



# Help with Health Care

*Resources for the Uninsured*  
**Mid-Michigan**

Revised 1/09



Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee  
of the Blue Cross and Blue Shield Association.



**You work hard  
to take care  
of your kids...**

**Now there's  
help  
for a small  
amount  
per month**



**Do the children in your care need health care coverage?  
Many families are now eligible ... spread the word!**

With MIChild or Healthy Kids coverage, qualified children can receive these benefits:

- Doctor visits/checkups
- Hospital Care
- Prescriptions
- Dental Care
- Immunizations
- Vision Care
- Lab Tests and X-rays
- Hearing and Speech Care
- Mental Health Care

**Two ways to sign up:**

- 1)** Call 888-988-6300 for help or an application.
- 2)** Apply online at [healthcare4mi.com](http://healthcare4mi.com).

There are no copays or deductibles for either of these programs if you are under 21 years of age.



**Blue Cross  
Blue Shield**  
of Michigan

[bcbsm.com](http://bcbsm.com)

Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association. The Blues are committed to focusing on reducing health care costs, improving quality and improving the health status of Michigan's residents, particularly children. We willingly embrace these ideals as a vital part of our corporate culture and essential to our social mission.

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## Introduction

Thank you for reading the Blue Cross Blue Shield of Michigan and Blue Care Network Help with Health Care brochure. The Blues produced this brochure for people who need help with health care in Michigan.

This is the Southeast Michigan version of the brochure. It contains information for the following counties: **Arenac, Bay, Clare, Clinton, Eaton, Genesee, Gladwin, Gratiot, Hillsdale, Huron, Ingham, Isabella, Jackson, Lapeer, Lenawee, Livingston, Midland, Saginaw, Sanilac, Shiawassee and Tuscola.**

Helping Michigan residents with health care is an important part of the Blues' social mission. To learn more about our social mission and the Blues' strong commitment to helping Michigan communities, please visit our Web site at [bcbsm.com/home/commitment/](http://bcbsm.com/home/commitment/).

To obtain information on low-cost insurance coverage offered through Blue Cross Blue Shield of Michigan, visit [bcbsm.com](http://bcbsm.com) and click on *Need Coverage?* or call 800-848-5101.

The Blues hope that these resources on dental and vision services, free and low-cost clinics, government-sponsored programs, mental health, prescription assistance and social services will help you find the information you need. Please fill out the short survey at the end of the brochure and mail it back to us at no cost. Let us know if there is any way we can make the brochure better.

You may download copies of this brochure from our Web site in PDF format at [bcbsm.com/home/commitment/help\\_with\\_health\\_care\\_brochures.shtml](http://bcbsm.com/home/commitment/help_with_health_care_brochures.shtml). You may also call our toll-free hotline at 800-658-6715 to order extra copies of the brochure for free. Be sure to include your name, address, phone number, how many brochures you'd like and which version of the brochure you need.

# Glossary

There are some terms used in this brochure that may be confusing for the reader. For that reason, we have decided to include a glossary to help explain what some of these words and phrases mean.

**Federal Poverty Level:** Also known as the federal poverty guideline, this determines whether or not you are eligible for free and low-cost services. People with incomes that are up to 100 percent of the federal poverty level are eligible for many free and low-cost services.

## *2008 Poverty Guidelines*

# of People in Your Family or Household	Monthly Income for 100% of Poverty	Monthly Income for 200% of Poverty
1	\$ 866.67	\$1,733.33
2	1,166.67	2,333.33
3	1,466.67	2,933.33
4	1,766.67	3,533.33
5	2,066.67	4,133.33
6	2,366.67	4,733.33

**Low-Income:** A person or family is “low-income” if their salary is between 100 percent and 200 percent of the Federal Poverty Level (see above). But many places define this term differently, so please call first to make sure.

**Mental Health Services:** Counseling, therapy, substance abuse treatment and other services that help people function better and feel better.

**Primary Care:** General or routine medical services, such as annual checkups. People often use primary care services when they have the flu or some other illness.

**Preventive Care:** These are services that help prevent people from getting sick. An example would be vaccines for children.

**Proof of Income:** Usually a pay stub or Federal W-2 tax form.

**Sliding Scale:** This means that the amount of money you will pay depends on how much money you make. Usually, the federal poverty guidelines are used.

**Social Services:** Services for people who need help meeting their daily needs for food, shelter, housing, education and health care.

**Referral:** When a person is directed to the best place possible to find help.

## County-Based Services

### 1. County-Based Health Plans

County-based health plans provide health care coverage for individuals or small businesses that are located in a specific county. See descriptions below for more information.

#### **Bay Health Plan**

Community-sponsored plan for eligible residents, ages 19 through 64 who do not qualify for any other governmental insurance program. This program includes coverage for primary care and specialty care office visits, some outpatient services and some prescription medications. Call 989-895-4009 to find out more.

#### **Barry-Eaton Health Plan (B-E Healthy)**

[communityhealthplans.org](http://communityhealthplans.org)

Community-sponsored program that helps uninsured people in Barry and Eaton counties obtain health care services. It is available to those eligible for the State Medical Program (SMP) and other low-income, uninsured Barry and Eaton county residents ages 19 to 64 who cannot get coverage under Medicaid, Medicare or other programs. Call 800-553-2565 for more information.

#### **Central Health Plan**

Community based health plan for low-income, uninsured residents in Arenac, Clare, Gladwin, Isabella, Osceola or Roscommon counties. Call the Central Health Plan at 866-360-1509 to find out if you are eligible.

#### **Genesee Health Plan**

[healthaccessprogram.org](http://healthaccessprogram.org)

Provides comprehensive health services to residents of Genesee County, ages 21 through 64, who are low-income and ineligible for other medical coverage. Call 810-720-7785 for more information.

#### **Ingham Health Plan**

IHP helps uninsured people obtain health care services. It is available to low-income uninsured Ingham County residents who cannot get coverage under Medicaid, Medicare or other programs. Call 517-887-4300. Ingham County Advantage, a health plan for small businesses, may be reached at 517-887-4465.

#### **Jackson County Health Plan (Jackson Care)**

Plan is designed for small businesses in Jackson County that do not provide health care benefits to their employees. Call 866-291-8691 for more information and to find out if your business is eligible.

#### **Livingston Health Plan**

[communityhealthplans.org](http://communityhealthplans.org)

Community-sponsored program that helps people obtain health services. Available to low income, uninsured Livingston County residents who cannot get coverage under Medicaid, Medicare or other programs. Call the local health department at 517-546-9850.

#### **Midland Health Plan**

Midland Health Plan is community-sponsored program that helps people obtain health care services. Available to low income, uninsured Midland County residents who cannot get coverage under Medicaid, Medicare or other programs.

Call the local health department at 989-832-6686 to find out if you are eligible or call Midland Health Plan directly at 866-291-8691.

#### **Mid-Michigan Health Plan**

[mmdhd.org/MMHP.htm](http://mmdhd.org/MMHP.htm)

Health plan for residents of Clinton, Gratiot and Montcalm counties. Call your local Department of Human Services office to find out if you are eligible or call 866-291-8691.

## 2. Local Health Departments

Local health departments offer many free or low-cost services to area residents. These services may include well-child clinics, prenatal care, cancer screening, family planning, immunizations, WIC services and other programs. Some health departments also offer county-wide health care plans, such as those above.

Contact your county health department, below, for more information on the services and programs they offer.

### **Bay County Health Department**

1200 Washington Ave.  
Bay City, MI 48708  
989-895-4009

### **Barry/Eaton District Health Department**

1033 Health Care Drive  
Charlotte, MI 48813  
517-485-7110  
[barryeatonhealth.org](http://barryeatonhealth.org)

### **Branch/Hillsdale/St. Joseph Community Health Agency**

Hillsdale County Office  
20 Care Drive  
Hillsdale, MI 49242  
517-279-9561  
[bhsj.org](http://bhsj.org)

### **Central Michigan District Health Department**

**Isabella County Office**  
2012 E. Preston Ave.  
Mount Pleasant, MI 48858  
989-773-5921  
[cmdhd.org](http://cmdhd.org)

### **Arenac County Office**

3727 Deep River Road  
Standish, MI 48658  
989-846-6541

### **Clare County Office**

225 W. Main, P.O. Box 237  
Harrison, MI 48625  
989-539-6731

### **Gladwin County Office**

103 N. Bowery  
Gladwin, MI 48624  
989-426-9431

### **Genesee County Health Department**

630 S. Saginaw St.  
Flint, MI 48502  
810-257-3612  
[gchd.us](http://gchd.us)

### **Huron County Health Department**

1142 S. Van Dyke  
Bad Axe, MI 48413  
989-269-9721  
[huron.localhealth.net](http://huron.localhealth.net)

### **Ingham County Health Department**

5303 S. Cedar, P.O. Box 30161  
Lansing, MI 48909  
517-887-4300  
[ingham.org/hd/HEALTH.HTM](http://ingham.org/hd/HEALTH.HTM)

### **Jackson County Health Department**

1715 Lansing Ave.  
Jackson, MI 49202  
517-788-4420  
[co.jackson.mi.us/HD/](http://co.jackson.mi.us/HD/)

### **Lapeer County Health Department**

1800 Imlay City Road  
Lapeer, MI 48446  
810-667-0448  
[lchd.lapeer.org](http://lchd.lapeer.org)

### **Lenawee County Health Department**

1040 S. Winter, Suite 2328  
Adrian, MI 49221  
517-264-5202  
[lenawee.mi.us/health\\_department/](http://lenawee.mi.us/health_department/)

## **Livingston County Health Department**

2300 E. Grand River Ave, Suite 102  
Howell, MI 48843  
517-546-9850  
[lchd.org](http://lchd.org)

## **Mid-Michigan District Health Department**

615 N. State Road, Suite 2  
Stanton, MI 48888  
989-831-5237  
[mmdhd.org](http://mmdhd.org)  
– Serving Clinton, Gratiot and Montcalm Counties

## **Midland County Health Department**

220 W. Ellsworth  
Midland, MI 48640  
989-832-6380  
[malph.org](http://malph.org)

## **Saginaw County Health Department**

1600 N. Michigan Ave.  
Saginaw, MI 48602  
989-758-3800  
[saginawpublichealth.com](http://saginawpublichealth.com)

## **Sanilac County Health Department**

171 Dawson  
Sandusky, MI 48471  
810-648-4098  
[sanilachealth.com](http://sanilachealth.com)

## **Shiawassee County Health Department**

210 Corunna Ave.  
Corunna, MI 48817  
989-743-2318  
[health.shiawassee.net](http://health.shiawassee.net)

## **Tuscola County Health Department**

1309 Cleaver Road  
Caro, MI 48723  
989-673-8114  
[tchd.us](http://tchd.us)

## **Dental Services**

The following organizations provide dental services only. If you are interested in a program, call for more information.

### **Bayside Dental Center**

3884 Monitor Road  
Bay City, MI 48706  
989-671-2000  
– Open 8:15 a.m. to 5 p.m. Monday;  
7:30 a.m. to 5 p.m. Tuesday through Friday.

### **Center for Family Health – Dental Clinic**

817 W. High St.  
Jackson, MI 49203  
517-784-9385  
[centerforfamilyhealth.org](http://centerforfamilyhealth.org)  
– Open 8 a.m. to 5 p.m. Monday through Friday (walk-ins on Tuesday starting at 8 a.m.)  
– Sliding scale

### **Discount Dental Plans**

888-632-5353  
[dentalplans.com](http://dentalplans.com)  
– Call or visit the Web site to find low-cost dental plans in your area.

### **Healthy Smiles Dental Clinic**

2815 S. Pennsylvania  
Lansing, MI 48910  
517-272-4150  
[ingham.org](http://ingham.org)  
– For children under the age of 21 who live in Ingham County

### **Lansing Community College Dental Hygiene Clinic**

419 N. Washington Square  
Lansing, MI 48933  
517-483-1458  
– Serving individuals ages 5 and up  
– Minimum fee \$30 for children, \$38-\$45 for adults

## Michigan Dental Program

109 Michigan Ave.  
Lansing, MI 48913  
888-826-6565

- HIV positive Michigan residents are provided reimbursement for dental services through participating providers.

## Smiles Are Everywhere Dental Program

501 Lapeer Road  
Saginaw, MI 48607  
989-759-6432

[healthdelivery.org](http://healthdelivery.org)

- This program provides mobile dental units that visit elementary schools to give children dental care.

## VINA Community Dental Center

400 E. Grand River Ave.  
Brighton, MI 48116  
810-844-0240

[vinadental.org](http://vinadental.org)

## Wadsworth Dental Center

2308 Wadsworth  
Saginaw, MI 48601  
989-754-7771

[healthdelivery.org](http://healthdelivery.org)

- Open 8 a.m. to 5 p.m. Monday;  
7 a.m. to 5 p.m. Tuesday through Friday.
- Sliding scale; Medicaid accepted
- Appointments recommended

## Free and Low-Cost Health Centers

### 1. Free and Low-Cost Clinics

The following is a list of places you can go for free or low-cost medical care. Always call before you go to make sure the hours and services are the same as those below.

#### Bayside Health Center

3884 Monitor Road  
Bay City, MI 48706  
989-671-2000

[healthdelivery.org](http://healthdelivery.org)

- Call to schedule an appointment or to get information on transportation services.
- Sliding scale

#### Care Free Medical Clinic

[carefreemedical.com](http://carefreemedical.com)

790 E. Columbia  
Mason, MI 48854  
517-244-0120

5135 S. Pennsylvania  
Lansing, MI 48910  
517-887-5922

- Call each location for hours
- Primary care services by appointment only

#### Cedar St. Clinic

Human Services Building  
5303 S. Cedar St.  
Lansing, MI 48910  
517-887-4302

- A wide variety of services offered for adults and children
- Open 8 a.m. to noon and 1 to 5 p.m. Monday through Friday

### **Center for Family Health – Medical Clinic**

2200 Springport Road  
Jackson, MI 49202  
517-784-9356

**centerforfamilyhealth.org**

- Open 8 a.m. to 7 p.m. Monday through Thursday; 8 a.m. to 5 p.m. Friday.
- Walk-in for pediatrics is 8 to 8:30 a.m. Monday through Friday
- Sliding scale

### **Community Action Agency**

1214 Greenwood  
Jackson, MI 49203  
517-784-4800

**caajlh.org**

### **Community Health Center of Branch County Family Medicine Clinic**

292 East Chicago St.  
Coldwater, MI 49036  
517-279-5378

**chcbc.com**

- Call for an appointment
- Primary care services for the family

### **Cristo Rey Family Health Clinic**

1717 N. High St.  
Lansing, MI 48906  
517-371-1700

**cristo-rey.org**

- Adult and pediatric medical services, OB/GYN and migrant clinic
- Low-cost services

### **David R. Gamez Community Health Center**

501 Lapeer Ave.  
Saginaw, MI 48607  
989-753-6000

**healthdelivery.org**

- Open 8:30 a.m. to 5 p.m. Monday through Friday

### **Dove Medical Clinic**

1200 N. West Ave.  
Jackson, MI 49202  
517-783-5334

- Call for clinic times, dates and locations
- Free or low-cost mental health counseling, dental access hygienic services, grief groups, teenager anger management

### **Family Health Center of Albion**

115 Market Place  
Albion, MI 49224  
517-629-6540

**fhcbc.org**

- Open 8 a.m. to 5 p.m. Monday through Friday
- Primary health care

### **Floyd J. McCree Health and Human Services Center McCree North**

Genesee County Health Department  
115 E. Pierson Road  
Flint, MI 48505  
810-600-2400

- Open 8 a.m. to 5 p.m. Monday through Friday
- Low-cost family planning and immunizations

### **Fountain Clinic**

111 N. Jefferson  
Marshall, MI 49068  
269-789-0410

### **Genesee County Free Medical Clinic**

2437 Welch Blvd.  
Flint, MI 48529  
810-235-4211

**healthaccessprogram.org**

- Appointments by phone on Tuesdays and Thursdays, starting at 9am.
- Bring proof of income, Social Security number and picture ID to your appointment.
- Serving uninsured adults only.
- Serving adults 18 and up who have social security number and no other insurance. Genesee County residence only.

## **HDI OB/GYN & Midwifery Services**

3175 W. Professional Drive

Bay City, MI 48706

989-667-3377

**healthdelivery.org**

- Complete obstetrical and gynecological care to all women regardless of their ability to pay.
- Open 8:30 a.m. to 5 p.m. Monday through Friday

## **Health Access**

3951 Beecher Road

Flint, MI 48532

810-232-4200

**healthaccessprogram.org**

- Provides referrals to doctors, health clinics, health care resources and prescription assistance, at no cost (donations accepted).
- Call for more information.

## **Health Connections Clinic (Eaton County)**

Barry-Eaton District Health Department

1033 Healthcare Drive

Charlotte, MI 48813

800-553-2565

- Primary care for low-income adults

## **Healthy Futures**

Healthy Futures program available to residents of Saginaw County who are uninsured and underinsured or homeless. 989-907-8340 or call the Hotline 989-907-8408

## **Chesaning Clinic: Rehmann Health Center**

147 S. Saginaw St.

Chesaning, MI

## **Family Life Community Clinic**

217 S. 7th St.

Chesaning, MI

## **Hancock Clinic: Saginaw County Community**

Mental Health Authority

500 Hancok

Chesaning, MI

## **Neseau Clinic: Hunger Solution Center**

940 E. Genesee

Chesaning, MI

## **Rapha's Clinic: Living Faith Ministries**

1902 Stone St.

## **Helen M. Nickless Volunteer Clinic**

1480 W. Center Road, Suite 5

Essexville, MI 48732

989-895-4830

**baymed.org**

- Bring proof of income to your appointment.
- Walk-ins from 4 to 6:30 p.m. on Wednesdays.
- Services are free.

## **Hope House Free Medical Clinic**

220 Ferris Drive

Big Rapids, MI 49307

231-796-0807

- Open 10 a.m. to 1 p.m. on the first and third Thursday of the month.

## **Janes St. Academic Community Health Center**

1522 Janes St.

Saginaw, MI 48601

989-755-0316

**healthdelivery.org**

- Primary care, WIC services, pharmacy, mental health counseling and OB/GYN services

## **Laingsburg First Baptist Church**

901 E. Grand River

Laingsburg, Michigan 48848

517-651-6166

- 9 a.m. to noon on one Saturday per month
- Call for more information.

## **Leslie Community Health Center**

100-B S Main St.

Leslie, MI 49251

517-589-9585

- Primary care for adults
- Open 8 a.m. to 12 p.m. Monday through Thursday and 8 a.m. through 5 p.m. Friday

## **Love, INC**

810-245-2414

Lapeer, MI

- Call for this clinic's location
- Open 10 a.m. to 4 p.m. Monday through Friday

## **Loving Hands**

148 Maple Grove Road

Lapeer, MI 48446

810-667-8933

[lovinghandsclinic.org](http://lovinghandsclinic.org)

- Appointment only

## **Migrant Health Clinic**

100 E. Third St.

Imlay City, MI 48444

810-724-3201

- Open Monday and Wednesday 2:30 p.m. through 8 p.m.
- Low-cost services
- Call for eligibility

## **Nursing Clinic of Battle Creek**

34 Green St.

Calhoun, MI 49014

269-962-6565

## **Presbyterian Health Clinic of Branch County**

52 Marshall St.

Coldwater, MI 49036

517-278-6068

[fpchc.org/fcomi.html](http://fpchc.org/fcomi.html)

- Open Thursday between 3 - 6:30 p.m.

## **Redeemer Lutheran Church**

2510 N. M-52

Owosso, MI 48867

989-725-5442

- Clinic is open first and third Saturday of every month from 7:30 to 11:30 a.m.
- Call for more details.

## **Roosevelt S. Ruffin Community Health Center**

229 Gallagher St.

Saginaw, MI 48601

989-755-3619

[healthdelivery.org](http://healthdelivery.org)

- Family health care, family planning and urgent care by appointment only
- Sliding scale

## **Sterling Area Health Center**

725 E. State St.

P.O. Box 740

Sterling, MI 48659

989-654-2491

- Primary care and some OB/GYN services
- Sliding scale
- Appointments required

## **Sparrow Campus Health Center**

Medical Arts Building

1322 E. Michigan Ave. Suite 308

Lansing, MI 48912

517-364-3074

- Primary care for the homeless population in Ingham County

## **St. Lawrence Community Health Center**

1100 W. Saginaw, Suite 500

Lansing, MI 48915

517-364-7440

- Primary care; appointments required
- Open 8 a.m. to 5 p.m. Monday through Friday.
- Sliding scale available

### **St. Luke's Clinic**

124 N. Elm Ave.  
Jackson, MI 49204  
517-783-1117

– Open 9 to 11 a.m. Monday; 6 to 8 p.m.  
Tuesday and Thursday

### **St. Peter's Free Clinic**

3 N. Broad St.  
Hillsdale, MI 49242  
517-437-4041

– Primary care and some help with  
medications if needed.  
– Open 5 to 8 p.m. every Tuesday

## **2. School-Based Health Centers**

School-based health centers provide services to children who attend a school or individuals who live near the school. These services may include: health screenings, immunizations, treatment of minor injuries, medical exams and lab services. Call your local clinic to find out exactly what services they provide and whether or not you are eligible.

### **Genesee County**

#### **Beecher High School Teen Clinic (for Genesee County residents)**

810-591-9333  
– Open 8 a.m. to 4 p.m. Monday through Friday.

#### **Bendle Public Schools – Family Health Services**

810-591-9012

#### **Northwestern-Edison High School Wellness Center**

810-760-1780

### **Jackson County**

#### **Northeast Elementary Health Center**

1024 Fleming Ave.  
Jackson, MI 49202  
517-787-4361

– Open 8 a.m. to 4:30 p.m. Monday through Friday  
– For any Jackson County school student or Headstart student

#### **Parkside Elementary Health Center**

1024 Fleming Ave.  
Jackson, MI 49202  
517-788-6812

– Open 8 a.m. to 4:30 p.m. Monday through Friday  
– For any Jackson County student or Headstart student ages 21 and under.

#### **Parkside Middle School Health Connection**

2400 4th St.  
Jackson, MI 49203  
517-841-2300

– Open 8 a.m. through 4:30 p.m. for students ages 11 through 21.

### **Ingham County**

#### **Otto Community Health Center**

500 E. Thomas  
Lansing, MI 48906  
517-702-3555

– Open Monday, Tuesday, Thursday and Friday 7 a.m. through 12 p.m. and 1 through 4 p.m.; 7 a.m. through 12 p.m. Wednesday.

#### **Willow Plaza Services**

306 W. Willow  
Lansing, MI  
517-702-3500

### **Saginaw County**

#### **Ricker Middle School Student Health Center**

989-753-6438

## Hotlines and Special Programs

### American Association of Retired Persons

866-227-7448

[aarp.org](http://aarp.org)

– This organization provides medical and dental insurance discounts, job placement and other services for people ages 50 and older.

### AIDS Information and Resources

Call 800-872-AIDS (872-2437) for information about HIV and AIDS.

[aidspartnership.org](http://aidspartnership.org)

[info@aidspartnership](mailto:info@aidspartnership)

### Alzheimer's Hotline

800-272-3900

– Are you or does someone you know suffer from Alzheimer's Disease or memory loss? Do you need to know more about Alzheimer's Disease? If so, call the above hotline, sponsored by the Alzheimer's Association.

### AmeriPlan USA

888-670-5191

[info@ameriplanusa.com](mailto:info@ameriplanusa.com)

– This is a medical/dental/vision discount program for small business owners and their employees. Call the number above for more information.

### Depression and Suicide Resources

Help is available for you or your loved ones suffering from depression or suicidal thoughts. Call 800-784-2433 or 800-273-8255 anytime to find out about shelters, free legal services, counseling and other resources in your area.

### Domestic Violence Resources

Are you or someone you know suffering from domestic abuse? Call 800-799-SAFE anytime to find out about shelters, free legal services, counseling and other resources in your area.

### Elderly and Disabled Helpline

800-996-6228

– This helpline provides information, referrals and resources on abuse and neglect for elderly and disabled citizens. Report suspected abuse by calling this number.

### Lupus Alliance of America Michigan Indiana Affiliate

– 26507 Harper Ave.

– St. Clair Shores, MI 48081

– 800-705-6677

– [milupus.org](http://milupus.org)

– Provides education and awareness programs for Lupus  
– Subsidized counseling for people with lupus and their families  
– On staff Counseling services  
– Provides crisis intervention  
– Assists with information resources regarding insurance, medical care facilities and prescription costs  
– Assists with resources for the underinsured  
– Resources for medical equipment loan closet

### Michigan 2-1-1

2-1-1 is a hotline that provides information and referrals to anyone in Michigan about health care, education, housing, family planning, mental health or other social services. Simply pick up the phone and dial "211" to learn more.

## **Mammogram/Pap Smear Referral Program**

800-922-6266

- The Michigan Department of Community Health provides this free service to women who need information on breast or cervical cancer, or are in need of an annual Pap smear or mammogram. Simply call the number above to find women's health resources in your area.

## **Nursing Home Helpline**

866-485-9393

- **cbcmi.org**
- Nursing home residents and their relatives can call this number to file complaints.
- Find information on nursing homes in your area.
- Associated with licensed, long-term care. Provides advice for Medicare and Medicaid referral.

## **Poison Control**

800-222-1222

- **mitoxic.org** for further information.
- Provides 24/7 advice on poisonings for humans and animals. For a free brochure, telephone stickers and magnet, call 800-222-1222. TTY services are available at 800-356-3232 or through free Internet Nextalk services by dialing 313-993-7152 at **nextalk.net**.

**mitoxic.org** for further information

## **Tobacco Quit Line**

800-QUIT-NOW (784-8669)

- Provide free smoking cessation services to Michigan residents
- Personal health coach
- Participant tool kit

## **Mental Health/ Substance Abuse Services**

### **1. Community Mental Health**

Every county in Michigan has a Community Mental Health agency. These agencies provide mental health and substance abuse services for residents who live in their county. The price you are charged will be based on your ability to pay. To find even more mental health agencies, visit **mhweb.org/directory.htm** on the Web.

#### **Bay-Arenac Behavioral Health**

201 Mulholland  
Bay City, MI 48708  
989-895-2300  
**babha.org**

#### **Community Mental Health of Clinton-Eaton-Ingham**

812 E. Jolly Road, Suite G-10  
Lansing, MI 48910  
517-346-8200  
24-hour emergency line: 517-372-8460

#### **Community Mental Health of Central Michigan (Clare, Gladwin, Isabella, Midland)**

301 S. Crapo, Suite 100  
Mt. Pleasant, MI 48858  
989-773-6961  
**isabellacounty.org**

#### **Genesee County Community Mental Health**

420 W. Fifth Ave.  
Flint, MI 48503  
810-257-3705  
24-hour emergency line: 810-257-3740  
**mhweb.org/midmichigan/cmhgen.htm**

#### **Gratiot County Community Mental Health**

P.O. Box 69  
Alma, MI 48801  
989-463-4971  
**gccmha.org**

## **Huron Behavioral Health**

1108 S. Van Dyke  
Bad Axe, MI 48413  
989-269-9293  
24-hour emergency line: 800-356-5568  
[huroncmh.org](http://huroncmh.org)

## **Lapeer County Community Mental Health**

1570 Suncrest Drive  
Lapeer, MI 48446  
810-667-0500  
[county.lapeer.org/CMH/index.htm](http://county.lapeer.org/CMH/index.htm)

## **Lenawee Community Mental Health Authority**

1040 S. Winter St., Suite 1022  
Adrian, MI 49221  
517-263-8905  
[lcmha.org](http://lcmha.org)

## **Lifeways (Jackson and Hillsdale)**

1200 N. West Ave.  
Jackson, MI 49202  
517-789-1200  
[lifewaymco.com](http://lifewaymco.com)

## **Livingston County Catholic Social Services**

2280 E. Grand River  
Howell, MI 48843  
517-545-5944

- Substance abuse prevention, treatment and mental health
- Services: Outpatient mental health and substance abuse (3rd party, Medicaid, Medicare, sliding-fee and government funding available), community-focused substance abuse prevention, anger management
- Outreach services for senior citizens (transportation, friendly visiting, resource advocacy, etc.)
- Adult Day Service: 7533 W. Grand River, #138, Brighton, MI 48114, 810-229-9910

## **Saginaw County Community Mental Health**

500 Hancock  
Saginaw, MI 48602  
989-797-3400  
24-hour emergency line: 989-792-9732

## **Sanilac County Health Department Alcohol and Other Drug Program**

171 Dawson St.  
Sandusky, MI 48471  
810-648-4098, ext. 101  
24-hour emergency line: 810-648-4341

- Assistance in completing Prescription Assistance Program application process. The program provides free or reduced cost medications for common prescriptions.
- Prescription Eyeglasses Program offers eyeglasses at reduced prices for adults and children that are up to 200% of poverty guidelines.

## **Shiawassee County Community Mental Health**

1555 Industrial St.  
Owosso, MI 48867  
989-723-6791  
[shiacmh.org](http://shiacmh.org)

## **Tuscola Behavioral Health**

323 N. State St.  
Caro, MI 48723  
24-hour emergency line: 800-462-6814  
[tbhsonline.com](http://tbhsonline.com)

## 2. Additional Mental Health/ Substance Abuse Services

### **Alcoholics Anonymous** [alcoholics-anonymous.org](http://alcoholics-anonymous.org)

A free 12-step program that helps individuals with alcoholism stop drinking. Visit the Web site or check your phonebook to find a group near you.

### **Behavioral Health Connections**

1200 N. West Ave.  
Jackson, MI 49202  
800-284-8288

– Mental health screening program;  
call for more information

### **Cristo Rey Family Health Clinic**

1717 N. High St.  
Lansing, MI 48906  
517-371-1700

– Mental health counseling available  
– Sliding scale services

### **Dove Medical Clinic – Mental Health Services**

2000 N. West Ave., Suite 800  
Jackson, MI 49202  
517-783-5334

– Call for hours and to schedule an appointment

### **Northern Michigan Substance Abuse Services, Inc.**

Call 800-686-0749 or 989-732-0864 for more information or visit [nmsas.net](http://nmsas.net)

– This agency provides substance abuse treatment and prevention in the following Counties: Alcona, Alpena, Antrim, Benzie, Charlevoix, Cheboygan, Clare, Crawford, Emmet, Gladwin, Grand Traverse, Iosco, Isabella, Kalkaska, Lake, Leelanau, Manistee, Mason, Mecosta, Midland, Missaukee, Montmorency, Oceana, Ogemaw, Osceola, Oscoda, Otsego, Presque Isle, Roscommon and Wexford.  
– Services include assessment, detox, residential, intense outpatient and inpatient.

## Prescription Drug Assistance

### 1. General Prescription Programs

#### **BCBSM/BCN Medicare Part D Helpline**

800-485-4415

– This helpline is for those who want more information about the Medicare Part D prescription plans offered by Blue Cross Blue Shield of Michigan and Blue Care Network. Also visit our Web site at [bcbsm.com](http://bcbsm.com).

#### **Capital Area Prescription Program**

Ingham County Health Department  
5303 S. Cedar St.  
Lansing, MI 48911  
517-887-4300

– Open to Ingham, Clinton and Eaton County residents who do not have prescription coverage.  
– Discounts of 5 percent to 25 percent are available and participation is free.

#### **Community Prescription Support Program**

401 Holden St.  
Saginaw, MI 48601  
989-907-5602

#### **Eaton County Prescription Discount Program**

800-553-2565

[eatoncounty.org](http://eatoncounty.org)

– Open to Eaton County residents who do not have prescription coverage.  
– Discounts of 5-25% are available and participation is free.

## **GlaxoSmithKline “Orange Card”**

888-825-5249

- Savings of 30 to 40 percent on GlaxoSmithKline prescription medicines
- For seniors and disabled individuals who are enrolled in Medicare but lack prescription coverage
- Call for an application or go to [gsk.com](http://gsk.com)

## **The Medicine Program**

866-694-3893

[themedicineprogram.com](http://themedicineprogram.com)

- Print a free discount card on the Internet to save money on prescriptions or call the number above for more information.

## **Michigan Medicare/Medicaid Assistance Program**

6105 W. St. Joseph, Suite 209

Lansing, MI 48917-4850

800-803-7174

[mymmap.org](http://mymmap.org)

- This service helps seniors understand doctor/hospital bills, eligibility, enrollments, coverage and appeals. Help with identifying resources for prescription drug assistance, including Medicare Part D, will also be provided.

## **Prescription Drug and Patient Assistance Programs**

There are many resources on the Internet that provide information on prescription drugs and patient assistance programs. Visit [phrma.org](http://phrma.org), [pparxmi.org](http://pparxmi.org), [rxassist.org](http://rxassist.org) or [needymeds.com](http://needymeds.com). Or call 202-835-3400 for more information on lowering your prescription drug bills.

## **Prescription Relief**

866-DRUG 686

[prescriptionrelief.org](http://prescriptionrelief.org)

- Prescription assistance for low-income individuals who don't have insurance coverage
- The cost is \$8 per month per prescription.
- Apply online or call for details.

## **2. Specialized Prescription Programs**

### **Hemophilia Foundation of Michigan**

1921 W. Michigan Ave.

Ypsilanti, MI 48197

800-482-3041

[hfmich.org](http://hfmich.org)

- Helps people who have hemophilia find resources to pay for their medications
- Open Monday through Friday, 9 a.m. to 5 p.m.

### **Michigan Parkinson Foundation**

248-433-1011 or 800-852-9781

[parkinsonsmi.org](http://parkinsonsmi.org)

- Pays up to \$500 per year for Parkinson's-related medications for those who don't currently have prescription coverage.

### **Myasthenia Gravis Association**

17117 W. Nine Mile Road, Suite 1409

Southfield, MI 48075

248-423-9700

[mgadetroit.org](http://mgadetroit.org)

- Provides mail-order medication for the drugs Mestinon and Prednisone for people diagnosed with myasthenia gravis.

### **National Kidney Foundation of Michigan**

1169 Oak Valley Drive

Ann Arbor, MI 48108

800-482-1455

[nkfm.org](http://nkfm.org)

- The foundation will pay \$750 toward the cost of medications for people with kidney disease who do not have insurance coverage. Contact the program coordinator for patient services at the number above for more information.

## Social Services

### 1. Family Planning and Parenting

#### Michigan Parenting Helpline

800-942-4357

- Call this free, anonymous hotline anytime you need help with parenting skills. This hotline, sponsored by the Department of Human Services, also provides referrals.

#### Parents Anonymous

[parentsanonymous.org](http://parentsanonymous.org)

- Visit the Parent Anonymous Web site for more information on their free weekly support groups.
- The groups help parents learn about community resources, set parenting goals and give/receive support during difficult times.
- Free child care is available while the groups are in session.

#### Planned Parenthood

- Provides reproductive health care, including annual exams, contraception, pregnancy testing and sterilization for women and men.
- Fees are based on a sliding scale.
- There are 29 clinics throughout Michigan.
- Call 800-230-PLAN to be connected to the clinic nearest you or visit [miplannedparenthood.org](http://miplannedparenthood.org).

### 2. General Social Services

#### Gateway Community Services

2875 Northwind Drive, Suite 111

E. Lansing, MI 48823

517-351-4000

[gatewayservices.org](http://gatewayservices.org)

- Provides social services to children, adults and families in crisis

#### Jackson Community Action Agency

1214 Greenwood

Jackson, MI 49203

517-784-4800

[caajlh.org](http://caajlh.org)

- Health, community/housing, education and community programs
- Call for more information

#### Healthy Futures

401 Holden St.

Saginaw, MI 48601

989-776-1650

- Health care and social services for the uninsured and underinsured, including prescription assistance, referrals, help with utility bills and more.

#### Hearth Home

732 Hoyt St.

Saginaw, MI 48607

989-753-9011

[healthdelivery.org](http://healthdelivery.org)

- Free and anonymous HIV testing
- HIV/AIDS prevention and counseling services

#### Hillsdale Community Action Agency

55 Barnard St.

Hillsdale, MI 49242

517-437-3346

[caajlh.org](http://caajlh.org)

- Health, housing, education, community programs and more
- Call for more information

#### Listening Ear

107 E. Illinois St.

Mt. Pleasant, MI 48858

989-772-2918

[listeningear.com](http://listeningear.com)

- This agency provides referrals for individuals in crisis in Isabella and Clare Counties. Call or visit the Web site for more information.

## **Livingston County Catholic Social Services**

2020 E. Grand River, Suite 104  
Howell, MI 48843  
517-545-5944

### **3. Services for Seniors**

The following organizations provide various health and personal services for seniors and their caretakers. Call the agency in your area to find out more about the services that they offer.

#### **Arenac County Council on Aging**

131 Clyde St.  
Omer, MI 48749  
989-653-2692

#### **Bay County Division on Aging**

515 Center Ave.  
Bay City, MI 48708  
989-684-6956

#### **Council on Aging for Clare County**

800-952-3160  
[councilonagingcg.org/dining.html](http://councilonagingcg.org/dining.html)

#### **Clinton County Senior Citizen Drop-In Center**

989-224-4257

#### **Genesee County**

##### **Burton Senior Center**

3410 S. Grandtravers  
Burton, MI 48529  
810-744-0960  
[burtonmi.com](http://burtonmi.com)

##### **Davison Senior Center**

10135 Lapeer Road  
Davison, MI 48423  
810-658-1566  
[davison-sc.org](http://davison-sc.org)

##### **Eastside Senior Center**

810-250-5000

##### **Grand Blanc Senior Center**

810-695-3202

##### **Krapohl Senior Center**

810-5473 Bicentennial Dr.  
Mt. Morris, MI 48458  
810-785-2270  
[heartscs.org](http://heartscs.org)

##### **Gratiot County Commission on Aging**

515 S. Pine River St.  
Ithaca, MI 48847  
989-875-5246  
[co.gratiot.mi.us/coa/index.htm](http://co.gratiot.mi.us/coa/index.htm)

##### **Hillsdale County Senior Services Center**

320 W. Bacon Road  
Hillsdale, MI 49249  
517-437-2422  
[hillsdaleseniorcenter.org](http://hillsdaleseniorcenter.org)

##### **Human Development Commission of Sanilac County**

810-648-4497

##### **Human Development Commission of Tuscola County**

429 Montagne Ave.  
Caro, MI 48723  
989-673-4121

#### **Ingham County**

##### **Ingham County Senior Citizens Office**

407 N. Cedar  
Mason, MI 48854  
517-676-1081

##### **Tri-County Office on Aging**

5303 S. Cedar St., Suite 1  
Lansing, MI 48911  
517-887-1440  
[tcoa.org](http://tcoa.org)

##### **Isabella County Commission on Aging**

2355 Schust St.  
Saginaw, MI 48601  
989-772-0748  
[isabellacounty.org](http://isabellacounty.org)

##### **Jackson County Department on Aging**

1715 Lansing Ave.  
Jackson, MI 49202  
517-788-4364

## **Lapeer Department of Senior Activity**

1800 Imlay City Road  
Lapeer, MI 48446  
810-724-6030  
[lchd.lapeer.org](http://lchd.lapeer.org)

## **Lenawee County Department on Aging**

1040 S. Winter St., Suite 3003  
Adrian, MI 49221  
517-264-5280  
[lenawee.mi.us](http://lenawee.mi.us)

## **Livingston County**

Fowlerville Senior Center  
203 N. Collins  
Fowlerville, MI 48836  
517-223-3929

## **Michigan Medicare/Medicaid Assistance Program**

6105 W. St. Joseph, Suite 209  
Lansing, MI 48917-4850  
800-803-7174  
[mymmap.org](http://mymmap.org)

– This service helps seniors understand doctor/hospital bills, eligibility, enrollments, coverage and appeals. Help with identifying resources for prescription drug assistance, including Medicare Part D, will also be provided.

## **Midland County Council on Aging**

989-633-3700

## **Ministry with the Aging**

211 E. Cedar  
Gladwin, MI 48624  
989-426-9943  
– Transportation to medical appointments  
– No fee for services, but donations are appreciated

## **Region II Area Agency on Aging**

800-335-7881  
– Serving Jackson, Hillsdale and Lenawee Counties

## **Region VII Area Agency on Aging**

800-858-1637  
– Serving Bay, Clair, Gladwin, Gratiot, Huron, Isabella, Midland, Saginaw, Sanilac and Tuscola Counties

## **Saginaw County Commission on Aging**

989-797-6880

## **Shiawassee Council on Aging**

300 N. Washington St.  
Owosso, MI 48867  
989-723-8875

## **Tri-County Office on Aging**

800-405-9141

### **tcoa.org**

– Serving Clinton, Eaton and Ingham Counties

## **Valley Area Agency on Aging**

810-239-7671

### **valleyaaa.org**

– Serving Genesee, Lapeer and Shiawassee counties

## **State and Federal Programs**

### **1. For Children and Pregnant Women**

#### **Children's Special Health Care Services**

800-359-3722

This is a program for children and some adults with special health care needs. If your child suffers from a chronic medical condition, such as cerebral palsy, sickle cell disease, epilepsy, diabetes, muscular dystrophy or others, call the number above for more information or visit [michigan.gov](http://michigan.gov).

#### **MIChild/Healthy Kids Program**

MIChild is a low-cost statewide program that provides comprehensive health care for children of working families. Children under 19 years of age who are not MIChild eligible and meet the financial guidelines may be eligible for Healthy Kids. Healthy Kids is a

Medicaid program that provides health care for low-income families and individuals at no cost. This includes pregnant women, babies and children under the age of 19. There are no copays or deductibles for either of these programs if you are under 21 years of age. Call 888-988-6300 for more information or apply online at [healthcare4mi.com](http://healthcare4mi.com).

### **Women, Infants and Children Program**

800-942-1636

This program provides nutritious foods, information on healthy eating and referrals to health care for women, infants and children.

## **2. For Adults**

The State of Michigan provides medical insurance to low-income adults ages 18-64 through the Medicaid program. Contact the Department of Human Services office in your county to find out if you qualify for Medicaid or visit [michigan.gov/dhs](http://michigan.gov/dhs).

The numbers below can also be used if you need extra help with the Food Assistance Program, referrals to social service and mental health agencies, or if you want to contact Protective Services regarding child or elder abuse. If you want to find out if you are eligible for state and federal programs, visit the Michigan Assistance and Referral Service on the Web at [mfia.state.mi.us/mars](http://mfia.state.mi.us/mars).

Most Medicaid recipients are eligible for transportation assistance for medical appointments. Talk to a caseworker at the Department of Human Services for more information.

### **Arenac County Department of Human Services**

3709 Deep River Road  
Standish, MI 48658  
989-846-5500

### **Bay County Department of Human Services**

1399 W. Center Road  
Essexville, MI 48732  
989-895-2100

### **Clare County Department of Human Services**

725 Richard Drive  
Harrison, MI 48625  
989-539-4260  
[co.eau-claire.wi.us](http://co.eau-claire.wi.us)

### **Clinton County Department of Human Services**

201 W. Railroad  
St. Johns, MI 48879  
989-224-5500

### **Eaton County Department of Human Services**

1050 Independence Blvd.  
Charlotte, MI 48813  
517-543-0860

### **Gladwin County Department of Human Services**

250 N. State St.  
Gladwin, MI 48624  
989-426-3300

### **Gratiot County Department of Human Services**

201 Commerce Drive  
Ithaca, MI 48847  
989-875-5181

### **Hillsdale County Department of Human Services**

40 Care Drive  
Hillsdale, MI 49242  
517-439-2200

### **Huron County Department of Human Services**

1911 Sand Beach Road  
Bad Axe, MI 48413  
989-269-9201

### **Ingham County Department of Human Services**

5303 S. Cedar St.  
Lansing, MI 48911  
517-887-9400

### **Isabella County Department of Human Services**

1475 S. Bamber Road  
Mt. Pleasant, MI 48858  
989-772-8400

### **Jackson County Department of Human Services**

301 E. Louis Glick Hwy.  
Jackson, MI 49201  
517-780-7400

### **Lapeer County Department of Human Services**

1505 Suncrest Drive  
Lapeer, MI 48446  
810-667-0800

### **Lenawee County Department of Human Services**

1040 S. Winter St., Suite 3013  
Adrian, MI 49221  
517-264-6300

### **Livingston County Department of Human Services**

2300 E. Grand River, Suite 1  
Howell, MI 48843  
517-548-0200

### **Midland County Department of Human Services**

220 W. Ellsworth St.  
Midland, MI 48641  
989-832-6673 or 989-832-6686  
[co.midland.mi.us/index.php](http://co.midland.mi.us/index.php)

### **Saginaw County Department of Human Services**

P.O. Box 5070  
411 E. Genesee  
Saginaw, MI 48605  
989-758-1500

### **Sanilac County Department of Human Services**

515 S. Sandusky Road  
Sandusky, MI 48471  
810-648-4420

### **Shiawassee County Department of Human Services**

1975 W. Main, Suite 1  
Owosso, MI 48867  
989-725-3200

### **Tuscola County Department of Human Services**

1365 Cleaver Road  
Caro, MI 48723  
989-673-9100

## **3. For Veterans**

The U.S. Veterans Administration Agency provides medical services to all military veterans who have served in the United States Armed Forces. The services are either free or require a small fee. Call 877-222-8387 for more information on veterans' health benefits or visit [va.gov](http://va.gov).

## **Vision Services**

### **Eye Care America**

800-222-EYES

– Provides referrals to doctors who perform free or low-cost eye exams and surgery to individuals over 65.

### **Lions Club International**

[lionsclub.org](http://lionsclub.org)

– The Lions Club distributes eyeglasses to those in need. For more information, visit their Web site.

### **Vision USA**

– Free eye care program for working individuals who do not have vision insurance  
– Register by calling 800-776-4466 8 a.m. to 6 p.m. Monday through Friday or visiting [aoa.org](http://aoa.org)

# Help With Health Care Survey

1. Where did you get this brochure?

- Health Fair
- Free Clinic
- Local Health Department
- Department of Human Services (DHS) Office
- Other \_\_\_\_\_

2. How useful is this brochure for you and your family?

- Very Useful
- Somewhat Useful
- Not Very Useful
- Not at all Useful

3. What information have you used or will you use from this brochure? Check all that apply.

- Dental Services
- Free/low-cost clinics
- Government Programs (county, state or federal)
- Hotlines/special programs
- Mental Health Services
- Prescription Programs
- Social Services

4. What is your gender?

- Female
- Male

5. What is your age?

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75+

6. What type of health care coverage do you currently have? Check all that apply.

- Dental
- Private Medical
- Medicare
- Medicaid
- MI Child/Healthy Kids
- Vision
- No Insurance Coverage
- Other \_\_\_\_\_

7. How many children do you have?

- None
- One
- Two
- Three
- Four
- Five or More

8. What is your current employment status?

- Temporarily employed
- Employed Part Time
- Employed Full-time
- Unemployed
- Other \_\_\_\_\_

9. Which County do you live in?

\_\_\_\_\_

10. How could we make this brochure better?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Just drop this survey in the mail. Thank you!*



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at top; place stamp in upper right-hand corner and mail.