPrograms/hbwd/pages/default.aspx) or call **1-800-226-0768** or **1-866-675-8440 (TTY)**.

**Medicaid:** Illinois residents with disabilities and low income and assets may be eligible for insurance through Medicaid. Visit <http://www.hfs.illinois.gov/programs/> or call **1-800-843-6154**. To apply go to <http://abe.illinois.gov>.

**Medicare:** Individuals with certain disabilities who have received Social Security Disability Benefits for 24 months may be eligible for health insurance through Medicare.

Call **1-800-MEDICARE (1-800-633-4227)** or go to [www.medicare.gov](http://www.medicare.gov).

**Pre-Existing, Severe or Chronic Medical Conditions Insurance Option:** Illinois residents who have been denied or would be denied coverage due to pre-existing conditions may qualify for the following programs:

**Comprehensive Health Insurance Plan (CHIP):** Visit [www.chip.state.il.us](http://www.chip.state.il.us)

General Info - **1-800-962-8384**; Eligibility Info - **1-866-255-5437**.

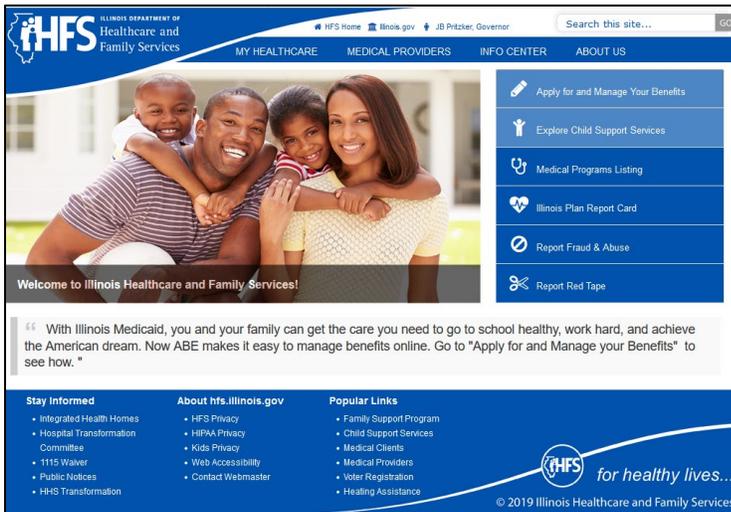
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For More Information Visit:  
<http://illinoisaap.org/projects/transition/>

## How to Apply for Illinois Benefits

If you want to apply for Illinois Medicaid or SNAP benefits, go to <https://www.illinois.gov/hfs/Pages/default.aspx> to start your application.



**Illinois Department of Human Services (IDHS)**  
**2701 W. Lake Street**  
**Melrose Park, IL 60160**  
**(708) 338-7600**

<https://abe.illinois.gov/abe/access/>

Affordable Care Act (ACA)  
Health Insurance Marketplace  
Phone: (800) 318-2596  
<https://www.healthcare.gov/>





# Sample Transition Readiness Assessment for Parents/Caregivers

## Six Core Elements of Health Care Transition 2.0

Please fill out this form to help us see what your child already knows about his or her health and the areas that you think he/she needs to learn more about. After you complete the form, compare your answers with the form your child has complete. Your answers may be different. We will help you work on some steps to increase your child's health care skills.

Date:

Name:

Date of Birth:

### Transition Importance and Confidence

*On a scale of 0 to 10, please circle the number that best describes how you feel right now.*

How important is it for your child to prepare for/change to an adult doctor before age 22?

0 (not)	1	2	3	4	5	6	7	8	9	10 (very)
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How confident do you feel about your child's ability to prepare for/change to an adult doctor?

0 (not)	1	2	3	4	5	6	7	8	9	10 (very)
---------	---	---	---	---	---	---	---	---	---	-----------

### My Health

*Please check the box that applies to your child right now.*

*Yes, he/she knows this*

*He/she needs to learn*

*Someone needs to do this... Who?*

My child knows his/her medical needs.




My child can explain his/her medical needs to others.




My child knows his/her symptoms including ones that he/she quickly needs to see a doctor for.




My child knows what to do in case he/she has a medical emergency.




My child knows his/her own medicines, what they are for, and when he/she needs to take them.




My child knows his/her allergies to medicines and medicines he/she should not take.




My child carries important health information with him/her every day (e.g. insurance card, allergies, medications, emergency contact information, medical summary).




My child knows he/she can see a doctor alone as I wait in the waiting room.




My child understands how health care privacy changes at age 18.




My child can explain to others how his/her customs and beliefs affect health care decisions and medical treatment.




### Using Health Care

My child knows or can find his/her doctor's phone number.




My child makes his/her own doctor appointments.




Before a visit, my child thinks about questions to ask.




My child has a way to get to his/her doctor's office.




My child knows to show up 15 minutes before the visit to check in.




My child knows where to go to get medical care when the doctor's office is closed.




My child has a file at home for his/her medical information.




My child has a copy of his/her current plan of care.




My child knows how to fill out medical forms.




My child knows how to get referrals to other providers.




My child knows where his/her pharmacy is and how to refill his/her medicines.




My child knows where to get blood work or x-rays if his/her doctor orders them.




My child has a plan to keep his/her health insurance after ages 18 or older.




My child and I have discussed his/her ability to make his/her own health care decisions at age 18.




My child and I have discussed a plan for supported decision-making, if needed.



# Sample Transition Readiness Assessment for Youth

## Six Core Elements of Health Care Transition 2.0

Please fill out this form to help us see what you already know about your health and how to use health care and the areas that you need to learn more about. If you need help completing this form, please ask your parent/caregiver.

Date:

Name:

Date of Birth:

### Transition Importance and Confidence

*On a scale of 0 to 10, please circle the number that best describes how you feel right now.*

How important is it to you to prepare for/change to an adult doctor before age 22?

0 (not)	1	2	3	4	5	6	7	8	9	10 (very)
---------	---	---	---	---	---	---	---	---	---	-----------

How confident do you feel about your ability to prepare for/change to an adult doctor?

0 (not)	1	2	3	4	5	6	7	8	9	10 (very)
---------	---	---	---	---	---	---	---	---	---	-----------

### My Health

*Please check the box that applies to you right now.*

*Yes, I know this*

*I need to learn*

*Someone needs to do this... Who?*

I know my medical needs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can explain my medical needs to others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know my symptoms including ones that I quickly need to see a doctor for.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what to do in case I have a medical emergency.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know my own medicines, what they are for, and when I need to take them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know my allergies to medicines and medicines I should not take.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I carry important health information with me every day. (e.g. insurance card, allergies, medications, emergency contact information, medical summary)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand how health care privacy changes at age 18 when legally an adult.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can explain to others how my customs and beliefs affect my health care decisions and medical treatment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Using Health Care

I know or I can find my doctor's phone number.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make my own doctor appointments.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Before a visit, I think about questions to ask.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a way to get to my doctor's office.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know to show up 15 minutes before the visit to check in.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know where to go to get medical care when the doctor's office is closed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a file at home for my medical information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a copy of my current plan of care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to fill out medical forms.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to get referrals to other providers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know where my pharmacy is and how to refill my medicines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know where to get blood work or x-rays if my doctor orders them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a plan so I can keep my health insurance after 18 or older.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My family and I have discussed my ability to make my own health care decisions at age 18.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Health Information for PEHS Graduating Seniors



## LOCAL PRIMARY CARE CLINICS:

### Berwyn:

**Alivio Walk-In Wellness Center at Berwyn**  
Operated by ALIVIO MEDICAL CENTER, INC.  
6447 Cermak Road, Suite 100  
Berwyn, IL 60402-2311  
(773) 254-1400

**Alivio Medical Center at Berwyn**  
Operated by ALIVIO MEDICAL CENTER, INC.  
6447 Cermak Road  
Berwyn, IL 60402-2311  
(312) 829-6304

**PCC South Family Health Center**  
Operated by PCC COMMUNITY WELLNESS CENTER  
6201 Roosevelt Road  
Berwyn, IL 60402-1108  
(708) 386-0845

### Chicago:

**PCC Austin Family Health Center**  
Operated by PCC COMMUNITY WELLNESS CENTER  
5425 West Lake St  
Chicago, IL 60644-2342  
Phone: (773) 378-3347

### La Grange:

**Pillars Community Health**  
Operated by PILLARS COMMUNITY HEALTH  
23 West Calendar Avenue  
La Grange, IL 60525-2365  
(708) 745-5277

**Pillars Community Health Medical Center**  
Operated by PILLARS COMMUNITY HEALTH  
108 West Calendar Avenue, Suite 110  
La Grange, IL 60525-2669  
(708) 579-2400

### Maywood

Loyola Center for Health on Roosevelt Road  
1211 Roosevelt Rd, Maywood, IL 60153  
(888) 584-7888

### Melrose Park:

**PCC Melrose Park Family Health Center**  
Operated by PCC COMMUNITY WELLNESS CENTER  
1111 Superior Street, Suite 101  
Melrose Park, IL 60160-4100  
(708) 406-3040

**ACCESS Melrose Park Family Health Center**  
Operated by ACCESS COMMUNITY HEALTH NETWORK  
8321 West North Avenue  
Melrose Park, IL 60160-1605  
(708) 681-2298

### Oak Park:

PCC Lake Street Community Wellness Center  
Operated by PCC COMMUNITY WELLNESS CENTER  
14 West Lake Streett  
Oak Park, IL, 60302-2606  
(708) 383-0113



**PCC Walk-In Wellness Center at West Suburban Medical Center**

Operated by PCC COMMUNITY WELLNESS CENTER

3 Erie Court, Suite 1300  
Oak Park, IL 60302-2519  
(708) 406-3929

**PCC Erie Court Health Center**

Operated by PCC COMMUNITY WELLNESS CENTER

1 Erie Court, Suite 6040  
Oak Park, IL 60302-2510  
Phone: (708) 386-1301

**PCC Community Wellness Center at West Suburban**

Operated by PCC COMMUNITY WELLNESS CENTER

1 Erie Court, Suite 7140  
Oak Park, IL 60302-2510  
(773) 537-0020

**Local Hospitals**

Gottlieb Memorial Hospital  
701 North Avenue  
Melrose Park, IL 60160  
(708) 681-3200

**Loretto Hospital**

3 Erie Court  
Oak Park, IL 60302  
(773) 626-4300

# Health Information for PEHS Graduating Seniors

**Loyola Medical Center**

2160 S. First Avenue  
Maywood, IL 60153  
(888) 584-7888

**MacNeal Hospital**

3249 Oak Park Avenue  
Berwyn, IL 60402  
(708) 783-9100

**Rush Oak Park Hospital**

520 Maple Avenue  
Oak Park, IL 60304  
(708) 383-9300

**West Suburban Medical Center**

3 Erie Court  
Oak Park, IL 60302  
(708) 383-6200

**Westlake Hospital**

1225 W. Lake Street  
Melrose Park, IL 60160  
(708) 681-3000

**College Health Care:**

If you are attending a college or university, you can also be seen by Student Health Services or the Wellness Center at your school.

These health clinics provide basic health services to all registered students.

Most services are free of charge as long as you are a registered student at the school.

## Mental Health Services and Support

*Many young people live with stress, anxiety, or feeling very sad. They don't know where to turn. Talking to a family, trusted friend, or a pastor can help. You are not alone! There are also resources in the community. No one should be afraid to ask for help.*



### **THERAPY SERVICES**

#### **Amita/Presence Behavioral Health**

Locations:

1820 S. 25<sup>th</sup> Avenue, Broadview, IL 60155

1414 W. Main Street, Melrose Park, IL 60160

9845 W. Roosevelt Rd, Westchester, IL 60154

Phone: (708) 410-0615—Central Access/Intake

#### **Leyden Family Services**

10001 W. Grand Avenue, Franklin Park, IL 60131

Phone: (847) 451-0330

#### **Pillars Community Health**

Locations:

6918 Windsor Avenue, Berwyn, IL 60402

6415 Stanley Avenue, Berwyn, IL 60402

23 Calendar Avenue, LaGrange, IL 60525

1023 Burlington Avenue, Western Springs, IL 60558

Phone: (708) 745-5277

#### **Pilsen Wellness Center**

Locations:

1633 N. 37<sup>th</sup> Avenue, Melrose Park, IL 60160; (708) 343-7860

2600 Ridgeland Avenue, Berwyn, IL 60402; (708) 317-5926

#### **Youth Outreach Services**

4419 W. North Avenue, Melrose Park, IL 60160

Phone: (773) 777-7112 (ask for intake)

# Health Information for PEHS Graduating Seniors

## **HOTLINES & OTHER IMPORTANT PHONE NUMBERS**

Crisis Text Line: Text "HOME" or "START" to 741-741

The Warm Line: 1 (866) 359-7953 – Select “The Warm Line” (People you can talk to when you need someone to listen and help with emotional issues. They’ve been where you are)

National Suicide Prevention Hotline: (800) 273-8255

The Trevor Project (LGBTQ) Hotline: (866) 488-7386

Chicago Rape Crisis Hotline: (888) 293-2080

National Domestic Violence Hotline: (800) 799-7233

Leyden Family Services: 24-hour crisis line: (847) 451-1100

Pillars Community Health: 24-hour confidential domestic violence hotline: (708) 485-5254

Pillars Community Health: 24-hour confidential sexual assault hotline: (708) 482-9600

Sarah’s Inn (Domestic Violence): 24-hour crisis (708) 386-4225 (phone) or (708) 492-3120 (text)



## **NATIONAL ALLIANCE on MENTAL ILLNESS (NAMI) METRO SUBURBAN**

The Drop-In Center is for adults 18 years and over that live with a mental health condition. It provides a safe, stigma-free place for participants to socialize and find new recovery skills and tools. The Drop-In Center’s Club House Model is a comprehensive program of support and opportunities. It is not a traditional mental health agency as there are no therapists or psychiatrists on staff. Rather, the program includes elements of small group work, peer support, socialization activities, life skill building, and evidence-based job placement strategies.

Hours:

M/W/F: 1 p.m. -7 p.m.

T/Th: 3 p.m. - 7 p.m.

Sat/Sun: 2 p.m. – 6 p.m.

Location: 814 Harrison Street, Oak Park, IL 60304

### ***The Living Room***

The Living Room is a nationally recognized model that supports a person with mental illness who is experiencing an increase in their mental illness symptoms. The Living Room is a proven alternative to a hospital emergency room. Trained Recovery Support Specialists use their personal experiences to help others find and maintain their recovery.

# Health Information for PEHS Graduating Seniors

Recovery Support Specialists work with individuals to identify recovery obstacles, develop wellness action plans, and link to ongoing peer support and education in their community.

The overarching goals of The Living Room are to decrease unnecessary hospitalizations, break the cycle of isolation, and develop a peer-based support network. More information can be found at: <https://www.namimetsub.org/recovery-programs/the-living-room>



Both locations open daily, 1 p.m. – 9 p.m.  
1917 Roosevelt Road, Broadview, IL 60655; (708) 498-0200  
4731 Willow Springs Road LaGrange, IL 60525; (708) 582-6434

## ***PSYCHIATRIC HOSPITALS (24/7)***

**Chicago Behavioral Hospital:** 555 Wilson Lane, Des Plaines, IL 60016  
Phone: (844) 756-8600  
Website: <https://chicagobehavioralhospital.com/>

**Garfield Park Hospital:** 520 N. Ridgeway Ave Chicago, IL 60624;  
Phone: (773) 265-3700  
<https://www.garfieldparkhospital.com/>

**Hartgrove Hospital:** 5730 W. Roosevelt Road, Chicago, IL 60644  
Phone: (773) 413-1700  
Website: <https://www.hartgrovehospital.com/>

**Amita/Presence Health:** 1431 N. Claremont Avenue, Chicago, IL 60622  
Phone: (312) 770-2000  
Website: <http://www.presencehealth.org/PRESENCE-SAINTS-MARY-AND-ELIZABETH-MEDICAL-CENTER-CHICAGO>

**Riveredge Hospital:** 8311 W. Roosevelt Road, Forest Park, IL 60130  
Phone: (708) 209-4181  
Website: <https://riveredgehospital.com/>

**If you are having a mental health emergency, call 911 or go to your nearest emergency room.**



## Dental Clinics:

### **Broadview:**

#### **Just Smiles**

2133 S. 17th Avenue, Broadview  
(708) 865-0200

- Accepts PPO insurance and Medicaid

### **LaGrange:**

#### **Pillars Community Health Dental Center**

27 W. Calendar Avenue, LaGrange  
(708) 579-2419

- Accepts PPO insurance and Medicaid

### **Maywood:**

#### **Alma Dental Center**

318 Madison Street, Maywood  
(708) 344-6945

#### **Maywood Dental Associates**

1411 S. 5th Avenue, Maywood  
(708) 865-2225

#### **Maywood Dental Clinic**

##### **(Cook County Department of Public Health)**

1701 S. First Avenue, 1st Floor, Maywood  
(708) 786-4000

- Patients must reside in suburban Cook County and meet income guidelines.
- Does not accept Medicaid
- By appointment only!

#### **Ten 0 One Dental Office**

1518 Madison Street, Maywood  
(708) 344-1880

- Accepts: Most forms of insurance, Medicaid (20 and under)

# Health Information for PEHS Graduating Seniors

### **Melrose Park:**

#### **Di Tola Family Dental Center**

3521 W. Lake Street, Melrose Park  
(708) 865-1214

- Accepts Medicaid

#### **Melrose Park Dental Center**

1908 W. Lake Street, Melrose Park  
(708) 345-6636

- Accepts all PPO
- No Medicaid

#### **Melrose Park Dentist**

1440 W. North Ave, # 304  
(708) 343-6065

- Accepts PPO
- No Medicaid

### **Oak Park/Forest Park:**

#### **Children's Dentistry**

1129 Harlem Avenue, Forest Park  
Phone: (708) 386-5437

- Accepts BCBS PPO and HMO
- No Medicaid

#### **Forest Park Dental Associates**

7742 Madison Street, Forest Park  
(708) 209-1900

- Accepts most insurance and Medicaid

#### **Oak Park-River Forest Infant Welfare Clinic**

320 Lake Street, Oak Park  
(708) 848-0523

- 3-18 ages served
- Accepts public aid
- Fees charged on sliding scale

# Health Information for PEHS Graduating Seniors



## Eye Examinations:

### ***Broadview:***

#### **Target Optical**

800 Broadview Village Square, Broadview  
Phone: (708) 681-2453  
Accepts Medicaid for exam only  
(not for glasses or contacts)

### ***Cicero:***

Tropical Optical  
6141 W. Cermak Road, Cicero  
Phone: (708) 780-0090  
Accepts Medicaid

### ***Maywood:***

New Wilson Optical  
217B S. Fifth Avenue, Maywood  
Phone: (708) 345-4040  
Accepts Medicaid

### ***Melrose Park:***

Optica Eye Center  
115 N. 19<sup>th</sup> Avenue, Melrose Park  
Phone: (708) 344-1010  
Accepts Medicaid and Sliding Scale

Pearle Vision  
904 W. North Avenue, Melrose Park  
Phone: (708) 343-9009  
Accepts Medicaid and Sliding Scale

### ***Oak Park/River Forest/Forest Park:***

America's Best Contacts  
7610 Roosevelt Road, #106, Forest Park  
Phone: (708) 366-9278  
No Medicaid, Sliding Scale, \$45 for exam (free with the  
purchase of two pairs of glasses)

The McCarthy Eye Center  
7055 W. North Avenue, Oak Park  
Phone: (708) 848-2030  
Accepts most medical insurance, Medicaid/Medicare

Professional Eye Center  
1121 Lake Street, Oak Park  
Phone: (708) 383-7240  
Accepts Medicaid

West Suburban Eye Associates  
7411 Lake Street, River Forest  
Phone: (708) 488-1972  
Accepts Medicaid