



## HEALTH RISK ASSESSMENT (HRA)

We are pleased to announce that the Health Risk Assessment Form is now accessible on the UHS website. By completing the Health Risk Assessment Form (HRA) you can gain insights into various aspects of your health and well-being, including diet, exercise, stress levels and more. This information can help you make informed decisions to improve your overall health and reduce potential health risks. If you have any concerns about the results of your assessment, we encourage you to consult with your UHS primary care physician during your next visit. Your health is our priority, and we are committed to providing you with the resources and support you need to lead a healthier life.

### Health Risk Assessment 2024

Member Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Physician Name \_\_\_\_\_ Chart # \_\_\_\_\_

Today's Date \_\_\_\_\_

#### Personal Medical History

Year	Year	Year
<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Congestive Heart Failure	<input type="checkbox"/> Asthma
<input type="checkbox"/> High Blood Sugar	<input type="checkbox"/> Heart Attack	<input type="checkbox"/> Diabetes
<input type="checkbox"/> High Cholesterol	<input type="checkbox"/> Stroke	<input type="checkbox"/> Thyroid Problem
	<input type="checkbox"/> Cancer	<input type="checkbox"/>

#### General Health

	Never / Almost Never	Occasionally	Often	Very Often	Always/ Almost Always
I avoid the use of tobacco products (cigarettes, smokeless tobacco, cigars, and pipes) and/or limit myself to 5 drinks (beer, wine, liquor) per week.					
I protect my skin from sun damage by using sunscreen, wearing hats, and/or avoiding tanning booths and sunlamps.					
I visit my dentist every 6 months for regular checkups.					
I see my physician for routine check-ups, health screenings, immunizations, vaccinations and disease prevention.					
I am living a healthy lifestyle.					

<https://unionhealth.org/wp-content/uploads/2024/02/HRA2024.pdf>

## UNION HEALTH SERVICE COUMADIN (WARFARIN) CLINIC

Are you on warfarin and need help to monitor your INR?

Our Clinical Pharmacist can help.  
Talk to your Union Health Service doctor today.

Coumadin (warfarin tablets)



Warfarin tablets (Barr brand)



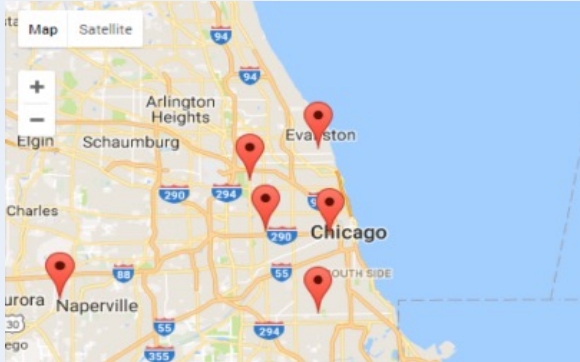
### Our Clinical Pharmacist will:

- Test your INR by fingerstick (at Oak Park, Evanston, 87th St. & Polk St. locations) and throughout different Labcorp locations.
- Adjust your warfarin dosage as needed.
- Provide information about how certain medications and foods can interact with warfarin.
- Discuss how to maintain INR within therapeutic range to avoid health complications.

It's Easy to Meet with our Clinical Pharmacist!

- ✓ Face-to-face appointments at Polk St. location
- ✓ Telephone appointments available upon request
- ✓ Professional interpreters available

## Union Health Service operates six facilities throughout Chicagoland providing primary and specialty care



### LOCATIONS INCLUDE:

- 1634 W. Polk St. Chicago, IL. 60612
- 4701 N. Cumberland Ave. Norridge, IL. 60706
- 2800 W. 87th St. Chicago, IL. 60652
- 610 S. Maple St. Oak Park, IL. 60304
- 3535 E. New York St. Aurora, IL. 60504
- 1325 Howard St. Evanston, IL. 60202

For more information on UHS locations, please refer to our website [www.unionhealth.org](http://www.unionhealth.org).

## HOW TO MAKE YOUR MEDICAL BENEFITS WORK BETTER FOR YOU

We are excited to announce that we have updated our informational handouts to help you make your benefits work better for you. We understand navigating your medical care can sometimes be confusing, but we're here to simplify the process for you. Whether you're selecting a primary care physician, referral process or in need of medical records our comprehensive guide titled "**How To Make Your medical Benefits Work Better for You**" is now available in multi-language at all the UHS locations.



<https://www.unionhealth.org/how-to-make-your-medical-benefits-work-better-for-you/>



## LOCAL PHYSICIAN RECEIVES HONORARY DEGREE FROM THE AMERICAN ACADEMY OF FAMILY PHYSICIANS

Chicago, IL – Samara Taher MD, FAAFP, a family physician in Chicago, Illinois, has achieved the Degree of Fellow of the American Academy of Family Physicians (AAFP), the national medical association representing nearly 127,600 family physicians, residents and medical students. The degree was conferred on more than 250 family physicians during a convocation on Saturday, October 28th, in conjunction with the AAFP's annual meeting in Chicago, IL.

Established in 1971, the AAFP Degree of Fellow recognizes family physicians who have distinguished themselves through service to family medicine and ongoing professional development. This year's fellowship class brings the total number of AAFP Fellows to more than 18,270 nationwide. AAFP Fellowship entitles the physician to use the honorary designation, "Fellow of the American Academy of Family Physicians," or "F.A.A.F.P."

Criteria for receiving the AAFP Degree of Fellow consist of a minimum of six years of membership in the organization, extensive continuing medical education, participation in public service programs outside medical practice, conducting original research and serving as a teacher in family medicine.

The AAFP was the first national medical specialty organization to require its members to complete a minimum of 150 hours of accredited continuing medical education every three years. It is the only medical specialty society devoted solely to primary care.

### ABOUT THE AMERICAN ACADEMY OF FAMILY PHYSICIANS:

Founded in 1947, the AAFP represents nearly 127,600 physicians and medical students nationwide. It is the only medical society devoted solely to primary care.

Nearly one in four of all office visits are made to family physicians. That is 208 million office visits each year—nearly 83 million more than to the next medical specialty. Today, family physicians provide the majority of care for America's underserved and rural populations.

In the increasingly fragmented world of health care where many medical specialties limit their practice to a particular organ, disease, age or sex, family physicians are dedicated to treating the whole person across the full spectrum of ages.