



Things You Can Do To Stay Healthy

Many diseases can be prevented by things you do. You can sometimes prevent cancer, heart disease, stroke, lung disease and injury by making small changes. Here are some things you can do to help you and your family stay healthy.

Eat Healthy

Eating a healthy diet can keep you healthy. Eat five or more cups of fruits and vegetables a day. Eat less fat for a healthier heart. Consider taking a basic multivitamin with calcium daily. Staying at a healthy weight prevents diseases.

If you are pregnant or have a child under 5, you can get nutrition education and healthy foods from WIC. Call 1-800-323-4769 (TTY: 1-866-295-6817) for information on WIC. The call is free.

Get up, Get Moving

Being active helps prevent many diseases. Climb stairs, walk your dog, walk to the store, play active games or sports with your kids, or dance!

Take Your Kids to the Doctor and the Dentist

You can help your kids stay healthy by making sure they get regular exams and screenings at their medical home. Take your kids to their doctor for their check-ups and shots. If you don't have a medical home, Illinois Health Connect can help you pick one. Call 1-877-912-1999 (TTY: 1-866-565-8577). The call is free.

Your kids need regular dental care to help them stay healthy. If you need help finding a dentist, call 1-888-286-2447 (TTY 1-800-466-7566). The call is free.

Plan a Healthy Pregnancy

Family planning services, including birth control, can help you plan for a healthy baby and lets you decide when to get pregnant. You can prevent several birth defects by taking folic acid before you get pregnant. Do not drink alcohol or use drugs during pregnancy. If you are planning to get pregnant, have a health check up with your doctor and discuss how to have a healthy pregnancy. Breastfeeding is good for you and your baby's health.

Quit Smoking

Smoking causes sickness and death. If you smoke, quit. It could be the best thing you ever do for your health. If you need help to quit, talk to your doctor and call the Quitline at 1-866-784-8937 (TTY: 1-800-501-1068). The call is free.

Take Care of Yourself

Floss and brush your teeth, wash your hands, wear seat belts and wear helmets when you ride a bike or motorcycle. If you drink alcohol, drink responsibly. Don't take illegal drugs.

Have Healthy Habits

Get enough sleep, spend time with your family, relax, read a book, visit with friends, listen to music and take good care of your health. Talk with a good friend or family member about things that bother you. Do not be afraid to ask for help.

Call the Health Benefits Hotline

If you have a question about your benefits, call the Illinois Health Benefits and All Kids Hotline at 1-800-226-0768 (TTY: 1-877-204-1012). The call is free.



State of Illinois

Illinois Department of Healthcare
and Family Services