

## Resources for Physical Exams, Immunizations, Dental and Eye Care

### NO Cost to Low-Cost Physical Exams

#### Midwest Express Clinic – Indiana

Below is a list of clinic locations where you can obtain a school physical for your student on a **WALK-IN** basis. You can walk-in ANYTIME from **8AM – 8PM DAILY**. Private and MOST IL Medicaid Insurances accepted including [Anthem BCBS Care Connect](#), [Caresource](#), [Family Health Network](#), [HIP](#), [Illinicare](#), [MHS](#), [Meridian](#), [Molina](#), [Wellcare/Harmony](#). **PLEASE BE SURE TO BRING SCHOOL PHYSICAL FORM.** For those families with NO insurance, the cost for a physical exam is **\$25 per child**. Convenient SAME DAY Online Scheduling at <https://midwestexpressclinic.com/>

#### Clinic Locations:

<b>Dyer, IN</b> 875 Joliet St. (219) 440-7340	<b>Munster, IN</b> 8135 Calumet Ave. (219) 513-2000	<b>Schererville, IN</b> 1500 US-41 (219) 440-7373	<b>Hammond, IN</b> 31 E. Sibley St. Ste. A (219) 802-8800	<b>Crown Point, IN</b> 5521 Lincoln Hwy #1A (219) 769-1362
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### Physicals, Immunizations & Dental Care

#### Mile Square Health Center – South Shore

University of Illinois Hospital & Health Sciences System

**Services offered:** School & Sports **Physicals, Immunizations, Well-child Exams, Pediatric and Adult Dental Services. Walk-ins welcome!**

#### South Shore Clinic Located:

7037 S. Stony Island Ave.  
Chicago, IL 60649  
(312) 996-2000

#### Clinic Hours:

8am – 7pm (Mon, Tues & Thurs)  
8am – 530pm (Wed & Fri)  
8am – NOON (Sat)

#### Dental Care Hours:

830am – 8pm (Mon & Thurs)  
830am – 5pm (Tues, Wed & Fri)  
830am – NOON (Sat)

### Immunizations

#### Indiana Board of Health Dept.

100 W. Chicago Ave.  
East Chicago, IN 46312  
(219) 392-1600

**Cost: \$10/child for families with NO insurance or private insurance**  
Immunization Clinic OPEN on **Tues & Thurs by Appointment ONLY**  
Appointment availability: 830am – 1130am or 1pm – 330pm

### Eye Doctor – Optometrist

#### Greenspan Optometric Associates

366 Dixie Highway  
Chicago Heights, IL 60411  
(708) 754-0080

#### Operating Hours:

830am – 7pm (Mon, Tues & Thurs)  
830am – 6pm (Wed & Fri)  
830am – 2pm (Sat)

**Services offered:** Comprehensive eye exams, Pediatric eye exams, Special Needs eye exams

<https://www.greenspanoptometric.com/>

#### Walmart Vision Center

17625 Torrence Ave.  
Lansing, IL 60438  
(708) 474-9369

#### Operating Hours:

9am – 8pm (Mon - Fri)  
9am – 7pm (Sat)  
12pm – 5pm (Sun)

### Dentist

#### Dental Dreams – Family Dentist

567 W. 14<sup>th</sup> Street  
Chicago Heights, IL 60411  
(708) 283-9800

#### Operating Hours:

9am – 5pm (Mon – Fri)  
9am – 1230pm (Sat)