



# Help with Health Care

*Resources for the Uninsured*  
**Northern Michigan and  
Upper Peninsula**

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: Alcona, Alger, Alpena, Antrim, Baraga, Benzie, Charlevoix, Cheboygan, Chippewa, Crawford, Delta, Dickinson, Emmet, Grand Traverse, Gogebic, Houghton, Iosco, Iron, Kalkaska, Keewenaw, Leelanau, Luce, Mackinac, Manistee, Marquette, Missaukee, Menominee, Montmorency, Ogemaw, Ontonagon, Oscoda, Otsego, Presque Isle, Roscommon, Schoolcraft and Wexford.

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.

### 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.

### Coalition Health Access Program

Comprehensive, community-based health plan for residents of the following counties: Benzie, Grand Traverse or Leelanau. Call your local Department of Human Services office to find out if you are eligible or call 866-291-8691.

### Medical Access Program (MAP)

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

### Northeast Health Plan

The Northeast Health Plan is a community-sponsored health benefit program that serves uninsured adults in Alcona, Iosco, Ogemaw and Oscoda counties. This program is administered by District Health Department No. 2. Call 800-504-2650 or 989-343-1839 for more information.

### Northern Health Plan

Comprehensive, community-based health plan for residents of the following counties: Alpena, Antrim, Charlevoix, Cheboygan, Emmet, Montmorency, Otsego or Presque Isle. Contact your local Department of Human Services office to find out if you are eligible or call 866-291-8691.

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

### Tencon Health Plan

Comprehensive, community-based health plan for residents of the following 10 counties: Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana and Wexford. Contact your local Department of Human Services office to find out if you are eligible or call 866-291-8691.

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

## 2. Other Medical Coalitions

County-based coalitions (5) offer uninsured working-age residents of all Upper Peninsula counties access to donated or low-cost health care and prescription services:

### Community Health Access Coalition, Sault Ste. Marie

(906) 635-7483

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

– Serves the following counties: Chippewa, Luce, Mackinac

### Dickinson-Iron Medical Care Access Coalition, Iron Mountain

(906) 774-3980

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

– Serves the following counties: Dickinson, Iron

### Medical Care Access Coalition, Marquette

(906) 226-4400

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

– Serves the following counties: Alger, Marquette, Schoolcraft

### Medical Access Coalition, Escanaba

(906) 789-1627

– Serves the following counties: Delta, Menominee

### Western Upper Peninsula Healthcare Access Coalition, Hancock

(906) 482-7122

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

– Serves the following counties: Baraga, Gogebic, Houghton, Keweenaw, Ontonagon

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

### 3. 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.

#### **Benzie-Leelanau District Health Department**

**bldhd.org**

#### **Benzie County**

6051 Frankfort Highway, Suite 100  
Benzonia, MI 49616  
231-882-4409

#### **Leelanau County**

7401 E. Duck Lake Road, Suite 100  
Lake Leelanau, MI 49653  
231-256-0200

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

Roscommon County Office  
1015 Short Drive – P.O. Box 739  
Prudenville, MI 48651  
989-366-9166  
**cmdhd.org**

– Serves the following counties: Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon

#### **Chippewa County Health Department**

508 Ashmun, Suite 120  
Sault Ste. Marie, MI 49783  
906-635-1566  
**chippewahd.com**

#### **Delta/Menominee County Health Department**

2921 College Ave.  
Escanaba, MI 49829  
906-786-4111  
**phdm.org**

#### **Dickinson/Iron Health Department**

601 Washington Ave.  
Iron River, MI 49935  
906-265-9913  
**didhd.org**

#### **District 2 Health Department**

630 Progress St.  
West Branch, MI 48661  
989-345-5020  
**dhd4.org**

– Serves the following counties: Alcona, Iosco, Ogemaw and Oscoda

#### **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

#### **District 4 Health Department**

100 Woods Circle  
Alpena, MI 49707  
989-356-4507

– Serves the following counties: Alpena, Cheboygan, Montmorency and Presque Isle

#### **Grand Traverse County Health Department**

2325 Garfield Road N., Suite B  
Traverse City, MI 49686  
231-922-4831  
**co.grand-traverse.mi.us**

## **Luce/Mackinac/Alger/Schoolcraft Health Department**

14150 Hamilton Lake Road  
Newberry, MI 49868  
906-293-5107  
[lmasdhd.org](http://lmasdhd.org)

## **Marquette County Health Department**

184 Highway U.S. 41  
Negaunee, MI 49866  
906-475-9977  
[mqthealth.org](http://mqthealth.org)  
– Call for more information on school-based health centers in Marquette County.

## **Northwest Michigan Community Health Agency**

220 W. Garfield  
Charlevoix, MI 49720  
800-432-4121  
[nwhealth.org](http://nwhealth.org)  
– Serves the following counties: Antrim, Charlevoix, Emmet and Otsego

## **Western Upper Peninsula District Health Department**

540 Depot  
Hancock, MI 49930  
906-482-7382  
[westernuphealth.org](http://westernuphealth.org)  
– Serves the following counties: Baraga, Houghton, Gogebic, Keweenaw and Ontonagon Counties

## **Dental Services**

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

### **Dental Clinics North**

877-321-7070  
[mqthealth.org](http://mqthealth.org)  
– Part of the Northern Dental Plan; Call for more information or to make an appointment.  
– Provides low-cost dental services to low-income uninsured individuals and people on Medicaid.  
– Clinics are located in Alpena, Cadillac, East Jordan, Cheboygan, Mancelona, Petoskey, Manistee, Traverse City and West Branch.

### **Dickinson-Iron Dental Center**

211 S. Fourth St., Suite B  
Crystal Falls, MI 49920  
906-875-6133  
– Open 8:30 a.m. to 4:30 p.m. Monday through Friday  
– Sliding scale  
– Dentures, partials, crowns and extractions

### **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.

### **Michigan Dental Program**

109 Michigan Ave.  
Lansing, MI 48913  
888-826-6565  
– [michigan.gov](http://michigan.gov)  
– Provides reimbursement for dental services through participating providers, for Michigan residents who are HIV positive.

## **Sault Tribal Health Center — Dental Program**

2864 Ashmun St.  
Sault St. Marie, MI 49783  
906-632-5260

- Open 8 to 12 a.m. and 2 to 5 p.m.  
Monday through Friday
- Dental care available to all federally  
recognized tribal members

## **Sawyer Dental Center**

301 Explorer, Suite B  
Gwinn, MI 49841  
906-372-9267

- Sliding scale; appointments preferred

## **Sterling Area Health Center—Dental Dept.**

5095 Rifle River Trail  
Alger, MI 48610  
989-873-5152

- Sliding scale; Medicaid accepted
- General dentistry

## **West Mackinac Dental Clinic**

W 14034 Melville St.  
Engadine, MI 49827  
906-477-6090

- Call for appointments
- Insurance is not required
- Sliding scale available

## **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 listed below.

### **Alcona Health Centers**

Visit [ahc.familydoctors.net](http://ahc.familydoctors.net) for more information

#### **Alcona Health Center – Alpena**

1185 U.S. 23 N  
Alpena, MI 49707  
989-356-4049

#### **Alcona Health Center – Harrisville**

419 E. Main St.  
Harrisville, MI 48740  
989-724-5655

- Open 8 a.m. to 5 p.m. Monday through  
Friday.
- Walk-in hours 3 to 6 p.m. Tuesday,  
Wednesday and Thursday.

#### **Alcona Health Center – Lincoln**

177 N. Barlow Road  
Lincoln, MI 48742  
989-736-8157

#### **Alcona Health Center – Oscoda**

5671 N. Skeel, Suite 8  
Oscoda, MI 48750  
989-739-2550

#### **Alcona Health Center – Ossineke**

11745 Hwy US-23 S.  
Ossineke, MI 49766  
989-471-2156

### **AuSable Free Clinic**

1250 East Michigan Ave.

Grayling, MI

989-348-0740

- Preventive care, primary care, basic lab tests, X-rays and limited prescription assistance available
- Open 4:30 to 6:30 p.m. Thursdays

### **Bay Mills Health Center**

12124 West Lakeshore Drive

Brimley, MI 49715

906-248-5527

- Primary care, dental and prenatal care
- Sliding scale
- Services available to Native Americans and open to the public

### **Bellaire Family Health Center**

307 E. Cayuga St.

Bellaire, MI 49615

231-533-8649

- Open 8 a.m. to 5 p.m. Monday through Friday
- Wide range of services available, including dental, behavioral/mental health and primary care

### **Cadillac Community Health Clinic**

521 Cobbs St.

Cadillac, MI

231-876-7818

- Free medical clinic; patients seen on first-come, first-served basis
- Urgent care services

### **Central Lake Family Health Center**

7960 W. Old State St.

Central Lake, MI 49622

231-544-3700

- Open from 8 a.m. to 5 p.m. Monday, Tuesday, Wednesday and Friday
- Family practice; sliding scale available

### **Chippewa Health Access Coalition**

1108 Kimball St.

Sault Sainte Marie, MI 49783-3200

906-635-7483

### **Community Care Clinic — Sault Ste. Marie**

War Memorial Hospital

500 Osborn Blvd.

Sault Ste. Marie, MI 49783

906-635-0041

- Walk-in medical clinic

### **Community Free Clinic**

820 Arlington, Suite 6

Petoskey, MI 49770

231-487-3600

- Free clinic for anyone without health insurance
- Open Wednesday evenings; registration begins at 4 p.m.
- Staff stays until each person has been seen

### **Community Health Access Coalition**

1108 Kimball St., Suite 2

Sault Ste Marie, MI 49783

906-635-7483

207 W. John St.

Newberry, MI 49868

906-293-8355

Mackinaw County

PO Box 7

906-643-7253

**upchac.org**

- This organization helps clients find health care resources at three convenient locations.
- Call for hours or to receive more information

### **East Jordan Family Health Center**

601 Bridge St.

East Jordan, MI 49727

231-536-2206

- Call for more information

### **Escanaba Tribal Health Center**

3500 Ludington St., Suite 210

Escanaba, MI 49829

906-786-9211

- Home visits and monthly wellness clinics
- Open to members of federally recognized tribes
- Medicaid and Medicare welcomed

### **Ewen Medical-Dental Center**

200 S. Elm

Ewen, MI 49925

906-988-2210

- Sliding scale
- Open 10 a.m. to 6:30 p.m. Monday and Wednesday; 8:30 a.m. to 5 p.m. Tuesday, Thursday and Friday.

### **Family Care Doctors**

1414 W. Fair Ave., Suite 36

Marquette, MI 49855

906-225-3864

**mgh.org**

- Call for an appointment.

### **Grand Traverse County Youth Health & Wellness Center**

880 Parsons Road

Traverse City, MI 49686

231-922-6416

### **Lake Wood Medical Associates**

5087 U.S. 41 S.

Marquette, MI 49855

906-249-5589

**mgh.org**

- Primary care services
- Call for details
- Open 8 a.m. to 5 p.m. Monday through Thursday; 7 a.m. to 3 p.m. Friday

### **Lambert Center Tribal Health**

225 Wa Seh Drive

St. Ignace, MI 49781

906-643-8689

**mgh.org**

- Health care, vision, dental, pharmacy, traditional medicine
- Services available to Native Americans
- Open 8 a.m. to 5 p.m. Monday through Friday

### **Mackinac Straits Primary Care**

220 Burdette St.

St. Ignace, MI 49781

906-643-0400

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

### **Manistee Area Community Clinic**

385 Third St.

Manistee, MI 49660

231-690-1582

### **Manistique Tribal Center**

5698 W. US Hwy 2

Manistique, MI

866-401-0043

**saulttribe.com**

- Offering dental, medical and mental health care
- Call for details

### **Marquette Medical Clinic-Escanaba**

2500 7th Ave.

Escanaba, MI 49829

906-786-2172

**mgh.org**

- Primary care, including lab and X-ray services to low-income individuals
- Open 7:30 a.m. to 5 p.m. Monday through Friday

### **Marquette Medical Clinic-Iron River**

1500 W. Ice Lake Road  
Iron River, MI 49935  
906-265-5378

**mgh.org**

- Primary care to low-income individuals
- Sliding scale

### **Marquette Medical Clinic-Kingsford**

800 East Blvd.  
Kingsford, MI 49801  
906-774-4000

**mgh.org**

- Primary care to individuals who have been denied Medicaid
- Open 8 a.m. to 5 p.m. Monday through Friday by appointment

### **Medical Care Access Coalition**

1414 W. Fair Ave., Suite 26  
Marquette, MI 49855  
906-226-4400

**upmcac.org**

- Free program for individuals who do not qualify for state-based medical coverage and cannot afford private health coverage.
- Open 8 a.m. to 5 p.m. Monday through Friday

### **Mid Michigan Health Park**

9249 W. Lake City Road  
Houghton Lake, MI 48629  
989-422-5122

**midmichigan.org**

- Sliding scale
- Primary care by appointment only

### **Mid Michigan Medical Offices**

135 Lake St  
Roscommon, MI 48653  
989-275-8931

**midmichigan.org**

- Sliding scale
- Primary care by appointment only

### **Northern Care Center**

225 Water St.  
Cheboygan, MI 49721  
231-333-3019

### **Northern Care Clinic**

224 N. Main St.  
Cheboygan, MI 49721  
231-333-3019

- Primary care; all services are free but donations accepted
- Call for hours; walk-ins only

### **Northern Menominee Health Center**

16088 N. Balsam Ln.  
Spalding, MI 49886  
906-497-5263

- Call for hours; evening and weekend appointments available
- Sliding scale
- Medical, dental and pharmacy services

### **Northern Menominee Health Center South**

805 First St.  
Menominee, MI 49858  
906-863-2315

- Call for hours; evening and weekend appointments available
- Sliding scale
- Medical, dental and pharmacy services

### **North Shore Internal Medicine**

2420 First Ave. S.  
Escanaba, MI 49829  
906-786-1563

**mgh.org**

- Sliding scale available

### **Northwest Michigan Health Services**

6433 Eight Mile Road  
Bear Lake, MI 49614  
231-889-5600

10767 Traverse Hwy., Suite B  
Traverse City, MI 49684  
231-947-1112

**nmhsi.org**

- Both locations are open seasonally; Call for more information

## **Sault Tribe of Chippewa Indians (Tribal Health Center)**

2864 Ashmun St.  
Sault Ste. Marie, MI 49783  
906-632-5230

### **saulttribe.com**

- Provides medical, optical, dental, mental health and elder-care services
- Open to members of a federally recognized tribe
- Please see below for additional tribal health sites:

### **Kinross Community Center**

16877 Water Tower Dr.  
Kincheloe, MI 49788  
906-495-5745

### **Tribal Health Clinic and Community Center**

622 W. Superior St.  
Munising, MI 49862  
906-341-8469

### **Tribal Health Clinic – Munising**

E-10442 M-28 East  
Wetmore, MI 49895  
906-387-4614

### **Tribal Health Clinic – Newberry**

4935 Zee-ba-tik Lane  
Newberry, MI 49868  
906-293-8181

## **Thunder Bay Community Health Services**

610 Caring St.  
Hillman, MI 49746  
989-742-4583

11899 M32 W.  
Atlanta, MI 49709  
989-785-4855

205 S. Bradley Hwy.  
Rogers City, MI 49779  
989-734-2052

- Call for hours
- Primary health care services
- All are accepted regardless of ability to pay
- Walk-ins available
- Offering 340(b) discount pharmacy program

## **Traverse Health Clinic and Coalition**

3147 Logan Valley Road  
Traverse City, MI 49684  
231-935-0669

### **traversehcc.com**

- Primary care, pregnancy tests, HIV testing, women's health
- No fee if unable to pay

## **Upper Peninsula Association of Rural Health Services**

220 W. Washington St., Suite 430  
Marquette, MI 49855  
906-228-3613

## **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.

School-based health centers will be opening in Traverse City, Kalkaska, Mancelona and Iosco. Call the Northwest Michigan Community Health Agency at 800-432-4121 for more information.

### **Antrim County**

Ironmen Health Center  
Mancelona Family Resource Center  
205 Grove St.

Mancelona, Michigan 49650  
231-587-9840

- Call for more information or to make an appointment

### **Chippewa County**

Sault Health Adolescent Care Center (SHACC)  
Chippewa County Health Department  
904 Marquette Ave., Room 604  
Sault Ste Marie MI 49783  
906-635-3839, ext. 5802

## Marquette County

906-475-9977

– Call for school health centers located in Marquette County.

## 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

888-670-5191

**info@ameriplanusa.com**

– This is a medical/dental/vision discount program for small business owners and their employees. Call 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 for help (please dial 911 for emergencies).

## 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.

#### AuSable Valley Community Mental Health

1199 W. Harris Ave.

Tawas City, MI 48764

989-362-8636

24-hour emergency line: 800-442-7315

- Serves Iosco and Ogemaw counties

#### Copper Country Community Mental Health

901 W. Memorial Drive

Houghton, MI 49931

906-482-9400

**cccmh.org**

24-hour emergency line: 906-482-4357

- Serves Baraga, Houghton, Keweenaw and Ontonagon counties

#### Gogebic Community Mental Health

103 W. U.S. 2

Wakefield, MI 49968

906-229-6100

**gccmh.org**

#### Hiawatha Behavioral Health

125 N. Lake St.

Manistique, MI 49854

906-341-2144

**hiawathabehavioral.org**

- Serves Chippewa, Mackinac and Schoolcraft counties

#### Manistee-Benzie Community Mental Health

310 N. Glocheski Drive

Manistee, MI 49660

231-723-6516

**mbcmh.org**

#### North Country Community Mental Health

One MacDonald Drive, Suite A

Petoskey, MI 49770

231-347-7890

**norccmh.org**

24-hour emergency line: 800-442-7315

- Serves Antrim, Charlevoix, Cheboygan, Emmet, Kalkaska and Otsego counties

## Northern Lakes Community Mental Health

105 Hall St., Suite A  
Traverse City, MI 49684  
231-922-4850  
800-442-7315

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

– Serves Crawford, Grand Traverse, Leelanau, Missaukee, Roscommon and Wexford counties

## Northeast Michigan Community Mental Health Services

400 Johnson St.  
Alpena, MI 49707  
989-356-2161

[leelanau.cc](http://leelanau.cc)

– Serves Alcona, Alpena, Montmorency and Presque Isle counties

## Northpointe Behavioral Healthcare

715 Pyle Drive  
Kingsford, MI 49802  
906-774-0522

– Serves Dickinson, Iron and Menominee counties

## Pathways

200 W. Spring St.  
Marquette, MI 49855  
906-225-7201

24-hour emergency line: 906-225-1181  
– Serves Alger, Delta, Luce and Marquette counties

## 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.

## 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 and residential 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).

#### 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**

- 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.

## Northern Prescription Assistance Plan

- For those living in Antrim, Charlevoix, Emmet and Otsego counties. For more information, call Northwest Michigan Community Health Agency at 800-432-4121.
- Provides assistance with getting free prescriptions.
- For low-income individuals only.

## Northern Prescription Discount Plan

### **nwhealth.org**

- Call your local health department for more information.
- Free prescription discount card for the uninsured and underinsured.

## 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

905 W. Eisenhower Circle, Suite 107  
Ann Arbor, MI 48103  
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](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

#### Catholic Human Services

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

800-356-5755

- This organization has offices in Alpena, Atlanta, Cadillac, Cheboygan, Gaylord, Grayling, Kalkaska, Manistee, Onaway, Rogers City, Tawas and two locations in Traverse City.
- Counseling, substance abuse services, adoption, employee assistance programs and more

#### Catholic Social Services of the Upper Peninsula

347 Rock St.

Marquette, MI 49855

906-227-9119

- Adoption and counseling services

#### Child and Family Services of Northwest Michigan

231-946-2104

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

3785 Veterans Drive

Traverse City, MI 49684

3434 M-119, Suite F

Harbor Springs, MI 49740

- Specializing in adoption, behavioral health and pregnancy counseling
- Serves the following counties: Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Mason, Missaukee, Roscommon and Wexford.

#### Diane Pepler Resource Center

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

- Rape and incest crisis center for those living in Luce, Mackinac or Chippewa counties
- Call 800-882-1515 or 906-635-0566 if you have suffered a sexual assault or incest.
- Emergency services, counseling, advocacy and referrals

#### Women's Resource Center

720 Elmwood

Traverse City, MI 49684

231-941-1210

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

- Assists survivors of sexual assault and domestic violence
- Provides anger management services for both men and women

### 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.

#### **Alger County Commission on Aging**

906-387-2439

#### **Alpena Area Senior Citizens**

989-356-3585

#### **Antrim County Commission on Aging**

231-533-8703

[seniors.tcnet.org](http://seniors.tcnet.org)

#### **Area Agency on Aging of Northwest Michigan**

231-947-8920

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

– Serves the following counties: Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee and Wexford

#### **Baragaland Senior Citizen Center, Inc.**

906-524-6711

#### **Baraga-Houghton-Keweenaw Community Action Agency**

906-482-5528

[mcaaa.org/directory/bhkcaa.htm](http://mcaaa.org/directory/bhkcaa.htm)

#### **Benzie County Commission on Aging**

231-325-4851

[seniors.tcnet.org](http://seniors.tcnet.org)

#### **Charlevoix County Commission on Aging**

231-237-0103

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

#### **Cheboygan County Council on Aging**

231-627-7234

[3coa.com](http://3coa.com)

#### **Chippewa-Luce-Mackinac Community Action Agency**

906-632-3363

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

#### **Crawford County Commission on Aging**

989-348-7123

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

#### **Delta-Menominee-Schoolcraft Community Action Agency**

906-786-7080

[michigan.gov](http://michigan.gov)

#### **Dickinson-Iron Community Services Agency**

906-774-2256

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

#### **Friendship Centers of Emmet County**

231-347-3211

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

#### **Gogebic-Ontonagon Community Action Agency**

906-932-4200

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

#### **Manistee County Council on Aging**

231-723-6477

#### **Marquette County Commission on Aging**

906-226-4180

[co.marquette.mi.us](http://co.marquette.mi.us)

#### **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, is also provided.

## **Missaukee County Commission on Aging**

231-839-7839

[seniors.tcnet.org](http://seniors.tcnet.org)

## **Montmorency County Commission on Aging**

989-785-2580

[mccoa.info](http://mccoa.info)

## **Ogemaw Commission on Aging**

989-345-5300

[ogemawcountymi.gov](http://ogemawcountymi.gov)

## **Ontonagon County Commission on Aging**

906-575-3461

## **Otsego County Commission on Aging**

989-732-1122

[otsegocountymi.gov](http://otsegocountymi.gov)

## **Presque Isle County Council on Aging**

989-766-8191

## **Region IX Area Agency on Aging**

989-356-3474

[aaa9.org](http://aaa9.org)

– Serves the following counties: Alcona, Arenac, Alpena, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and Roscommon

## **UP Area Agency on Aging**

800-338-7227

– Serves the following counties: Alger, Baraga, Chippewa, Delta, Dickinson, Gogebic, Houghton, Iron, Keweenaw, Luce, Mackinac, Marquette, Menominee, Ontonagon and Schoolcraft

## **Wexford County Council on Aging**

231-775-0133

[seniors.tcnet.org](http://seniors.tcnet.org)

## **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.

### **Alger County Department of Human Services**

101 Court St.  
Munising, MI  
906-387-4440

### **Alcona County Department of Human Services**

205 N. State  
Harrisville, MI 48740  
989-724-2100

### **Alpena County Department of Human Services**

711 W. Chisholm  
Alpena, MI 49707  
989-354-7200

### **Antrim County Department of Human Services**

205 E. Cayuga St.  
Bellaire, MI 49615  
231-533-8664

### **Baraga County Department of Human Services**

108 Main St.  
Baraga, MI 49908  
906-353-4700

### **Benzie County Department of Human Services**

448 Court Plaza  
Government Center  
Beulah, MI 49617  
231-882-1330

### **Charlevoix-Emmet County Department of Human Services**

2229 Summit Park Drive  
Petoskey, MI 49770  
231-348-1600

### **Cheboygan County Department of Human Services**

827 S. Huron St.  
Cheboygan, MI 49721  
231-627-8500

### **Chippewa County Department of Human Services**

463 E. Three Mile Road  
Sault Ste. Marie, MI 49783  
906-635-4100

### **Crawford County Department of Human Services**

230 Huron  
Grayling, MI 49738  
989-348-7691

### **Delta County Department of Human Services**

2940 College Ave.  
Escanaba, MI 49829  
906-786-5394

### **Dickinson County Department of Human Services**

1238 Carpenter Ave.  
Iron Mountain, MI 49801  
906-774-1484

### **Gogebic County Department of Human Services**

301 E. Lead St.  
Bessemer, MI 49911  
906-663-6200

### **Grand Traverse-Leelanau County Department of Human Services**

701 S. Elmwood, Suite 19  
Traverse City, MI 49684  
231-941-3900

### **Houghton County Department of Human Services**

P.O. Box 630  
200 Quincy St.  
Hancock, MI 49930  
906-482-0500

### **Iron County Department of Human Services**

P.O. Box 250  
337 Brady Ave.  
Caspian, MI 49915  
906-265-9958

### **Kalkaska County Department of Human Services**

503 N. Birch St.  
Kalkaska, MI 49646  
231-258-1200

### **Luce County Department of Human Services**

P.O. Box 27  
500 W. McMillan  
Newberry, MI 49868  
906-293-5144

### **Mackinac County Department of Human Services**

199 Ferry Lane  
Saint Ignace, MI 49781  
906-643-9550

### **Manistee County Department of Human Services**

1672 U.S. 31 S.  
Manistee, MI 49660  
231-723-8375

### **Marquette County Department of Human Services**

Courthouse Annex  
234 W. Baraga Ave.  
Marquette, MI 49855  
906-228-9691

### **Menominee County Department of Human Services**

2612 10th St.  
Menominee, MI 49858  
906-863-9965

### **Missaukee-Wexford County Department of Human Services**

P.O. Box 309  
10641 W. Watergate Road  
Cadillac, MI 49601  
231-779-4500

### **Montmorency County Department of Human Services**

P.O. Box 427  
11636 M-32 W.  
Atlanta, MI 49709  
989-785-4218

### **Ogemaw County Department of Human Services**

444 E. Houghton Ave.  
West Branch, MI 48661  
989-345-5135

### **Oscoda County Department of Human Services**

P.O. Drawer 849  
200 W. Fifth St.  
Mio, MI 48647  
989-826-4000

## **Ontonagon County Department of Human Services**

730 S. 7th St.  
Ontonagon, MI 49953  
906-884-4951

## **Otsego County Department of Human Services**

800 Livingston Blvd., Suite 3A  
Gaylord, MI 49735  
989-732-1702

## **Presque Isle County Department of Human Services**

1242 W. Third St.  
Rogers City, MI 49779  
989-734-2108

## **Roscommon County Department of Human Services**

111 Union St.  
Roscommon, MI 48653  
989-275-5107

## **Schoolcraft County Department of Human Services**

300 Walnut St.  
Courthouse, Rm. 175A  
Manistique, MI 49854  
906-341-2114

### **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 will perform free or low-cost eye exams and surgery to individuals over 65 years old.

### **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 800-766-4466, 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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