

Put Healthy Into Halloween

Creepy costumes can be scary. But you know what's really frightening at Halloween? Trying to maintain healthy habits and a healthy diet.

But don't fear, there are plenty of ways to put healthy into Halloween.

Scare Up Some Healthy Snacks

Try adding a little fun to snack-time. Transform a banana into a ghost. Chop a banana in half (crosswise). Then, place both halves flat side down. Add raisins or chocolate chips for eyes. Twin ghosts will mysteriously appear, or change a clementine into a pumpkin. Simply peel it and put a chopped celery stick down the middle.



Fill-Up Before You Head Out

Have a healthy snack before going out to trick or treat. If your stomach is full, you're less likely to eat candy later.

Run It Off...or Walk

Want to burn off extra calories? The Forest Preserves of Cook County offer Halloween hikes and more. To get details, visit their website at fpdcc.com or call (800) 870-3666. Or, try the Chicago Park District. It holds a Halloween 5K and kids' run. For information, visit the park district's website at chicagoparkdistrict.com or call (312) 742-7529.

Weight Management

If you are concerned about your weight, your primary care provider can check your body-mass-index (BMI). Our providers can also share ideas on eating well and getting healthy. Losing even a small amount of weight can improve your health. This is especially true if you have a chronic illness like diabetes.

Got Questions? We Have Answers!

Our website is a great place to find answers to your questions.

Go to www.countycare.com and click on the Resources tab to find forms and information about:

- Services that are covered by CountyCare
- Information on common health issues like diabetes and asthma
- How to find your Care Coordinator

You can also log-in to the secure member section of our website. Once registered, you can:

- Request a new CountyCare ID card
- Change your primary care provider (PCP)
- See your claims history

Register now

It's easy to create an account. All you need is your CountyCare ID card. To register go to <http://www.countycare.com/members/portal>.

Not finding what you need? Call us at (312) 864-8200, 855-444-1661 (toll-free) or 711 TTD/TTY.