

Well-Woman Resource Guide



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Services in Spanish
Servicios en Español



LGBTQ+ Friendly Services

What Is a Well-Woman Visit and Why Is It Important?

Your well-woman exam is an annual preventative care visit with your healthcare provider. It's part discussion and part physical exam. It also involves any testing, counseling or immunizations you require depending on your age, lifestyle and medical history. While some topics may feel embarrassing or uncomfortable to talk about, your healthcare provider is here to help without judgment. Preventative care is essential to prevent and/or detect several health conditions at an early stage.

The Affordable Care Act ensures that annual well-woman visits, and several other preventative health services, are covered with health insurance. Illinois Medicaid also covers preventative services, including visiting your doctor annually for a well-woman visit. "Preventative care" is regular health care intended to keep you healthy and avoid disease.



Well-Woman Basics: What to Expect at Your Visit

You may need to fill out a medical history form about yourself and your family. Once your healthcare provider reviews your medical history, he or she will talk with you about your present-day life.

These visits focus on preventative care for women, which may include:

- **Uterine Health**

Menstruation (your period), irregular or abnormally heavy period, menopause (the end of your period), pregnancy and family planning

- **Sexual Activity**

Contraception options and safe sex practices, counseling and additional help with any sexual abuse or assault, sexually transmitted infections (STI) awareness

- **Nutrition and Exercise**

Exercise, diet and unusual weight gain or loss, problems with eating disorders

- **Mental & Emotional Health**

Relationships with friends, family, or significant others, depression or anxiety, big changes in work or personal life, gender or identity

- **Physical Exam & Screening**

Your physical exam gives your provider a good idea of your overall health and determines if you're at risk for any health conditions. The type of exams and screening may include:

» *Basics:* Height/weight/blood pressure measurements

» *Checking your risk for:* Heart disease, Thyroid disorder, Diabetes, Obesity, and more

» *Breast exam as part of your clinical exam:* A physical exam during which your provider will circle your breasts and feel for lumps or other unusual tissue.

- **Mammogram**

An X-ray of your breasts to detect abnormalities that may not be obvious from a clinical exam. There is a lot of confusion around when to start getting mammograms and how often to receive them. If you and your doctor agree, you can have a mammogram every year starting at age 40.

- **Pelvic Exam and Pap Smears**

During your external pelvic exam, your healthcare provider will visually examine the outside of your genital area and feel your abdomen for lumps or anything out of the ordinary. You may also receive an internal exam and/or a Pap smear, enabling your provider to better examine your reproductive organs and take any samples needed for testing.

- **STI Testing**

STI testing is an important part of protecting your reproductive health and fertility. Your provider may recommend certain testing based on your age, while other tests may be right for you depending on the presence of symptoms or if you have an increased level of risk. Testing for common STI's including Chlamydia and Gonorrhea, Human Papillomavirus, Trichomoniasis, Bacterial Vaginosis (BV), Herpes, Syphilis, HIV, Hepatitis B, and yeast infections.



How to Locate a Well-Woman Provider in Your Community

You can locate providers online through your private insurance's patient portal, or for Medicaid providers you can visit <https://enrollhfs.illinois.gov>.

Federally Qualified Health Centers:

Will County Community Health Center

(815) 727-8670

Joliet - 1106 Neal Avenue, Joliet, IL 60433

Bolingbrook - 323 Quadrangle Drive, Bolingbrook, IL 60440

Monee - 5601 Monee-Manhattan Road, Monee, IL 60449

Hours may vary by location

www.willcountyhealth.org/chc

iHola!



Aunt Martha's

(877) 692-8686

409 W. Jefferson Street, Joliet, IL 60435

www.auntmarthas.org

iHola!



Will Grundy Medical Clinic

(815) 726-3377

213 Cass Street, Joliet, IL 60432

Office hours: M-F 8:30AM - 4:00PM

www.willgrundymedicalclinic.org

iHola!



VNA Healthcare

(630) 526-7939

Joliet - 2400 Glenwood Avenue, Suite 210, Joliet, IL 60435

Bolingbrook - 396 Remington Boulevard #230 Bolingbrook, IL 60440

Romeoville - 160 N. Independence Blvd. (Rt. 53) Romeoville, IL 60446

Hours may vary by location

www.vnahealth.com

iHola!

Enrolling in Insurance & Navigating the Health Care System

Health Insurance Enrollment Assistance:

Certified Application Counselors

Will County Health Department

1106 Neal Avenue, Joliet, IL 60433

www.willcountyhealth.org/insurance-assistance

(815) 774-6090



Aunt Martha's Enrollment Assistance

www.auntmarthas.org/enrollme

(877) 692-8686



Online resources:

Medicaid and CHIP - www.usa.gov/medicaid

Health Insurance Marketplace - www.healthcare.gov

GetCoveredAmerica.org/get-covered-illinois

Pregnancy

Birthright of Joliet

310 N. Hammes, Joliet, IL 60435

www.birtheright.org/joliet

(815) 725-3411



Bolingbrook Christian Health Center

151 E Briarcliff Road, Bolingbrook, IL 60440

www.bolingbrookhealth.org

(630) 783-2832



Catholic Charities of Will County

16555 Weber Road, Crest Hill, IL 60403

www.catholiccharitiesjoliet.org

(815) 723-3405



Services in Spanish
Servicios en Español



LGBTQ+ Friendly Services

Pregnancy (cont.)

National Maternal Mental Health Hotline

24/7, FREE, confidential Hotline for pregnant and new moms in English and Spanish
Call or text 1-833-9-HELP4MOMS (1-833-943-5746).

TTY users can use a preferred relay service or dial 711 and then 1-833-943-5746

www.mchb.hrsa.gov



Planned Parenthood

Multiple nearby locations

www.plannedparenthood.org



Orland Park Health Center

14470 S. LaGrange Road, Orland Park, IL 60462

(708) 349-2227

Flossmoor Health Center

19831 Governors Highway, Flossmoor, IL 60422

(708) 960-0907

Aurora Health Center

3051 E. New York Street, Aurora, IL 60504

(630) 585-0500

Pregnancy Resource Center of Will County

2121 Oneida Street Suite 301, Joliet, IL 60435

(815) 744-7755

www.pregnancyresourcecenter.org



Will County Community Health Center

Joliet - 1106 Neal Avenue, Joliet, IL 60433

(815) 727-8670

Bolingbrook - 323 Quadrangle Drive, Bolingbrook, IL 60440



Hours may vary by location

willcountyhealth.org/chc-obstetrics-and-gynecology



Reproductive Health and Sexually Transmitted Disease Services

Access Family Health Society

152 W. Lincoln Highway, Chicago Heights, IL 60411

www.achn.net

(708) 754-9687

iHola!

Agape Missions, NFP

840 Plainfield Road, Joliet, IL 60435

www.agapemissionsnfp.org

(815) 723-1548

Aunt Martha's

409 W. Jefferson Street, Joliet, IL 60435

Additional locations available

www.auntmarthas.org

(877) 692-8686

iHola!



Open Door Health Center of Illinois

157 S. Lincoln Avenue, Aurora, IL 60505

www.odhcil.org

(630) 264-1819

iHola!



Planned Parenthood

Multiple nearby locations

www.plannedparenthood.org

iHola!



Orland Park Health Center

14470 S. LaGrange Road, Orland Park, IL 60462

(708) 349-2227

Flossmoor Health Center

19831 Governors Highway, Flossmoor, IL 60422

(708) 960-0907

Aurora Health Center

3051 E. New York Street, Aurora, IL 60504

(630) 585-0500

Will County Community Health Center

Joliet - 1106 Neal Avenue, Joliet, IL 60433

Bolingbrook - 323 Quadrangle Drive, Bolingbrook, IL 60440

Hours may vary by location

willcountyhealth.org/chc

(815) 727-8670

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Food Access and Nutrition Services

Department of Human Services Family Community Resource Center

45 E. Webster Street, Joliet, IL 60432

www.abe.illinois.gov

(815) 740-5350



My Pantry Express - Will County

Get FREE groceries for delivery or order for pick up
in Will County, IL to register, visit:

www.mypantryexpress.org/locations/will-county-il



Northern Illinois Food Bank

To find food pantries near you, visit:

www.solvehungertoday.org/get-help/where-to-get-food



Will County Health Department Women, Infants, Children (WIC) Program

Please call for appointments

Joliet - 1106 Neal Avenue, Joliet, IL 60433

Bolingbrook - 323 Quadrangle Drive, Bolingbrook, IL 60440

Monee - 5601 Monee-Manhattan Road, Monee, IL 60449

Hours may vary by location

www.willcountyhealth.org/women-infant-and-children-wic

(815) 727-8524



Dental and Oral Health Services

Aunt Martha's East Joliet Community Health Center

1200 Eagle Street, Joliet, IL 60432

www.auntmarthas.org

(877) 692-8686



Will County Community Health Center

1106 Neal Avenue, Joliet, IL 60433

www.willcountyhealth.org/dental-services

(815) 774-7300



Behavioral Health and Substance Abuse Services

In addition to screenings during your well-woman visit, the doctor may sometimes recommend counseling for:

- Depression/Anxiety
- Alcohol or substance abuse
- Relationship violence

AMITA Health

333 Madison Street, Joliet, IL 60435

www.amitahealth.org

(815) 725-7133



Linden Oaks Behavioral Health

Main Inpatient Campus

852 South West Street, Naperville, IL 60540

www.eehealth.org/patients-visitors/linden-oaks

(630) 305-5027



Silver Oaks Hospital

1004 Pawlak Parkway, New Lenox, IL 60451

www.silveroaksbehavioralhospital.com

(844) 580-5000



Trinity Services

301 Veteran's Parkway, New Lenox, IL 60451

www.trinityservices.org

(815) 485-6197



Will County Community Health Center

Joliet - 1106 Neal Avenue, Joliet, IL 60433

Bolingbrook - 323 Quadrangle Drive, Bolingbrook, IL 60440

Monee - 5601 Monee-Manhattan Road, Monee, IL 60449

www.willcountyhealth.org/behavioral-health-chc

(815) 727-8670



Behavioral Health (cont.)**Will County Health Department**

For appointments, please call central intake
(815) 727-8521 (press 1)

Joliet - 501 Ella Avenue, Joliet, IL 60433

Bolingbrook - 323 Quadrangle Drive, Bolingbrook, IL 60440

Monee - 5601 Monee-Manhattan Road, Monee, IL 60449

www.willcountyhealth.org/behavioral-health

**NAMI (National Alliance on Mental Illness)
Will/Grundy**

417 Taylor Street, Joliet, IL 60435

Confidential Info Lines:

For English: 815.409.7917

En Español: 815.600.9406

www.namiwillgrundy.org

**National Maternal Mental Health Hotline**

24/7, FREE, confidential Hotline for pregnant
and new moms in English and Spanish

Call or text 1-833-9-HELP4MOMS (1-833-943-5746).

TTY users can use a preferred relay service or dial 711 and then 1-833-943-5746

www.mchb.hrsa.gov



Social Support and Violence Prevention Services

Aunt Martha's Crisis Intervention Services

Will County Crisis Intervention Team is available 24/7, 365 days. If you are unsure about your location, you can contact the statewide crisis hotline at (877) 870-2663

www.auntmarthas.org/crisis-intervention

(815) 768-8750



Catholic Charities of Will County

Community classes and support groups vary by location.

www.catholiccharitiesjoliet.org/services/education

(815) 723-3405



Guardian Angel Community Services

Groundwork Domestic Violence Program

For more information or to initiate services, please call

24-HOUR HOTLINE

For services in Spanish, please call

DOMESTIC VIOLENCE 24-HOUR HOTLINE

SEXUAL ASSAULT 24-HOUR HOTLINE

ADULT PROTECTIVE SERVICES

www.gacsprograms.org

(815) 729-1228

(815) 729-0930 ext1439

(815) 729-1228

(815) 730-8984

(866) 800-1409



United Way of Will County 211

211 is here to help every person, in every community, find food, find resources to pay for housing and bills, and connect to other essential services. Simply Dial 211 from your phone for local services.

For additional resources and/or information visit: www.uwwill.org/211



Services in Spanish
Servicios en Español



LGBTQ+ Friendly Services

Transportation Services

PACE

Pace Bus Joliet: www.pacebus.com/trip-planner

Pace On Demand:

Pace On Demand offers a reservation-based, shared-ride service in 10 designated service areas. Visit www.pacebus.com/ondemand

Pace Dial-a-Ride Services:

www.pacebus.com/dial-ride-services-will-county

- Will County: 1-800-244-4410. *Service hours vary by location*

Regional Transportation Authority (RTA)

www.rtacgicicago.org

Will County Transportation Services

www.willcountyillinois.com/County-Offices/Special-Services/Public-Transportation

Emergency Housing

Daybreak Center

611 Cass Street, Joliet, IL 60432

www.catholiccharitiesjoliet.org/daybreak-center

(815) 744-4663

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Morningstar Mission

350 E. Washington Street, Joliet, IL 60433

www.morningstarmission.org

(815) 722-5780

 iHola!

Will County Center for Community Concerns

2455 Glenwood Avenue, Joliet, IL 60435

www.wcccc.net

(815) 722-0722

 iHola!



Online Well-Woman Information and Resources

American College of Obstetrics and Gynecology

www.acog.org/womens-health

My Health, My Voice

<http://www.myhealthmyvoice.com/well-woman-visits>

Will County Health Department and Community Health Center

Women's Health - www.willcountyhealth.org/womens-health

Women's Health and Mental Health Screening

www.healio.com/news/womens-health-ob-gyn/20220503/screen-for-mental-health-safety-concerns-at-well-woman-visits





Will County Health Department

(815) 727-8480

Joliet - 501 Ella Avenue, Joliet, IL 60433

Bolingbrook - 323 Quadrangle Drive, Bolingbrook, IL 60440

Monee - 5601 Monee-Manhattan Road, Monee, IL 60449

Will County Community Health Center

(815) 727-8670

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Bolingbrook - 323 Quadrangle Drive, Bolingbrook, IL 60440

Monee - 5601 Monee-Manhattan Road, Monee, IL 60449



**Will County
Health Department &
Community Health Center**

*For more information about how to stay healthy &
the resources available in your community,
visit our website and follow us on Facebook and Twitter:*

WillCountyHealth.org



WillCountyHealthDepartment



@WillCoHealth