



Help with Health Care

Resources for the Uninsured
West Michigan

Revised 1/09





**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.

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

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: **Allegan, Barry, Berrien, Branch, Calhoun, Cass, Ionia, Kalamazoo, Kent, Lake, Mason, Mecosta, Montcalm, Muskegon, Newaygo, Oceana, Osceola, Ottawa, St. Joseph y Van Buren.**

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/. To obtain information on low-cost insurance coverage offered through Blue Cross Blue Shield of Michigan, visit 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. 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.

Access Health

Community-sponsored health plan that helps the working uninsured access health care services. It's available for the employees of participating businesses located in Muskegon County. Call 231-728-5180 for more information. Muskegon Care, a health plan for uninsured adults, is also administered by Access Health, Inc. Contact your local Department of Human Services office for more information about Muskegon Care.

access-health.org

Barry-Eaton Health Plan

BEHP is a 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 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.

Berrien Health Plan

Comprehensive, community-based health plan for residents of Berrien County. Contact your local Department of Human Services office to find out if you are eligible or call 866-291-8691.

communityhealthplans.org

Branch-Hillsdale-St. Joseph Health Plan

Comprehensive, community-based health plan for residents of Branch, Hillsdale and St. Joseph counties. Contact your local Department of Human Services office to find out if you are eligible or call 866-291-8691.

Calhoun County Health Plan

Comprehensive, community-based health plan for residents of Calhoun County. Contact your local Department of Human Services office to find out if you are eligible or call 866-291-8691.

communityhealthplans.org

Ionia Health Plan

Comprehensive, community-based health plan for residents of Ionia County. Contact your local Department of Human Services office to find out if you are eligible or call 866-291-8691.

Kalamazoo Health Plan

This is available to Kalamazoo County adult residents. If you are a member of Kalamazoo Part B plan, office visits cost \$5 and prescriptions range from \$5-\$10. Call 269-344-6168 to learn more.

Kent Health Plan

Community-sponsored program that helps uninsured people obtain health care services. It is available to Kent County residents. Call 866-291-8691 for information or visit kenthealthplan.org.

Mid-Michigan Health Plan

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

mmdhd.org/MMHP.htm

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 listed above.

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

Allegan County Health Department

3255 122nd Ave., Suite 200
Allegan, MI 49010
269-673-5411
allegancounty.org

Berrien County Health Department

769 Pipestone St.
Benton Harbor, MI 49023
269-926-7121
berriencohalthdept.org

Barry/Eaton District Health Department

1033 Health Care Drive
Charlotte, MI 48813
517-485-7110
barryeatonhealth.org

Branch/Hillsdale/St. Joseph Community Health Agency

Branch County Office
570 N. Marshall Road
Coldwater, MI 49036
517-279-9561
bhsj.org

St. Joseph County Offices

209 W. Hatch St.
Sturgis, MI 49091
269-659-4013

1110 Hill St
Three Rivers, MI 49093
269-273-2161

Calhoun County Health Department

190 E. Michigan Ave., Suite A-100
Battle Creek, MI 49014
269-969-6363
calhouncountymi.org

Central Michigan District Health Department

2012 E. Preston
Mt. Pleasant, MI 48858
989-773-5921
cmdhd.org

– Open 8:30 a.m. to 12 p.m. and 1 to 4 p.m.
Monday through Friday

District 10 Health Department

521 Cobbs St.
Cadillac, MI 49707
231-775-9942
dhd10.org

– Serves the following counties: Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana and Wexford

Ionia County Health Department

175 E. Adams St.
Ionia, MI 48846
616-527-5341
ioniacounty.org

Kalamazoo County Human Services Department

3299 Gull Road, P.O. Box 42
Nazareth, MI 49074
269-373-5200

Kent County Health Department

700 Fuller Ave.
Grand Rapids, MI 49503
616-632-7100
accesskent.com

Mid-Michigan District Health Department

615 N. State Road, Suite 2
Stanton, MI 48888
989-831-5237

mmdhd.org

– Serving Clinton, Gratiot and Montcalm

Muskegon County Health Department

209 E. Apple Ave.
Muskegon, MI 49442
231-724-6246

muskegonhealth.net

Ottawa County Health Department

12251 James, Suite 400
Holland, MI 49424
616-396-5266

miottawa.org

Van Buren-Cass Health Department

57418 County Road 681
Hartford, MI 49057
269-621-3143

vbcassdhd.org

Dental Services

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

Discount Dental Plans

888-632-5353

dentalplans.com

– Call or visit the Web site to find low-cost dental plans in your area.

Ferguson Dental Center

101 Sheldon S.E.
Grand Rapids, MI 49503
616-776-2340

– Emergency clinic registration begins at 7 a.m.; cost is \$20. For additional services, hours are 7 a.m. to 5 p.m.
– Sliding scale; proof of income required

Ferris State University Dental Clinic

200 Ferris Drive
Big Rapids, MI 49307
231-591-2260

ferris.edu

– Low-cost dental services

InterCare – Mobile Dental Van

269-427-7937

intercare.org

– Berrien, Cass and Van Buren counties
– Visit **intercare.org** or call to schedule the mobile dental van at your organization or school.

Kalamazoo County Dental Clinic

269-373-5217

kalcounty.com

– Sliding scale; Medicaid accepted
– Comprehensive dental care available to low-income adults

Kalamazoo Valley Community College Dental Hygiene Clinic

6767 W. “O” Ave.
Kalamazoo, MI 49003
269-372-5338

– Low-cost basic dental care, including cleaning and X-rays

Michigan Dental Program

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

michigan.gov

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

Miles of Smiles

800-467-5905

– This program provides free and low-cost dental care to children who live in Ottawa County. Call to find out if your child is eligible.

Mobile Dental Van (Cass, Berrien, Van Buren Counties)

269-208-2456

intercare.org

- This mobile dental van visits rural schools, senior centers, clinics, the Department of Human Services and migrant camps, juvenile delinquent, nursing homes council on aging and elementary schools.
- Visit the Web site or call to have the van come to your organization or school.

Muskegon Family Care Dental Clinic

1700 Oak Ave., Suite 010

Muskegon, MI 49442

231-767-9830

mfc-health.org

- Call for more information on services and hours.

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.

Baldwin Family Health Care

1615 Michigan Ave.

Baldwin, MI 49304

231-745-4624

- Open 8 a.m. to 8 p.m. Monday through Wednesday;
- 8 a.m. to 5 p.m. Thursday and Friday.
- Sliding scale available

Baxter Wholistic Health Clinic

935 Baxter S.E.

Grand Rapids, MI 49506

616-456-5310

baxter.org

- Pediatric, adult, dental and eye care
- Discounted services

Belknap Commons Health Center

751 Lafayette N.E.

Grand Rapids, MI 49503

616-742-9945

cherryhealth.org

- Sliding scale
- Open 8 a.m. to 5 p.m. Monday through Friday

Browning-Claytor Health Center

1246 Madison S.E.

Grand Rapids, MI 49507

616-913-8300

smmmcc.org

- Medicare and Medicaid recipients welcomed; there is a cost associated with all services provided.
- Open 9 a.m. to 5 p.m. Monday through Friday

Burton Health Center

2135 Buchanan S.W.

Grand Rapids, MI 49506

616-247-3638

- Medical services for families and dental services for children
- 8 a.m. to 4:30 p.m. Monday through Friday

Cass County Free Clinic at Borgess-Lee Memorial Hospital

420 W. High St.

Dowagiac, MI 49047

269-783-3079

- Provides free general health care services to adults
- Open to all Cass County residents without health insurance
- Open Wednesdays starting at 5:30 p.m.

Catherine's Care Center

224 Carrier N.E.
Grand Rapids, MI 49505
616-336-8800
– \$10 co-pay/sliding scale
– General family practice and mental health services

Cherry St. Health Center

550 Cherry St. S.E.
Grand Rapids, MI 49503
616-235-7272
cherryhealth.org
– Sliding scale
– Medical, dental, prenatal care and X-rays, optical, social work, WIC and X-rays.

City on a Hill Ministries Health Clinic, Ottawa

100 S. Pine St., Ste. 140
Zeeland, MI 49464
616-748-6009
coahm.org

Clinica Santa Maria

St. Mary's Health Services
730 Grandeville Ave., S.W.
Grand Rapids, MI 49503
616-913-8400
smmm.org

– General medical/dental care and help with prescriptions
– Focused on the Hispanic community, but anyone will be served

Community Free Clinic

3147 Logan Valley Road
Traverse City, MI 49684
231-935-0668

Faith Community Free Health Clinic

503 S. Grove St.
Delton, MI 49046
269-623-3033
– Open from 5 p.m. to 8 p.m. Tuesday and Thursday
– Call ahead for appointment.

Family Health Care – Baldwin Clinic

1101 Washington Ave.
Baldwin, MI 49304
231-745-2000
familyhealthcare.org
– Call for hours and additional information.

Family Health Care – Healthy Beginnings

126 Benson
White Cloud, MI 49349
231-689-6447
familyhealthcare.org
– Call for hours and additional information.

Family Health Care – Grant Clinic

11 N. Maple
Grant, MI 49327
231-834-0444
familyhealthcare.org
– Call for hours and additional information.

Family Health Care – White Cloud

1035 Wilcox
White Cloud, MI 49349
231-689-5943
familyhealthcare.org
– Call for hours and additional information.

Family Health Center – Albion

115 Market Place
Albion, MI 49224
517-629-6540
fhcbc.org

Family Health Center – Battle Creek

181 W. Emmett
Battle Creek, MI 49017
269-966-2600
fhcbc.org
– Call for appointments.
– Sliding scale; Medicare and Medicaid accepted
– Primary care, pharmacy, dental, women's health

Family Health Center – Kalamazoo

117 W. Paterson St.
Kalamazoo, MI 49007
269-349-2641

- Open 8 a.m. to 7 p.m. Monday, Tuesday and Wednesday
- Open 8 a.m. to 5 p.m. Thursday and Friday

Pharmacy

- Open 8:30 a.m. to 7 p.m. Monday
- Open 8:30 to 5 p.m. Tuesday, Wednesday, Thursday and Friday
- Open 9 a.m. to 1 p.m. Saturday
- Call to make an appointment.

Family Health Center – South

2030 Portage Road
Kalamazoo, MI 49001
269-349-0888

- Call for additional information or to make an appointment.

Ferguson Adult Health Center

75 Sheldon S.E.
Grand Rapids, MI 49503
616-776-2400

- After-hours emergency services available

Free Clinic of Kalamazoo

2918 Portage St.
Kalamazoo, MI 49001
269-344-0044

kzoofreeclinic.org

- Urgent care, medication assistance, physical therapy and dental and vision referrals
- Must be a Kalamazoo County resident who is not eligible for Medicaid
- All services are free

Fountain Clinic

111 N. Jefferson, Suite 1
Marshall, MI 49068
269-781-0952

- General health care services and medication assistance
- Vision, dental and mental health referrals

Grand Rapids Pediatrics

330 Barclay, Suite GL2
Grand Rapids, MI 49503
616-459-4314

- Sliding scale
- Medical care for children

Guardian Angel Care Inc.

1839 Stilesgate SE
Grand Rapids, MI 49508
616-299-9721

Hackley Community Care

2700 Baker St.
Muskegon Heights, MI 49444
231-737-1335

- Evening hours available
- Sliding scale
- Accepting new patients on Medicaid or Medicare

Health Care for the Homeless

431 N. Rose St.
Kalamazoo, MI 49007
269-385-2217

- Open 8:30 a.m. to 5 p.m. Monday through Friday
- Primary care for homeless individuals

Health Connections Clinic (Barry County)

Barry-Eaton District Health Department
330 W. Woodlawn
Hastings, MI 49058
800-553-2565

- Primary care for low-income adults
- Call number above to enroll in program or for current hours.

Health Intervention Services

15 Andre S.E.
Grand Rapids, MI 49507
616-475-8420 or 616-475-8446

- Call for more information.

Heartside Clinic

359 S. Division St.
Grand Rapids, MI 49503
616-643-3800

smmm.org

- Open 7:30 a.m. to 3 p.m. Monday through Friday
- Medical care and social work services for homeless individuals

Holland Community Health Center

336 S. River Ave.
Holland, MI 49423
616-394-3788

- Bilingual primary care
- Sliding scale

Holland Free Health Clinic

99 W. 26th St.
Holland, MI 49423
616-392-3610

- Assists people with finding low-cost prescriptions
- Call for more information

Intercare – Bangor Medical and Dental Clinic

308 Charles St.
Bangor, MI 49013
269-427-7967

intercare.org

- Primary medical and dental care, WIC
- New patients welcome.

Intercare – Benton Harbor Medical and Dental Clinic 1

697 Weld St.
Benton Harbor, MI 49022
269-927-5400

intercare.org

- Primary medical and dental care, prenatal, maternal and infant support
- New patients welcome.

Intercare – Benton Harbor 2

960 Agard Ave.
Benton Harbor, MI 49022
269-927-5162

intercare.org

- Pediatrics and obstetrics
- New patients welcome.

Intercare – Eau Claire Medical Clinic

6270 W. Main St.
Eau Claire, MI 49111
269-461-6927

intercare.org

- Primary medical and dental care, prenatal, maternal and infant support
- New patients welcome.

Intercare – Holland Medical and Dental Clinic

285 James St.
Holland, MI 49424
616-399-0200

intercare.org

- Primary medical and dental care, prenatal, maternal and infant support, WIC
- New patients welcome.

Intercare – Pullman Medical and Dental Clinic

5498 109th Ave.
Pullman, MI 49450
269-236-5021

intercare.org

- Primary medical and dental care, prenatal, WIC
- New patients welcome.

Intercare – Sparta Medical Clinic – Migrant Program

540 S. State St.
Sparta, MI 49345
616-887-3800

intercare.org

- Mobile dental, WIC, and case management services for farm workers
- New patients welcome.

Mel Trotter Ministries

225 Commerce Ave. SW
Grand Rapids, MI 49503
616-454-8249

meltrotter.org

- Medical, dental and optical care for homeless
- Also provides substance abuse treatment

Muskegon Family Care Center – Getty St.

2201 S. Getty St.
Muskegon, MI 49442
231-739-9315

mfc-health.org

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

Muskegon Family Care – Oak Ave.

1700 Oak Ave., Suite 400
Muskegon, MI 49422
231-777-2093

mfc-health.org

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

Northwest Michigan Health Services – Shelby

119 S. State St.
Shelby, MI 49455
231-861-2139

- Migrant Clinic
- Open 8 a.m. to 4:30 p.m. Monday through Friday
- Family practice and dental services

Nursing Clinic of Battle Creek

34 Green St.
Battle Creek, MI 49014
269-962-6565

- Call for more information.

Presbyterian Health Clinic of Branch County

52 Marshall St.
Coldwater, MI 49036
517-278-6068

fcglr.org

- Walk-ins on Thursdays from 3 p.m. to 6:30 p.m.
- Adults only

Project Access

- 1400 Michigan Ave. NE
- Grand Rapids, MI 49503
- 616-459-1111

Riverside Health Clinic

207 E. Michigan
Three Rivers, MI 49093
269-273-3744

- Walk-in clinic
- Open every Tuesday for free medical assistance and discount prescriptions based on income. Open the second Tuesday of each month for medical assistance.
- Registration must occur at the site between 5:30 and 7 p.m.; all who register will be seen.

Salvation Army Booth Clinic

1215 E. Fulton St.
Grand Rapids, MI 49503
616-459-9468

- Medical, dental and mental health services available

Seeds of Grace, Allegan/allegan

311 ½ Hubbard St.
Allegan, MI 49010
269-288-0253

alleganseedsofgrace.org

Westside Health Center

669 Stocking Ave. N.W.
Grand Rapids, MI 49504
616-235-1480

- Sliding scale
- Provides medical, dental and prenatal care, counseling, case management, WIC and lab services
- Bilingual staff is available for Spanish-speaking clients.

2. School-Based Health Centers

School-based health centers provide services to children and adolescents who attend a school or live near 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.

Calhoun

Battle Creek Central High School Health Center

269-965-9539

Kent County

Burton School Health Center

616-247-3638

Creston High Health Center

1720 Plainfield N.East
Grand Rapids, MI 49503
616-819-2424

Ottawa Hills Health Center

616-819-2900

Union High School Health Center

1800 Treemont Blvd.
Grand Rapids, MI 49503
616-791-6593

Lake County

Baldwin Teen Health Center

231-745-4683

Hotlines and Special Programs

American Association of Retired Persons

866-227-7448

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

aidspartnership.org

info@aidspartnership

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

Alzheimer's Hotline

800-272-3900

alz.org

- 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

586-263-8572

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.

Constance Brown Hearing and Speech Centers

1-877-343-2601

cbrown.org

- Testing, hearing aids and advocacy for the hearing impaired

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.

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

– 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.

Allegan County Community Mental Health

3285 122nd Ave.
Allegan, MI 49010
269-673-6617
24-hour emergency line: 800-795-6617

Barry County Community Mental Health

915 W. Green St.
Hastings, MI 49058
269-948-8041
barrycounty.org

Berrien Mental Health Authority

P.O. Box 547
Benton Harbor, MI 49023
269-927-6065

Community Mental Health of Central Michigan (Mecosta and Osceola)

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

Ionia County Community Mental Health

375 Apple Tree Drive
Ionia, MI 48846
616-527-1790
24-hour emergency line: 888-527-1790
ioniacmhs.org

Kalamazoo County Community Mental Health

3299 Gull Road, P.O. Box 63
Nazareth, MI 49074
269-553-8000
24-hour emergency line: 269-373-6000
kazoocmh.org

Montcalm Center for Behavioral Health

611 N. State
Stanton, MI 48888
989-831-7520
montcalmcenter.org

Muskegon County Community Mental Health

376 Apple Ave.
Muskegon, MI 49442
231-724-1104
24-hour emergency line: 231-722-HELP

Network180 (Kent County) – Mental Health and Substance Abuse

728 Fuller Ave. N.E.
Grand Rapids, MI 49503
616-336-3765
24-hour emergency line: 616-336-3909

Newaygo County Mental Health Center

PO Box 867
1049 Newell
White Cloud, MI 49349
231-689-7330
newaygocmh.org

**Ottawa County Community
Mental Health**

12265 James St.
Holland, MI 49424
616-392-1873
24-hour emergency line: 616-396-HELP
co.ottawa.mi.us

**Pines Behavioral Health Services
(Branch County)**

200 Orleans Blvd.
Coldwater, MI 49036
517-279-8404
pinesbhs.org

**St. Joseph County Community
Mental Health Services**

210 S. Main
Three Rivers, MI 49093
269-273-2000
24-hour emergency line: 800-622-3967
stjoecmh.org

**Summit Pointe Community
Mental Health (Calhoun County)**

140 W. Michigan Ave.
Battle Creek, MI 49017
269-966-1460

**Van Buren County Community
Mental Health**

801 Hazen, Suite C
Paw Paw, MI 49079
269-657-5574
24-hour emergency line: 800-922-1418
vbcmh.com

**West Michigan Community
Mental Health (Lake, Mason, Oceana
counties)**

920 Diana St.
Ludington, MI 49431
231-845-6294

**Woodlands Behavioral Health
(Cass County)**

960 M-60 E
Cassopolis, MI 49031
269-445-2451
woodlandsbhn.org

**2. Additional Mental Health/
Substance Abuse Services**

**Alcoholics Anonymous
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.

**Kalamazoo Community
Mental Health and Substance
Abuse Services**

(Serving Barry, Branch, Kalamazoo,
St. Joseph and Van Buren counties)
888-373-6200
kazoocmh.org

– Medicaid available for Cass and Allegan counties

**Mid-South Substance Abuse Center
(Serving Calhoun County)**

517-337-4406

Northern Michigan Substance Abuse Services, Inc.

Call 800-686-0749 or 989-732-0864 for more information or visit 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 outpatient.

Shoreline Consultation Services

(Serving Allegan, Berrien, Cass, Muskegon and Ottawa counties)

231-733-5334

alleganmeth.com

Prescription Drug Assistance

1. General Prescription Programs

Barry County Prescription Discount Program

800-553-2565

barrycounty.org

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

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.

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

The Medicine Program

866-694-3893

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

- 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.

Ottawa County Prescription Discount Program

The Ottawa County Health Department helps Ottawa County residents with prescription assistance. Call 616-396-5266 for more information.

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, pparxmi.org, rxassist.org or needymeds.com. Or call 202-835-3400 for more information on lowering your prescription drug bills.

Prescription Relief

866-DRUG 686

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

- 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

- 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

- 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

- 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

- 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.

2. General Social Services

CARES (Community AIDS Resource and Education Services)

629 Pioneer
Kalamazoo, MI 49008
269-381-2437
caresswm.org

- A variety of social services for persons living with HIV/AIDS

Catholic Family Services/The Ark

1819 Gull Road
Kalamazoo, MI 49008
269-381-9800

catholicfamilyservices.org

- Open to people of all faiths
- Social services for children, adults and pregnant teens

Community Action — Kalamazoo County

P.O. Box 553
Portage, MI
269-372-4196
info@adckazoo.com

- American-Arab Anti-Discrimination Committee of Greater Kalamazoo is committed to defending the rights of people of Arab descent and promoting their rich culture heritage.

Douglass Community Association

1000 W. Paterson
Kalamazoo, MI 49007
269-343-6185
– General social services for Kalamazoo residents

Family and Children Services

1608 Lake St.
Kalamazoo, MI 49001
269-344-0202
fcsource.org

- Counseling, family preservation, respite services and pregnancy counseling available.

Family Health Care Counseling Center

1101 E. Washington
Baldwin, Michigan 49304
231-745-2000

Gryphon Place

1104 S. Westnedge
Kalamazoo, MI 49008
269-381-1510

gryphon.org

- 24-hour suicide crisis line, mental health services and referrals

McAuley Health Center

310 Lafite S. East, Suite 410
Grand Rapids, MI 49503
616-913-8200

smmmc.org

- Testing, counseling and case management for people living with HIV/AIDS
- Emergency financial assistance available

YMCA of Kalamazoo

1001 W. Maple
Kalamazoo, MI 49008
269-345-9622

- Wide range of social services, including shelter for survivors of domestic abuse

3. Services for Seniors

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

Allegan County Resource Development Committee, Inc.

269-673-5472

Area Agency on Aging of West Michigan

616-456-5664

aaawm.org

– Serves the following counties: Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Newaygo and Osceola.

Barry County Commission on Aging

269-948-4856

Berrien County

Benton Harbor/Benton Township Senior Center

269-927-2497

Central County Center for Senior Citizens

269-471-2017

Niles Senior Center

269-683-9380

North Berrien Senior Center

269-468-3366

northberrienseniiorcenter.org

Southwest Michigan Community Action Agency

269-925-9077

Branch County Commission on Aging

517-279-6565

bhsj.org

Branch-St. Joseph Area Agency on Aging (Region III-C)

517-279-9561, ext. 137

bhsj.org

Burnham Brook Community Center

269-966-2566

burnhambrook.org

– Serving seniors in Barry and Calhoun counties

Cass County Council on Aging

269-445-8110

casscoa.org

Community Action Agency of South Central Michigan

269-966-2466

caascm.org

– Serving seniors in Barry, Branch, Calhoun and St. Joseph counties

Ionia County Commission on Aging

616-527-5365

ioniacounty.org

Kalamazoo County

Comstock Community Center

269-345-8556

Ecumenical Senior Center

269-381-9750

First Presbyterian Health Clinic

269-344-0044

Portage Senior Center

269-329-4555

Senior Services, Inc.

269-382-0515

seniorservices1.org

South County Community Services

269-649-2901

Kent County

ACSET - Latin American Services

616-336-4018

Senior Neighbors, Inc.

616-459-6019

United Methodist Community House

616-241-1645

Mason County

Ludington Area Senior Center

231-845-6841

Scottville Area Senior Center

231-757-4705

Mecosta County Commission on Aging

231-972-2884

co.mecosta.mi.us

Michigan Medicare/Medicaid Assistance Program

6105 W. St. Joseph, Suite 209

Lansing, MI 48917-4850

800-803-7174

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.

Montcalm County Commission on Aging

989-831-7476

Newaygo County Commission on Aging

231-689-2100

newaygocoa.org

Oceana County Council on Aging

231-873-4461

oceanacountycouncilonaging.com

Ottawa County

Evergreen Commons

616-396-7100

N. Ottawa County Council on Aging

616-842-9210

Area Agency on Aging Region IIIA

269-373-5147

– Adult/Senior Services; Older Adult Services

Region III-B Area Agency on Aging

800-227-2566

– Serves Barry and Calhoun counties

Region IV Area Agency on Aging

800-442-2803

– Serves Cass, Berrien and Van Buren

Senior Resources of West Michigan

231-739-5858

seniorresources.us

– Serves Muskegon, Oceana and Ottawa

Senior Services, Inc.

616-382-0515

seniorservices1.org

St. Joseph County Commission on Aging

269-279-8083

bhsj.org

Van Buren County

South Haven Area Senior Services

269-637-3607

shass.org

Southwest Michigan Community Action Agency

800-968-3905

Van Buren United Civic Organization

269-764-8378

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.

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.

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 (DHS) office in your county to find out if you qualify for Medicaid or visit 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.

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

Allegan County Department of Human Services

3255 122nd St., Suite 300
Allegan, MI 49010
269-673-7700

Barry County Department of Human Services

430 Barfield Drive
Hastings, MI 49058
269-948-3200
michigan.gov

Berrien County Department of Human Services

P.O. Box 1407
401 Eighth St.
Benton Harbor, MI 49023
269-934-2000

**Branch County Department
of Human Services**

388 Keith Wilhelm Drive
Coldwater, MI 49036
517-279-4200

**Calhoun County Department
of Human Services**

190 E. Michigan Ave.
P.O. Box 490
Battle Creek, MI 49016
269-966-1284

**Cass County Department
of Human Services**

325 M-62
Cassopolis, MI 49031
269-445-0200

**Ionia County Department
of Human Services**

P.O. Box 506
920 E. Lincoln
Ionia, MI 48846
616-527-5200
ioniacounty.org

**Kalamazoo County Department
of Human Services**

322 E. Stockbridge Ave.
Kalamazoo, MI 49001
269-337-4900

**Kent County Department
of Human Services**

415 Franklin S.E.
Grand Rapids, MI 49507
616-247-6000

**Lake County Department
of Human Services**

5653 S. M-37
Baldwin, MI 49304
231-745-8159

**Mason County Department
of Human Services**

915 Diana St.
Ludington, MI 49431
231-845-7391

**Mecosta-Osceola County
Department of Human Services**

800 Water Tower Road
Big Rapids, MI 49307
231-796-4300

**Montcalm County Department
of Human Services**

P.O. Box 278
609 N. State
Stanton, MI 48888
989-831-8400

**Muskegon County Department
of Human Services**

P.O. Box 4290
2700 Baker St.
Muskegon Heights, MI 49444
231-733-3700

**Newaygo County Department
of Human Services**

P.O. Box 640
1018 Newell
White Cloud, MI 49349
231-689-5500

**Oceana County Department
of Human Services**

P.O. Box 70
4081 W. Polk Road
Hart, MI 49420
231-873-7251

**Ottawa County Department
of Human Services**

12185 James St., Suite 200
Holland, MI 49424
616-394-7200

St. Joseph County Department of Human Services

692 E. Main St.
Centreville, MI 49032
269-467-1200

Van Buren County Department of Human Services

P.O. Box 7
57150 C. R. 681
Hartford, MI 49057
269-621-2800

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.

Vision Services

Eye Care America

800-222-EYES

- Provides referrals to doctors who will perform free or very low-cost eye exams and surgery to individuals over 65 years old.

Lions Club International

lionsclub.org

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

Vision USA

800-766-4466

- Free eye care program for working individuals who do not have vision insurance.
- Register by calling 8 a.m. to 6 p.m. Monday through Friday or visiting aoa.org.

Notes

Notes

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!



**Blue Cross
Blue Shield**
of Michigan

A nonprofit corporation and independent licensee
of the Blue Cross and Blue Shield Association

Place
stamp
here

Blue Cross Blue Shield of Michigan
600 E Lafayette Blvd, BC B714
Detroit MI 48226-9942

Tear out survey at perforation; fold in half and tape closed
at top; place stamp in upper right-hand corner and mail.