

Health Living Tips & Habits.

Quality Home Care Services, ltd
believes in living a Healthy Lifestyle

Here are some tips for achieving your Goals.

OUR WELLNESS PROGRAM.



The Center for Disease Control and Prevention (CDC) recommends at least 2 hours and 30 minutes of moderate intensity aerobic activity (i.e., brisk walking) every week and muscle strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).



For credible and up to date information on proper health please visit: myqualitycare.com
<http://www.cdc.gov/HealthyLiving/>

Eat your Dietary Fiber!!

Dietary fiber is defined as those components of food that cannot be broken down by the human digestive enzymes.

They are of benefit to diverticular disease and reduce the risk of colon cancer.

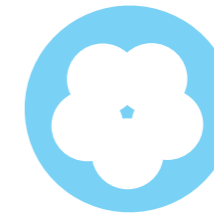
They also bind chemicals like carcinogens and cholesterol, thus helping lower cholesterol in most people.

The recommended daily intake is between **20-30g/day**

Good sources of dietary fiber include:
Whole grain pastas & bread, nuts, fruits & vegetables.

Dietary supplements:
Metamucil or Crtrocel

Our Wellness Program is designed to benefit the patient's overall well being by breaking down barriers in communication and access to care. In between home visits, our wellness advisors coordinate with high risk patients to check on self monitoring capabilities that will ensure the overall health of the patient has not deteriorated.



Studies have shown that ~3.6 million Americans miss or delay treatment because of transportation or communication issues "which can lead to a need for emergency care and preventable hospitalization s." By improving communication Quality Home Care Services is convinced that the Wellness Program is a necessary step to improve the quality of health for the patient as well as the healthcare system.

Foods to Avoid

1. Cheese and other high-fat dairy

2. Animal fats

3. Extras such as candy, donuts, cookies*

4. Sugared Beverages



And Replace with...

1. Select skim or 1% fat products

2. Consume fish (oily fish at least 2 x week); avoid deli meats; choose lean meats or vegetable alternatives; remove skin from poultry

3 & 4. Eat Whole grains: Breakfast cereals, Breads, Beans and water.



Home Medical Equipment: Illiana Home Medical Equipment and Supplies LLC

Through our sister company, we offer an easy process for obtaining home medical equipment with **FREE** delivery to your door.

Product line

Diabetic supplies

Motorized wheelchairs

Canes

Incontinence supplies

Crutches

And much more...



To see our full product line please go to:

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Or call us at **773-471-0890**

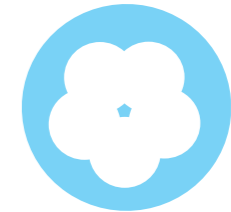
Courtesy Transportation: Patient Pickup

Finding ways to get to your doctor's appointment can sometimes be difficult, especially in the case of the home bound patient. We are here to help.

Our patient pickup program offers a free shuttle service to and from your primary physician.



For now we serve the Chicagoland area only.



Free Transportation is provided in cases of:

1. Regular appointments to your **PRIMARY** physician.
 2. Hospital discharge to a patient's home.
 3. Assisted living discharge to a patient's home.
- * Not an emergency service
 - * Can accomodate wheelchair bound patients
 - * Please give us 3 working days notice before your scheduled appointment