

Knoxville/Beltzhoover

Hilltop Community Healthcare Center

317 Climax St.
Pittsburgh, PA 15210
412-431-3520

Insurance: Most insurance plans accepted.

Assistance: Sliding payment scale for uninsured based on documentation of household income and size.

Services Available: Primary care across the lifespan, including: family health, adult vaccines, pediatrics, EPSDT and immunizations, routine gynecological care, pregnancy testing, podiatry and dental services, on site lab and EKG's, podiatry health information and education.

Mt. Oliver

Magee at Mt. Oliver

1630 Arlington Ave.
Pittsburgh, PA 15210
412-488-2690

<http://magee.upmc.com/Locations.htm> - Neighborhood

Insurance: Most insurance plans accepted.

Assistance: Programs available for those with low or no income or no insurance.

Services Available: Walk-in pregnancy testing, family planning and emergency contraception, teen health care, prenatal care, routine gynecological care, breast cancer screening, STD screening and treatment, social services, health information and education.

West

McKees Rocks

Adagio Health McKees Rocks (formerly Family Health Council)

607 Chartiers Ave.
McKees Rocks, PA 15136
412-771-8794

<http://www.adagiohealth.org>

Insurance: Most insurance plans accepted.

Assistance: Sliding fee schedule for those without insurance.

Services Available: Primarily for women. Pregnancy tests, birth control, emergency contraception, gynecological care, breast and cervical cancer screening, STD testing and treatment for both men and women, and sex education and pregnancy prevention.

West listings continue here

Sto-Rox Family Health Center

710 Thompson Avenue

McKees Rocks, PA 15136

412-771-6462

http://www.forstorox.org/HTML_Pages/Health_Cntr.html

Insurance: Most insurance plans accepted.

Assistance: Sliding payment scale for uninsured based on documentation of household income and size.

Services Available: Primary care across the lifespan, family health and dental care including family medicine, pediatrics, ophthalmology, podiatry, social services, obstetrics/gynecology, nutrition services, individual counseling, drug and alcohol recovery services.

West End Health Center - Primary Care Health Services, Inc.

415 Neptune St.

Pittsburgh, PA 15220

412-921-7200

www.pchspitt.org

Insurance: Most insurance plans accepted except for Aetna, Cigna, and Elder Health.

Assistance: Sliding fee program based on household income and family size. For first visit, clients are asked to bring at least \$10, proof of income and family size.

Services Available: Comprehensive primary medical care, pregnancy testing, family planning, obstetrics, podiatry, minor surgery, complete X-rays, EKGs, laboratory services, adult medicine, physical exams, pediatrics, including early screening and immunizations, Dental services provided at Manchester-West End Family Dental Center nearby at 441 S. Main St.

Mental Health and Substance Abuse Resources

Allegheny County Department of Human Services, Office of Behavioral Health

www.alleghenycounty.us/dhs/obh.aspx

The Allegheny County Department of Human Services Office of Behavioral Health contracts and monitors 109 community-based agencies, which provide an array of services designed to meet the mental health and substance abuse service needs of county residents. Round-the-clock telephone crisis intervention and mobile behavioral health crisis intervention services are available for all Allegheny County residents. Insurance coverage is not required. For those who qualify, the county also provides help with psychiatric prescription medication. See: Assistance with Psychiatric Prescription Medication on page 21.

24-Hour Crisis Hotlines

re:solve Crisis Network 1-888-7-YOU-CAN (1-888-796-8226)

Callers are put in touch with mental health and addiction counselors to receive immediate confidential crisis counseling and emergency support and may be referred for ongoing help. In addition, a mobile crisis team is available to come to the site of the crisis. Walk-in services and short-term overnight services are also available. Specialized teams are available for child, adolescent and family interventions. **re:solve** is made possible through the partnership of Allegheny County and the University of Pittsburgh Medical Center (UPMC) and Western Psychiatric Institute and Clinic (WPIC).

Behavioral Health Emergency Service—Allegheny County Information, Referral and Emergency Services (IRES) at 412-350-4457 or call 911.

This number answers 24-hours-a-day, seven-days-a-week and puts callers in touch with Allegheny County staff who can provide information, find someone to provide ongoing help or arrange involuntary examination and treatment, when needed. All involuntary commitments must go through this service (IRES) or the police department.

Drug and Alcohol Services

Non-Emergency Drug and Alcohol Questions: **412-350-3328**, TTY/TDD **412-350-3467**

Weekdays 8:00 a.m.- 4:00 p.m.

After Hours Access number is **1-800-553-7499**

This is a toll-free number staffed by professional behavioral health counselors who can assist with accessing drug and alcohol services 24-hours-a-day, seven-days-a-week. Community Care Behavioral Health is the behavioral health managed care organization for Allegheny County Medical Assistance recipients and can also assist uninsured Allegheny County residents with information about available services as well as offer referrals to a wide continuum of drug and alcohol treatment services and providers.

For Information on Clinics Outside of Allegheny County

Pennsylvania Association for Community Health Centers

<http://www.pachc.com>
1-866-944-CARE (2273)

This is the state association representing medical providers such as the Federally Qualified Health Centers that receive federal money to provide services to people without health insurance or who are minimally insured. These centers and other similar providers are located in underserved areas throughout the Commonwealth. The Pennsylvania Association for Community Health Centers is in the process of updating its online directory of clinics organized by county. While that process is being completed, people can call the toll free number listed above to ask about community health centers in their area. For example, someone living in the upper northeast corner of Allegheny County, who does not have health insurance and needs non hospital care, may consider the Community Health Clinic in New Kensington, which is listed under Westmoreland County.

U. S. Department of Health and Human Services – Health Resources and Services Administration (HRSA)

<http://findahealthcenter.hrsa.gov/>

HRSA maintains a national data base of the federally funded health centers around the country that provide care to individuals without health insurance. Most have sliding scale fees based on household income. To find a health center in other states, copy the above link to your website browser or call 1-888-ASK-HRSA (275-4772).

US Department Of Veterans Affairs

VA Health System
1-800-827-1000
<http://www.va.gov/healtheligibility/>

For information about health benefits plan that emphasizes preventative and primary care for eligible veterans, call toll free number or go to their website.

Help with Medications and Prescriptions

Both nationally and locally, certain grocery stores and retail operations offer generic prescription medications at low cost (usually around \$4 for a month of medication or \$10 for 3 months). The medications offered under these programs can vary slightly from one company to another. It may be necessary to scrutinize each of the following programs to locate a particular drug. Usually there are no income guidelines or restrictions regarding insurance coverage.

Giant Eagle

<http://www.gianteagle.com/>

This program requires a Giant Eagle Advantage card, completed enrollment form and prescriptions. For more information about the program and locations, go to the link to their website. Or check with your local Giant Eagle to see if they are participating in this program.

Kmart

http://www.kmart.com/shc/s/dap_10151_10104_DAP_Kmart+Pharmacy+Generics+5
Selected Kmart stores have pharmacies. Kmart Pharmacy offers a 90-day supply of certain generic medications for \$15. Kmart Pharmacy will also beat any local competitor's price for prescriptions. To find a Kmart store with a pharmacy, call 1-800-866-0086 or to see the list of generic medications go to their website.

Target

http://sites.target.com/images/pharmacy/pharmacy_4dollar_program_list.pdf
Target offers a national program of certain generic medications at \$4 per month for each prescription. Check with your local Target pharmacy to see how to participate or go to their website for the list of medications.

Wal-Mart

<http://www.walmart.com/catalog/catalog.gsp?cat=546834&fromPageCatId=5431>
Wal-Mart pharmacy also offers many generic drugs at \$4 a month. Their list of medications is similar to Giant Eagle and Target, but they may have some medications that Giant Eagle and Target do not provide in their low cost generic drug programs. Check with your local Wal-Mart or go to their website.

RxAssist

For help go to www.rxassist.org
This website is operated by a nonprofit resource center and is free of ads unlike the NeedyMeds site below. RxAssist offers a comprehensive listing of all pharmaceutical patient assistance programs which is searchable by both drug name and company name. There is useful information about eligibility criteria, delivery times and refill policies.

Rx Outreach

Discount mail order prescription service that provides FDA approved generic medications for asthma, blood pressure, diabetes, heart disease and other health conditions for individuals or families up to 300% of Federal Poverty Level and no exclusion for those enrolled in other discount prescription plans. No cost to join program and no contracts. Prices vary, but may be as low as \$20 for a six-month supply (180 days). Application must be completed, along with prescription and credit card information, check or money order. Application and the list of covered medications can be found at <http://www.rxoutreach.com/> or call **1-800-769-3880**

NeedyMeds

This is a national web-based clearinghouse of information about various pharmaceutical patient assistance programs, state and local prescription assistance programs and disease specific programs. A good place to research what is available. For help, go to: <http://www.needymeds.com/> or contact them at NeedyMeds, P.O. Box 219, Gloucester, MA 01931.

Pennsylvania Patient Assistance Program (PAP)

This is a state program under the Pennsylvania Department of Aging that helps people navigate the various pharmaceutical assistance programs. To qualify you must be a Pennsylvania resident between the ages of 18 to 64 and have no prescription coverage. The staff assists clients with the application process and the required documentation needed to establish financial and medical eligibility for the appropriate pharmaceutical assistance program. Call **1-800-955-0989** and leave your name and phone number. A program representative will call back to assess eligibility and begin the enrollment process.

Partnership for Prescription Assistance Pennsylvania (PPARxPA)

PPARxPA is a program that connects qualified, low-income people with discount prescription drugs, direct from the pharmaceutical manufacturer. For more information, go to: <http://www.pparxpa.org/who/> or call their toll free phone number **1-888-477-2669**

Discount Drug Cards

These cards might be an option for those who do not qualify for pharmaceutical patient assistance programs. The savings on particular medications and supplies and which pharmacies participate can vary with these cards, so it may be necessary to look at each card to find the one that is most worthwhile.

Familywise

Discount prescription card with no membership fee or eligibility requirements. For more information and to print a membership card, go to www.familywise.org or call United Way of Allegheny County at **412-255-1155** to request a card.

Pennsylvania Drug Card

Free discount prescription card with no membership or income requirements. The card is available at www.padrugcard.com If unable to print a card from the website, pharmacies at Target, Giant Eagle and Kmart can process prescriptions through the program.

Together Rx Access

Discount prescription card with no fee or membership costs. Eligibility criteria:

1. Legal resident of US or Puerto Rico.
2. Not eligible for Medicare.
3. No prescription coverage.
4. Meet income guidelines.

For more information about the program visit: <http://www.togetherrxaccess.com/> or call **1-800-444-4106**

Low cost diabetic insulin syringes

Care Mark is a distributor for BD (Becton Dickinson) insulin syringes. They have a patient assistance program for low income individuals without health insurance. Necessary documentation includes a copy of the latest tax return and a current prescription from a medical provider. If eligibility requirements are met, a 90 day supply of insulin syringes is \$15. To find out more about the program, income guidelines, how to apply and required documentation, call: **1-866-818-6906**

Low cost diabetes testing supplies

Abbott has two programs. The first one is the FreeStyle Promise membership program. This is a free program that provides a blood glucose meter, support services and a membership card that may reduce the co-pay for testing strips to as low as \$15 for a month's supply. Anyone with diabetes (even with health insurance coverage) can call **1-866-246-2683** for more details.

The second program is a patient assistance program for low income people who have been denied Medical Assistance and have no health insurance that covers diabetes testing supplies. The applicant must call for a prescreening and then an application will be sent. The completed application must be returned along with a doctor's note about frequency for blood glucose testing, proof of income and a denial letter from Medicaid. Call **1-800-222-6885 then press 7** for diabetes care products. A meter, testing strips and lancets are provided for one year for persons who meet the eligibility criteria.

Assistance with Psychiatric Prescription Medication

Pharmacy Benefit Program

The Allegheny County Department of Human Services Office of Behavioral Health Pharmacy Benefit Program supports psychiatric prescription medications at no cost to income eligible individuals who reside in Allegheny County and do not qualify for prescriptions through medical assistance or a third-party prescription coverage, such as Blue Cross/Blue Shield, PACE or other private insurance. Prescriptions must be written by a doctor affiliated with a local Service Coordination Unit* and may be filled at any participating pharmacy. For questions, call the Pharmacy Line at **412-350-7394**.

* Service Coordination Unit

Chartiers MH/MR – **412-221-3301**

Family Services of Western PA – **724-230-2777**

Mercy Behavioral Health – **412-488-4070**

Milestone – **412-731-7391**

Mon Yough – **412-675-8480**

Staunton Clinic – **412-749-7437**

Turtle Creek Valley MH/MR – **412-351-0222**

Western Psychiatric Institute and Clinic (WPIC) – **412-586-2900**

Dental Care

Some of the clinics listed above do have dental services, either on site or by referral. Not all of them do, so an inquiry should be made. Other resources include the following:

Allegheny County Health Department Pediatric and Adolescent Dental Services

3901 Penn Ave. Bldg. #1

Pittsburgh, PA 15224

412-578-8378

<http://www.achd.net/dental/dentistry.html>

Allegheny County Health Department's Dental Program provides preventative and corrective treatment for children 1-20 years of age. These services include exams, cleaning, fluoride treatments, x-rays, fillings, extractions and sealants. Call for locations and times.

Donated Dental Services

c/o Allegheny County Health Department

907 West St. 2nd Fl.

Wilkinsburg, PA 15221

412-243-4866

<http://www.nfdh.org/>

Services primarily for senior citizens and medically compromised adults and children who have demonstrated a financial need with no dental insurance or significant savings. They may qualify for dental treatment provided free by volunteer dentists. Call for more information or go to their website.

Hill House Dental Services

1835 Centre Avenue

Pittsburgh, PA 15219

412-697-4698

Insurance: All dental insurance plans accepted.

Assistance: Dental services are provided at reduced cost and appointments are necessary. Documentation of household income is required to establish eligibility for a sliding fee program prior to service. All uninsured patients are expected to pay a nominal fee for each visit. For more information about the kinds of dental services and how to apply for sliding fee program, call the number above.

Clinic Hours: Mondays 11 am - 6 pm, Wednesdays 9 am - 4 pm

Manchester-West End Family Dental Center

441 S. Main St.

Pittsburgh, PA 15233

412-922-5636

Reduced fees for dental work. Only open Mondays and Tuesdays. Call for appointment and information about necessary documentation for application for reduced fees.

University of Pittsburgh School of Dental Medicine Student Dental Clinic

3501 Terrace Street, Salk Hall

Pittsburgh, PA 15261

412-648-8616

<http://www.dental.pitt.edu/patients/index.php>

University of Pittsburgh School of Dental Medicine clinic provides a range of services from routine exams and cleaning to more involved procedures such as root canals and crowns. Appointments are necessary, but care can sometimes be arranged for dental emergencies. Fees for services are required and clients will see a financial counselor to discuss insurance and payment options. For more information call or go to their website.

University of Pittsburgh Center for Patients with Special Needs

This newly opened clinic is devoted to providing dental care to those with special needs. Care is done by experienced students under the close supervision of dentist faculty. Medical Assistance accepted as are most dental plans. For more information about scheduling, the screening process and insurance and payment options, call **412-648-3039**.

Vision Care

Vision USA

243 N. Lindbergh Blvd.

St. Louis, MO 63141

1-800-766-4466

Fax: 314-991-4101

Email: visionusa@aoa.org

Qualified low-income workers without eye/vision insurance are matched to doctors of optometry in their area for free eye care. Both children and adults can participate in the program. One adult in the household must be employed. Individuals requesting service must not have had an eye exam within the past two years. For more information about income eligibility guidelines, enrollment procedures and participating optometrists, call the 800 number above.

Health Insurance Options

Medical Assistance

Some of the clinics listed in this guide will help with an application for Medical Assistance. Some do not. If it becomes necessary to apply for Medical Assistance for consideration for Charity Care from a hospital, Consumer Health Coalition (**412-456-1877**) can offer assistance with the application. Or you can call the Allegheny County Public Assistance Office at **412-565-2146** for an application or more information about applying in person or online.

For recently laid off individuals with families who cannot extend health insurance through COBRA as it is too expensive (about \$1,000 a month or more for family coverage), a possible option would be to apply for Children's Health Insurance Program (CHIP) for the children in the family. The adults could try to apply for a bare bones health insurance policy with high deductibles that would provide coverage for what is termed catastrophic events such as an accident or major illness requiring hospitalization. This kind of health insurance usually does not cover prescriptions or office visits, but it can provide a safety net that could prevent a lien being placed against a home due to a large hospital bill.

For assistance with applying for CHIP call **1-800-986-KIDS** or go to <http://www.chipcoverspakids.com/>

For assistance with finding a high deductible catastrophic policy, contact Consumer Health Coalition which is listed below under Consumer Health Care Advocacy Organizations.

Adult Basic

This is basic health insurance through the state, which currently has a huge waiting list for enrollment. Nonetheless, it is worth applying to get on the waiting list, especially if you are in a long term situation that makes it unlikely that you will get health insurance on your own or through an employer. However, adult basic does not cover prescriptions. Unfortunately, the basic insurance that could be purchased for around \$320.00/month on the waiting list has been increased to \$600/month effective March 1, 2010. For more information about eligibility criteria and how to apply, call **1-800-462-2742** or www.compass.state.pa.us

New Law Permits Expansion of Health insurance Coverage to Adult Children

Governor Rendell signed into law (Act 4 of 2009) which is a provision that allows eligible adult children up to age 30 who meet certain criteria to remain covered by their parents' health insurance. To be eligible, the adult children must be 1) unmarried 2) have no dependents 3) residents of PA or enrolled full time as students at an institution of higher education 4) are not provided private insurance coverage or enrolled in or eligible for, government benefits.

The expansion of coverage occurs at the discretion of the employer and does not preclude an increase in premiums related to covering the adult children for the additional years. The law goes into effect on a rolling basis as health insurance contracts are made or renewed beginning Dec. 7, 2009. For more information on this law and how it affects young adults, go to: http://www.portal.state.pa.us/portal/server.pt/community/all_types_of_coverage/9196 and click on "Act 4 – Adult Children Insurance Options" under the category "For Your Health and Life" or call 1-877-881-6388. Another option would be calling the benefits coordinator of your employer to find out if expansion of health insurance coverage to adult children is being phased in.

Michelle's Law

This is a federal law that became effective October 2009, which is aimed at protecting college, specialty, and technical students who would lose their coverage if they are no longer full-time students. It only applies to employers who provide coverage to dependent children based on their student status. If your employer does not offer coverage to student dependents, this law does not mandate coverage. Your dependent child may be eligible for continued coverage under your health plan if they have had to take a medical leave from school or have had to reduce their enrollment status from full-time to part-time as a result of a serious illness or injury. Contact your employer's benefit coordinator to discuss your dependent child's situation and possible eligibility under this law.

Medical Assistance for Workers with Disabilities (MAWD)

This program may provide health insurance for individuals with illness or disability. In some situations recipients of Social Security Disability may qualify for this program, which can cover the gap between the end of employer sponsored health insurance and the beginning of Medicare. Call Consumer Health Coalition (**412-456-1877**) for more information about eligibility criteria or for help with the application process.

Charity Care

Pittsburgh area hospitals and their affiliated practices usually have charity care programs. As a rule, applicants are required to apply for Medical Assistance first and provide documentation of income and household size before they can be considered for charity care. For those seeking charity care, consulting one of the consumer healthcare advocacy organizations listed below may help with the application process.

Consumer Health Care Advocacy Organizations

Consumer Health Coalition

650 Smithfield St. Suite 2130

Pittsburgh, PA 15222

412-456-1877

Fax: 412-456-1096

<http://www.consumerhealthcoalition.org/>

Consumer Health Coalition's mission is to organize consumers and community partners to enhance access to quality, affordable healthcare in the region. They can lend assistance to people trying to navigate through the various programs such as Medical Assistance, Adult Basic, Medical Assistance for Workers with Disabilities and other programs.

Mercy Parish/Congregational Nurse and Health Ministry Program

Mercy Health Center

1515 Locust St. Suite 705

Pittsburgh, PA 15219

412-232-5815

<http://www.pmhs.org/parish-nurse-program/>

The Parish/Congregational Nurse and Health Ministry Program acts as an advocate and liaison to community and health care resources, provides health education and promotes holistic health care that links spirituality and health science. For more information about their programs and services, call the above number or go to their website.

Pennsylvania Health Law Project - Pittsburgh Office

650 Smithfield St. Suite 2130

Pittsburgh, PA 15222

Toll Free Helpline 1-800-274-3258

<http://www.phlp.org/>

Pennsylvania Health Law Project (PHLP) is a statewide legal center whose mission is to provide legal advice, assistance and representation to low income, elderly and persons with disabilities having problems with obtaining health insurance or accessing healthcare. They operate a toll-free Helpline Mon.-Fri. 9 am-5 pm.

Private Walk-in Clinics and Care Centers

Private Retail Clinics

Pharmacies such as Walgreens and CVS have opened walk-in clinics that are open seven days a week in some locations. These clinics are usually staffed by certified nurse practitioners or physician assistants who can provide care for minor conditions such as ear infections, pink eye and so on. They can perform physicals for camp and employment. As a rule, they do not treat children less than 18 months.

In addition, they may not do stitches for wounds. These clinics take most insurance plans. For those who do not have insurance, the fees can range around \$60 and up, with additional fees for lab work, if needed. **Payment in the form of a credit card or cash must be provided before service. There is no sliding scale based on income and household size.**

These clinics might be an option for a mildly sick child on a weekend when private practices or the clinics listed earlier in this guide are not open. Therefore, the sizeable expense and time involved with a visit to an Emergency Room might be saved. For people who need ongoing care for a chronic condition such as diabetes, they would be better served by becoming patients at one of the clinics listed earlier in this guide. For more information, call or visit:

- **CVS – Minute Clinics** 1-866-389-2727 or <http://www.minuteclinic.com/en/USA/>
- **Walgreens – Take Care Clinics** 1-866-Take-Care (825-3227) or www.takecarehealth.com

Urgent Care Centers

These centers can provide care under certain circumstances to children less than 18 months of age and offers services such as stitches for small wounds, which the retail clinics listed above, may not do. Treatment at one of these facilities may be far less expensive and time consuming than visiting an emergency room. However, someone with a serious, possibly life-threatening, injury or illness should go to an emergency room.

Concentra Urgent Care These walk-in centers have a medical doctor on site and can offer care for a range of illness and injuries. Payment in the form of cash, check or credit card is required prior to service. To check on center locations, what care can be provided, what insurance is accepted, and fees, go to www.ConcentraUrgentCare.com or call **1-800-418-6497**.

MedExpress These urgent care centers provide walk-in care seven days a week for illnesses and injuries. They have medical doctors on site and can do lab work and x-rays. Payment in the form of cash, check or credit card is required prior to service. **Medical assistance is not accepted.** To find out about center locations, what care can be provided, what insurance is accepted, and fees, call **1-304-225-2500** or go to www.greatcarefast.com

Transportation

Community Auto

This program makes vehicle ownership a reality for those in hardship. For more information about their guidelines and policies go to <http://www.nhco.org/auto.htm> or call Randy Murchak at **724-443-8300**

Travelers Aid

412-281-5474 or www.travelersaidpgh.org

Travelers Aid operates two programs that assist mothers and young children with transportation to appointments.

Mobile Moms

Mobile Moms provides Port Authority Bus Tickets to women to attend their prenatal care appointments as well as supportive services, such as WIC and medical testing related to their pregnancy. Tickets may also be provided to a family member to provide support at the prenatal appointments. There are no residency or income requirements. Clients enroll and receive tickets at one of Travelers Aid partnering locations. Locations include, Magee Womens Hospital, Mercy Womens Center, UPMC Shadyside Family Health Center, UPMC Lawrenceville Family Health Center, and UPMC Latterman Family Health Center. For questions call the number or visit the website listed above.

Trips for Tots

A program that provides Port Authority Bus Tickets to the parent(s) of an infant up to the age of 18 months to take the child to their immunization appointments. Transportation for additional escorts can be issued if needed. To enroll please call the number or visit the website listed above.

Transportation Resources

Information about transportation assistance programs in Allegheny County and surrounding areas. Toll free number **1-888-547-6287** or local, call **412-350-4484** or go to the link below for information about the different programs and eligibility criteria.

<http://www.county.allegheny.pa.us/dhs/aaa/ps-trans.asp>

WorkLink

412-351-2200

<http://www.worklinkvan.org/>

This program provides free scheduled van services in Braddock, North Braddock, East Pittsburgh, Swissvale, Rankin, Clairton, and Hazelwood. The vans bring riders to major destinations, such as the East Busway, the Waterfront, McKeesport business district, and many Port Authority routes. This is not a door-to-door service, but the vans are handicapped accessible. Primarily to help people get to jobs, this service is available for people going to medical appointments as well. **NEW! FREE COMMUNITY HEALTH SHUTTLE!** In collaboration with UPMC, WorkLink has begun a Community Health Free Shuttle Service, providing transportation between Braddock and UPMC medical offices in Forest Hills. The van service operates from 8:30-4:00, Monday through Friday. The Health Shuttle is funded by UPMC from February 1 through April 30, 2010. After April, a decision will be made whether there is enough ridership to warrant continuing the service. Call the number for more information about schedules and to apply for a rider card or go to their website.

Additional Resources

Apprise

Apprise is a free health insurance counseling service for those on Medicare. Specially trained volunteers can help answer questions about Medicare coverage and Medicare Supplemental Insurance over the phone or in person by appointment. Some counselors are trained to assist with questions on PACE, Low Income Subsidy Program, Medicaid and Long Term Care Insurance. All information is kept confidential. For more information or to talk to a counselor, call **412-661-1438**. The statewide Apprise hotline is **1-800-783-7067**.

Breast and Cervical Cancer Prevention and Treatment Program

This is a program for low-income women who need breast and cervical services. It can provide quality screening care and treatment to women who meet the eligibility criteria. For more information, call the Healthy Woman Program at **1-800-215-7494** or copy this link to your browser. <http://www.dsf.health.state.pa.us/health/cwp/browse.asp?a=174&C=35745&BMDRNrr=2000&BCOB=0&PM=1>

Centers for Healthy Hearts and Souls

100 N. Braddock Ave. Suite 304
Pittsburgh, PA 15208
412-371-3282
www.healthyheartsandsouls.com

The Centers for Healthy Hearts and Souls provides a spiritual and health based wellness project to meet the needs of minority populations with the goal of eliminating health disparities. The Centers' activities include weekly support groups for people with diabetes, fitness and nutrition programs, smoking cessation support, youth health corps, and cancer outreach programs. For more information, call or go to their website.

Clinical Research Studies

<http://www.clinicalresearch.pitt.edu/>

Clinical research studies provide a scientific way to develop or improve methods of health care. Some studies are clinical trials to test new medicines, devices or treatments. Other studies use interviews or surveys to understand health or behavior problems. Some studies need healthy people while other studies need people with chronic diseases or certain medical conditions. Whether it is appropriate to enroll in a study is an individual decision. This may be a question to discuss with your medical provider. Read the consent form carefully before signing up for any study. For more information about research studies contact: Office of Clinical Research, Health Sciences at **412-648-2332**.

Compulsive Gambling Resources

Gamblers Anonymous is a national organization devoted to helping people with problem gambling behavior. Call **412-281-7484** for information about local meetings and activities or go to www.gamblersanonymous.org for more information such as the 20 question screening survey and other resources.

PA Department of Health Hot Line

For help with compulsive gambling at **1-877-565-2112** or visit http://www.portal.health.state.pa.us/portal/server.pt/community/gambling_addiction/14222

Free Health Screenings

The Spirit of Health mobile wellness van, which is operated by the Sisters of St. Francis at Mount Alvernia with collaboration from Duquesne University's Mylan School of Pharmacy and the Parish Nurse Program at Mercy Hospital, provides free health screenings on a monthly basis in various communities. Screenings include cholesterol, blood glucose, bone density, blood pressure, and body fat analysis. Medication monitoring is also available. Treatment for medical conditions is not available, but assistance with referrals to services is offered. In the fall flu shots are given. The Spirit of Health van visits the following areas:

- Carnegie at St. Elizabeth Seton Parish at 127 Finley Ave. in Carnegie
First Thursday of the month from 9 am to noon
- Lawrenceville at Our Ladies of the Angels Parish at 225 37th St. in Lawrenceville
Second Tuesday of the month from 10 am to noon
- Millvale at Christ Lutheran Church at 910 North Ave. in Millvale
Third Wednesday of the month from 10 am to noon.
- Southside/Hilltop at St. John Vianney Parish at 823 Climax St. in Pittsburgh
Fourth Monday of the month from 11 am to 3 pm
- West End at Guardian Angels Parish at 1000 Logue St in the West End
Third Tuesday of the month from 10 am to noon.

In addition, the Sisters of St. Francis and the Parish Nurse Program of Mercy operate a Wellness Center at 517 Lincoln Ave. in Millvale every Tuesday from 9 am to 3 pm. The only services offered there are free blood pressure checks and referrals to services. For more information about the Spirit of Health mobile wellness van and the Millvale Wellness Center, please call **412-508-2259**.

Healthy Black Family Project

c/o The Kingsley Association
6435 Frankstown Ave.
Pittsburgh, PA 15206
412-361-2391
<http://www.cmh.pitt.edu>

The Healthy Black Family Project (HBFP) is a program of the Center for Minority Health in the Graduate School of Public Health at the University of Pittsburgh. Headquartered at the Kingsley Association with a satellite office in Hosanna House, the HBFP provides health promotion and disease prevention services at no cost to participants. Activities include, but are not limited to, smoking cessation, physical activity (yoga, body toning, walking), family health history, nutrition education, stress reduction and management of chronic diseases. Participants have access to professional health coaches, lay health advocates and state of the art facilities. For more information, contact the Healthy Black Family Project at **412-361-2391**.

Health Care for the Homeless

Health care for the homeless provides medical care, dental care, vision services, mental health and substance abuse services, and pharmacy services at homeless shelters, soup kitchens, and homeless congregate locations throughout Pittsburgh and Allegheny County. For schedules, detailed information or referrals please visit the website at: <http://www.pchspitt.org/healthcare/homeless.php>. or call **412-244-4775**.

Latino Family Center

2215 Murray Ave. (Squirrel Hill)
Pittsburgh, PA 15217
412-325-8111

This family support center provides support services to Latino families such as parenting support, literacy activities, family fun nights, assistance with translation and interpretation of documents, referrals to medical, legal and mental health services and much more. Their primary focus is on families with children ages 0-5. Call for more information about services and activities.

Library for the Blind and Physically Handicapped

This is a free service that provides audio books, large print books, Braille books and described videos by mail. Eligibility criteria include vision limitations that preclude reading standard size print or a physical limitation that keeps the person from holding a book or a physically based reading disability. Items are mailed directly to the person's home with free return postage included. This service is national and not limited to Allegheny County. For more information or to enquire about enrollment, call toll free at **1-800-242-0586** or click on www.carnegielibrary.org/lbph.

Neighborhood Legal Services Association

928 Penn Ave.
Pittsburgh, PA 15222
412-255-6700 or toll-free 1-866-761-6572
Telephone hours are Mon. – Fri. 9 am -12 pm and 1 pm – 2:30 pm
Walk-ins are accepted Mon. – Fri. 9 am -12 pm and 1 pm – 5:00 pm
Evening Telephone Advice is provided Monday & Wednesday evenings 5 pm to 8 pm.

Neighborhood Legal Services Association provides free civil legal services for low-income residents of Allegheny County, as well as Beaver, Butler, and Lawrence Counties.

Services may include direct representation, advice, or referral depending upon the case. Legal issues include family law (Protection from Abuse, some custody matters and referrals on divorce and support), consumer and bankruptcy problems, public benefits (SSI, TANF, and Medicaid), housing problems, elder law, and employment law. Criminal matters are not handled. Non-English language assistance is available. Clients will be asked to provide financial information and have documents concerning their situation handy at the time of the call. Visit their website at www.nlsa.us.

North Hills Community Outreach

1975 Ferguson Road
Allison Park, PA 15101
412-487-6316
<http://www.nhco.org/>

An interfaith, nonprofit organization that addresses the spiritual, emotional, physical and material needs of people in crisis, hardship and poverty. This organization serves individuals and families in northern Allegheny County, outside the city of Pittsburgh. For more information, call or go to their website.

Stroke Survivor Connection

A Program of Health Hope Network (formerly Visiting Nurse Foundation)
(Main office): The Pennsylvanian
1100 Liberty Avenue, Suite E-200
Pittsburgh, PA 15222
412-904-3036 <http://www.healthhopenetwork.org>

Stroke Survivor Connection is a network of 27 free weekly therapy support groups for stroke survivors and their caregivers, located throughout Western Pennsylvania. Members attend weekly meetings focusing on physical exercise, cognitive activities, emotional support, and social interaction. Through the program, members are able to regain lost function and live fuller and more independent lives. Visit the website or call for more information.

Veterans Hotline

The Veterans Hotline at **412-820-HELP (4357)** is a 24 hour crisis hot line for troops returning from wars in Iraq and Afghanistan. It is a service of CONTACT Pittsburgh. It is staffed by trained volunteers accessing a database of resource information and referral numbers who will provide free, confidential support for veterans in emotional or psychological distress. In addition, anyone who is concerned about a veteran may call for help. If you don't get immediate assistance, call the National Suicide Lifeline at **1-800-273-8255**.

The Welcome Center for Immigrants and Internationals

5743 Bartlett Street (Squirrel Hill)
Bartlett and Murray
Pittsburgh, PA 15217
1-866-774-2231, 412-422-8795
FAX 412-422-9540
<http://www.wcii.org>

The Welcome Center is a new non-profit agency, which provides the foreign-born with assistance in either moving to southwestern Pennsylvania or improving the quality of life for those already here, through referrals and direct service. The center, with its multi-lingual staff and dynamic group of volunteers, provides all services free of charge in a comfortable and welcoming environment. Whether the issue is employment, housing, immigration or translations, a simple telephone call or visit will begin the process for receiving the necessary help. Office hours are Mon. through Fri. 9 am – 5 pm. Appointments are encouraged, but walk-ins are accepted. People who want to meet outside of regular office hours should call for an appointment.

Tobacco Cessation Assistance:

Tobacco Free Allegheny

412-322-8321, 1-800-QUIT NOW or 1-800-784-8669

<http://www.tobaccofreeallegheny.org/>

Information, education and assistance with smoking cessation programs throughout Allegheny County.

Free Pennsylvania Tobacco Quitline

1-877-724-1090

WIC (Women, Infants, Children)

WIC program serves income eligible and medically or nutritionally at-risk pregnant women, breastfeeding mothers, infants and children under five. For more information about services and WIC offices, call **412-350-5801** or click on the link below to the website.

<http://www.achd.net/wic>

Resource Websites

Allegheny County Department of Human Services and United Way of Allegheny County

<http://www.humanservices.net/>

This website is sponsored by the Allegheny County Department of Human Services and United Way of Allegheny County. It is a comprehensive source of information about a broad range of human services including mental, behavioral health and substance abuse in or around Allegheny County

Just Harvest

www.justharvest.org

This website is sponsored by Just Harvest, which is an advocacy organization devoted to hunger and poverty issues. This link provides information on free tax assistance for low-income individuals and families. Or call them at **412-431-8960**.

United Way of Allegheny County

<http://www.unitedwaypittsburgh.org>

This website is sponsored by United Way of Allegheny County. Its Help Connections database contains helpful information on health and human services and many downloadable guides and directories. Or call them at **412-255-1155**.

For More Information Call:

412-247-7816 or 412-687-ACHD [2243]

Or visit our website: <http://www.achd.net>

If information in this guide has changed, please submit updates in the following format:

Name of facility or organization

Current address and phone number

Website (if available)

Insurance (information)

Assistance (policies)

Services Available

Name of person (submitting update)

Phone number

Email

All updates may be mailed to:

Lorraine Starsky, RN, BSN

Diabetes Nurse Consultant,

Allegheny County Health Department, Chronic Diseases Prevention

907 West St. 2nd Floor

Pittsburgh, PA 15221

Or they can be faxed to: 412-247-7815