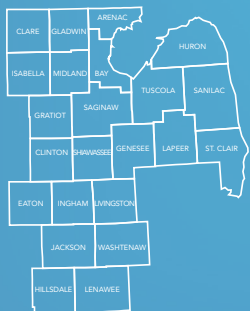




MID
MICHIGAN

Help with Health Care

RESOURCES FOR THE UNINSURED
AND UNDERINSURED



Blue Cross
Blue Shield
Blue Care Network
of Michigan

Welcome

to Help with Health Care

At Blue Cross Blue Shield of Michigan, we care about your health. We're delighted to help on your journey to good health. If you need health care, this calendar and directory can help. Please share this information with friends and family members.

HELP WITH HEALTH CARE IS DIVIDED INTO THREE PARTS.

PART 1

Each page of the calendar includes information about how to get free or low-cost coverage. The calendar also includes suggestions for using health care coverage. There is space on each page for you to write down your health care appointments.

PART 2

We've also included a list of clinics that offer free or low-cost medical, dental, mental health and vision care in the following counties:

- Arenac County
- Bay County
- Clare County
- Clinton County
- Eaton County
- Genesee County
- Gladwin County
- Gratiot County
- Hillsdale County
- Huron County
- Ingham County
- Isabella County
- Jackson County
- Lapeer County
- Lenawee County
- Livingston County
- Midland County
- Saginaw County
- Sanilac County
- Shiawassee County
- St. Clair County
- Tuscola County
- Washtenaw County

PART 3

It's important to take care of your physical, and mental health. Blue Cross is committed to offering support for health and well-being of our community with these helpful resources.

HELP WITH HEALTH CARE

PART 1

A **healthy lifestyle** is important for good health. It's also important to see a health care provider to stay healthy or get well when you're sick. Use this calendar to keep track of appointments for you and your family members.

JANUARY 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
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2024 FEBRUARY

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HELP WITH HEALTH CARE

Health coverage is insurance that pays for medical expenses. It's important to have it. According to Health People 2030, people with coverage are more likely to get care. They tend to be in better health than people without coverage.

In Michigan, there are different ways to get health coverage.

- Some people are covered through work. Even if your job doesn't offer health coverage, you can still get it.
- Government programs such as Medicaid, the Healthy Michigan Plan and Medicare provide health coverage.
- You can also purchase coverage through the Health Insurance Marketplace or directly with a health insurance company such as Blue Cross Blue Shield of Michigan.

MARCH 2024

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2024 APRIL

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HELP WITH HEALTH CARE



MAY 2024

The government offers health care coverage for lower income individuals and families in Michigan. These programs include but are not limited to:

1. **Medicaid** pays for health care for people with very low incomes. It covers children, pregnant women, people with disabilities and some nursing home care. Medicaid also pays for dental care for children up to age 20 through the Healthy Kids Dental program.
2. The **Healthy Michigan Plan** helps adults who don't qualify for traditional Medicaid or Medicare, are between the ages of 19 and 64 and have low incomes. It pays for medical and mental health care, substance abuse treatment, dental treatment and medication.

A patient navigator with the Michigan Department of Health and Human Services can help you understand your options or fill out an application. Call **1-855-789-5610** or go online to michigan.gov/mibridges. Visit www.michigan.gov to learn about dental care for your children.

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2024 JUNE

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HELP WITH HEALTH CARE

Enrolling in Medicaid or the Healthy Michigan Plan — You can apply by phone, online or in person. Both programs use the same application.

- Call the Michigan Health Care Helpline at **1-855-789-5610**.
- Visit michigan.gov/healthymiplan.
- Visit your local Department of Health and Human Services office.



JULY 2024

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2024 AUGUST

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HELP WITH HEALTH CARE

Healthy Michigan Plan requirements — It's important to meet these requirements.

- After you enroll, fill out the *Health Risk Assessment Form*. You can get the form from your doctor, your Medicaid health plan, or online at michigan.gov/healthmiplan.
- Then, make an appointment to get started. Use this visit to discuss your health problems and goals.

You'll have to pay for some services. For example, you'll be charged \$2 for a doctor visit and \$50 for a hospital stay. If you work to improve your health, you can reduce the costs.

Call a Michigan Department of Health and Human Services patient navigator at **1-855-789-5610** to learn more about how to use your coverage.

SEPTEMBER 2024

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HELP WITH HEALTH CARE

Buying an individual health care plan — Some people may not qualify for the Healthy Michigan Plan but still need help paying for coverage. They can buy an individual health plan from the Health Insurance Marketplace or directly from Blue Cross Blue Shield of Michigan.

The Health Insurance Marketplace (healthcare.gov) compares health plans for coverage and affordability. A subsidy, or financial assistance, is available for families who earn less than four times the federal poverty level. The subsidy can lower monthly premiums and out-of-pocket costs paid during the policy period.

Enrollment is only open for a short period of time at the end of each year. But you may be able to sign up at other times under special circumstances that include marriage or job loss.

NOVEMBER 2024

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2024 DECEMBER

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HELP WITH HEALTH CARE

To enroll in a Marketplace plan, visit healthcare.gov.

You will need the following to enroll:

- Your Social Security number or immigration documents
- Your most recent tax forms
- Any current health care plan numbers

You'll have an opportunity to select a health plan. Plans with higher premiums cover more health care costs. Depending on your income, you might qualify for a premium tax credit and reduced cost sharing. **If you have questions, visit healthcare.gov or call 1-800-318-2596.**

JANUARY 2025

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2025 FEBRUARY

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HELP WITH HEALTH CARE

Buying a health insurance plan directly from Blue Cross Blue Shield of Michigan - You can also buy a plan online, over the phone or in person directly from a health insurance company such as Blue Cross Blue Shield of Michigan.

- For information about health plans and enrollment, visit bcbsm.com/index/health-insurance-101/selecting-right-plan.html.
- Call a Blue Cross health plan advisor at **1-855-237-3501**.

MARCH 2025

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2025 APRIL

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HELP WITH HEALTH CARE

I'm sick or hurt ... Where do I go?



**NEED MEDICAL CARE AND
FEEL SAFE TO WAIT A DAY.**

Examples are:

- Runny nose
- Simple backache
- Sore throat
- Earache

**CALL OR SEE
MY DOCTOR**



**NEED MEDICAL CARE
TODAY AND FEEL SAFE
TO WAIT A FEW HOURS.**

Examples are:

- Tried but could not reach my doctor
- Reached the doctor and told to go to an Urgent Care Center

**GO TO
URGENT
CARE**



**NEED MEDICAL CARE NOW AND
DO NOT FEEL SAFE TO WAIT.**

Examples are:

- Trouble breathing or chest pain
- Fainting
- Sudden numbness or weakness
- Uncontrolled bleeding
- Severe pain or serious injury

GO TO EMERGENCY ROOM OR CALL 911

MAY 2025

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2025 JUNE

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HELP WITH HEALTH CARE

2025 JULY

Tips for getting good care

1. Find a doctor or nurse you can trust.
2. Know your family medical history and share it at your visit.
3. Bring a list of medications with dosage information (or your medication bottles) to your appointment.
4. Be prepared with questions for your doctor. For example: Why are you ordering this test?
5. Take advantage of preventive health services, such as an annual exam. Use the visit to discuss your health goals, medication list and any health problems you're experiencing.
6. If you've been diagnosed with a disease or chronic condition, ask your doctor how you can learn more about it.
7. Sign in to the patient portal to access your medical records, if you have this option.
8. Learn about the different care options for a non-emergency situation. Your doctor is usually best. There may be an urgent care center or online medical advice available when the doctor's office is closed.

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2025 AUGUST

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HELP WITH HEALTH CARE

How your health plan works — Health care plans can be complicated. Blue Cross Blue Shield of Michigan can help you understand your coverage. Visit the websites below to find a doctor, select a plan you can afford, understand the costs and what's covered, and learn about new health coverage and care.

- Find a doctor — [bcbsm.com/find-a-doctor](https://www.bcbsm.com/find-a-doctor)
- Select a health plan that you can afford — [bcbsm.com/index/health-insurance-101/selecting-right-plan.html](https://www.bcbsm.com/index/health-insurance-101/selecting-right-plan.html)
- Understand the costs and what's covered — [bcbsm.com/index/health-insurance-101/basics.html](https://www.bcbsm.com/index/health-insurance-101/basics.html)
- Learn what's new in health care — [bcbsm.com/index/health-insurance-101/whats-new.html](https://www.bcbsm.com/index/health-insurance-101/whats-new.html)

SEPTEMBER 2025

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2025 OCTOBER

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HELP WITH HEALTH CARE

The [Michigan Department of Insurance and Financial Services](#) can answer questions about finding or using health care.

- The website address is michigan.gov/difs/0,5269,7-303-12902_35510-279964--,00.html.
- You can also call the Health Insurance Assistance Program at **1-877-999-6442**.
- Email DIFS-HICAP@Michigan.gov.

NOVEMBER 2025

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2025 DECEMBER

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Notes: _____

HELP WITH HEALTH CARE

PART 2

If you need free or low-cost care, find a clinic near you here.
This list is sorted by county and includes medical, dental, mental health and vision care.

ARENAC COUNTY

HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Sterling Area Health Center	725 E. State St., Sterling, MI 48659 989-654-2491	sterlinghealth.net

DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Sterling Area Health Center Dental Clinic	5095 Rifle River Trail, Alger, MI 48610 989-873-5152	sterlinghealth.net

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Arenac County Department of Health and Human Services	3709 Deep River Rd., Standish, MI 48658 989-846-5500	michigan.gov

HELP WITH HEALTH CARE

BAY COUNTY

HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Bayside Health Center	3884 Monitor Rd., Bay City, MI 48706 989-671-2000	greatlakesbayhealth.org
Helen M. Nickless Volunteer Clinic	1460 W. Center Rd., Suite 1, Essexville, MI 48732 989-895-4664	mclaren.org
Women's Care Bay City	3175 W. Professional Dr., Bay City, MI 48706 989-667-3377	greatlakesbayhealth.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Bay-Arenac Behavioral Health	201 Mulholland, Bay City, MI 48708 989-895-2300	babha.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Bay County Department of Health and Human Services	1399 W. Center Rd., Essexville, MI 48732 989-895-2100	michigan.gov

BEHAVIORAL HEALTH AND SUBSTANCE ABUSE

CLINIC NAME	ADDRESS	WEBSITE
Bay City South	690 S. Trumbull Street, Bay City, MI 48708 989-671-2000	greatlakesbayhealth.org

HELP WITH HEALTH CARE

CLARE COUNTY

 **HEALTH CARE HOME**  **DENTAL**  **VISION**  **MENTAL HEALTH**

CLINIC NAME	ADDRESS	WEBSITE
MidMichigan Medical Offices – Clare	703 N. McEwan St., Clare, MI 48617 989-802-5000	midmichigan.org
MidMichigan Medical Offices – Farwell	2812 W. Cadillac Dr., Farwell, MI 48622 989-588-5050	midmichigan.gov

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Clare County Community Mental Health	789 N. Clare Ave., Harrison, MI 48625 989-539-2141	cmhcm.org
CMHCM Access Department	789 N. Clare Ave., Harrison, MI 48625 989-539-2141	cmhcm.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Clare County Department of Health and Human Services	725 Richard Dr., Harrison, MI 48625 989-539-4260	michigan.gov

HELP WITH HEALTH CARE

CLINTON COUNTY

DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
St. Johns Community-Based Dental Center	1307 E. Townsend Rd., St. Johns, MI 48879 989-224-3053	mmdhd.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Clinton County Department of Health and Human Services	105 W. Tolles Rd., St. Johns, MI 48879 989-224-5500	michigan.gov

EATON COUNTY

HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Eaton Community Health Center	1033 Health Care Dr., Charlotte, MI 48813 517-541-0992	cherryhealth.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Eaton County Department of Health and Human Services	1050 Independence Blvd., Charlotte, MI 48813 517-543-0860	michigan.gov

HELP WITH HEALTH CARE

**GENESEE
COUNTY**



HEALTH CARE HOME



DENTAL



VISION



MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Genesee County Health Department	630 S. Saginaw St., Suite 4, Flint, MI 48502 810-257-3612	gchd.us
Genesee County Health Department	G-3373 S. Saginaw St., Burton, MI 48529 810-257-3612	gchd.us
Genesee Community Health Center – Atheron East	3109 Kleinpell, Flint, MI 48507 810-422-5834	genchc.org
Genesee Community Health Center – Center City	725 Mason St., Flint, MI 48503 810-496-5777	genchc.org
Genesee County Free Medical Clinic	2437 Welch Blvd., Flint, MI 48504 810-235-4211	gcfmc.org
Hamilton Community Health – Burton	G-3375 S. Saginaw St., Flint, MI 48529 810-406-4246	hamiltonchn.org
Hamilton Community Health – North Pointe	5710 Clio Rd., Flint, MI 48504 810-406-4246	hamiltonchn.org
Hamilton Community Health – Flint	812 N. Root St., Flint, MI 48502 810-406-4246	hamiltonchn.org
Hamilton Community Health – Clio	4154 W. Vienna Rd., Clio, MI 48420 810-406-4246	hamiltonchn.org
Hamilton Community Health – Dental North Clinic	5399 N. Saginaw St., Flint, MI 48505 810-406-4246	hamiltonchn.org
Hamilton Community Health – Main Site	2900 N. Saginaw St., Flint, MI 48505 810-406-4246	hamiltonchn.org



MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
PACE – Genesys	412 E. First St., Flint, MI 48502 810-236-7500	michigan.gov



STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Genesee County Department of Health and Human Services	125 E. Union St., Flint, MI 48501 810-760-2200	michigan.gov

HELP WITH HEALTH CARE

**GLADWIN
COUNTY**

 **HEALTH CARE HOME**  **DENTAL**  **VISION**  **MENTAL HEALTH**

CLINIC NAME	ADDRESS	WEBSITE
Mid-Michigan Medical Offices – Beaverton	439 S. Ross Street (M-18), Beaverton, MI 48612 989-246-3500	midmichigan.org/CHS

 **MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES**

CLINIC NAME	ADDRESS	WEBSITE
Gladwin County Community Mental Health	655 E. Cedar Ave., Gladwin, MI 48624 989-426-9295	cmhcm.org

 **STATE AND FEDERAL PROGRAMS**

CLINIC NAME	ADDRESS	WEBSITE
Gladwin County Department of Health and Human Services	675 E. Cedar Ave., Gladwin, MI 48624 989-426-3300	michigan.gov

HELP WITH HEALTH CARE

GRATIOT COUNTY

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Gratiot County Community Mental Health	608 Wright Ave., Alma, MI 48801 989-463-4971	gccmha.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Gratiot County Department of Health and Human Services	201 Commerce Dr., Ithaca, MI 48847 989-875-5181	michigan.gov

HILLSDALE COUNTY

HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
St. Peter's Free Clinic of Hillsdale County, Inc.	3 N. Broad St., Hillsdale, MI 49242 517-437-4041	stpetershillsdale.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Hillsdale County Department of Health and Human Services	40 Care Dr., Hillsdale, MI 49242 517-439-2200	michigan.gov

HELP WITH HEALTH CARE

**HURON
COUNTY**



HEALTH CARE HOME



DENTAL



VISION



MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Integrated Care Thumb Area	1375 R. Dale Wertz Dr., Bad Axe, MI 48413 989-623-0137	greatlakesbayhealth.org
Thumb Area Community Health Center	876 N. Van Dyke Rd., Bad Axe, MI 48413 989-623-0137	greatlakesbayhealth.org



MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Huron Behavioral Health	1375 R. Dale Wertz Dr., Bad Axe, MI 48413 989-269-9293	huroncmh.org



STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Huron County Department of Health and Human Services	1911 Sand Beach Rd., Bad Axe, MI 48413 989-269-9201	michigan.gov

HELP WITH HEALTH CARE

INGHAM
COUNTY

 **HEALTH CARE HOME**  **DENTAL**  **VISION**  **MENTAL HEALTH**

CLINIC NAME	ADDRESS	WEBSITE
Birch Community Health Center	812 E. Jolly Rd., Lansing, MI 48910 517-244-8030	ingham.org
Care Free Medical	1100 W. Saginaw St., Suite 5, Lansing, MI 48915 517-887-5922	carefreemedical.com
Cristo Rey Community Center	1717 N. High St., Lansing, MI 48906 517-372-4700	cristoreycommunity.org
Eastern Health Center	220 N. Pennsylvania Ave., Lansing, MI 48912 517-244-8014	ingham.org
Forest Community Health Center	2316 S. Cedar St., Lansing, MI 48910 517-887-4302	ingham.org
New Hope Community Health Center	430 N. Larch St., Lansing, MI 48912 517-887-4400	ingham.org
River Oak Community Health Center	1115 S. Pennsylvania Ave., Lansing, MI 48912 517-244-8060	ingham.org
Sexton Health Center	102 S. McPherson Ave., Lansing, MI 48915 517-244-8041	ingham.org
Sparrow Medical Group	430 N. Larch St., Lansing, MI 48912 517-364-5160	sparrow.org
Willow Health Center	306 W. Willow St., Lansing, MI 48906 517-702-3500	ingham.org

DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Healthy Smiles Dental Center	2829 E. Grand River Ave., Lansing, MI 48912 517-333-3160	ingham.org
Lansing Community College Dental Hygiene Clinic	515 N Washington Sq., Room 107, Lansing, MI 48933 517-483-1458	lcc.edu
Michigan Dental Program (For HIV patients)	109 Michigan Ave., 5th Floor, Lansing, MI 48913 844-648-3384	michigan.gov

HELP WITH HEALTH CARE

VISION

CLINIC NAME	ADDRESS	WEBSITE
Care Free Optometry	3333 S. Pennsylvania Ave., Lansing, MI 48911 517-272-5053	carefreemedical.com

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Care Free Medical	1801 E Saginaw St., Suite 6A, Lansing, MI 48910 517-977-0899	carefreemedical.com
PACE – VOANS Senior Community Care	1921 E. Miller Rd., Lansing, MI 48911 517-319-0700	michigan.gov

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Ingham County Department of Health and Human Services	5305 S. Cedar St., Lansing, MI 48911 517-887-9400	michigan.gov

ADDITIONAL RESOURCES

CLINIC NAME	ADDRESS	WEBSITE
Cedar Community Health Center – Women’s Health	5303 S. Cedar St., Lansing, MI 48911 517-887-4320	ingham.org

HELP WITH HEALTH CARE

ISABELLA
COUNTY

 **HEALTH CARE HOME**  **DENTAL**  **VISION**  **MENTAL HEALTH**

CLINIC NAME	ADDRESS	WEBSITE
Isabella Citizens for Health	2790 Health Parkway, Mount Pleasant, MI 48858 989-953-5320	isabellahealth.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Isabella County Community Mental Health	301 S. Crapo St., Suite 200, Mount Pleasant, MI 48858 989-772-5938	cmhcm.org
PACE – Central Michigan	1750 E. Bellows, Mount Pleasant, MI 48858 989-953-5814	

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Isabella County Department of Health and Human Services	1919 Parkland Dr., Mount Pleasant, MI 48858 989-772-8400	michigan.gov

HELP WITH HEALTH CARE

JACKSON COUNTY

 **HEALTH CARE HOME**  **DENTAL**  **VISION**  **MENTAL HEALTH**

CLINIC NAME	ADDRESS	WEBSITE
Center for Family Health at Lifeways	1200 N. West Ave., Jackson, MI 49202 517-796-4550	centerforfamilyhealth.org
Center for Family Health Downtown Site	505 N. Jackson St., Jackson, MI 49201 517-748-5500	centerforfamilyhealth.org
Jackson High Health Center	544 Wildwood Ave., Jackson, MI 49201 517-780-0838	centerforfamilyhealth.org
Northeast Health Center	1024 Fleming Ave., Jackson, MI 49202 517-787-4361	centerforfamilyhealth.org
Northwest Community Health Center	6700 Rives Junction Rd., Jackson, MI 49201 517-569-3200	centerforfamilyhealth.org
Parkside Health Center	2400 Fourth St., Jackson, MI 49203 517-788-6812	centerforfamilyhealth.org
St. Luke's Clinic	132 Seymour Ave., Jackson, MI 49202 517-783-1117	stlukescliniconline.org

DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Center for Family Health Dental Clinic	500 N. Jackson St., Jackson, MI 49201 517-748-5500	centerforfamilyhealth.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
PACE – Thome	2282 Springport Rd., Jackson, MI 49202 517-768-9791	thomepace.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Jackson County Department of Health and Human Services	301 E. Louis Glick Hwy., Jackson, MI 49201 517-780-7400	michigan.gov

HELP WITH HEALTH CARE

LAPEER COUNTY

 **HEALTH CARE HOME**  **DENTAL**  **VISION**  **MENTAL HEALTH**

CLINIC NAME	ADDRESS	WEBSITE
Hamilton Community Health Network – Lapeer	5170 Suncrest Dr., Lapeer, MI 48446 810-406-4246	hamiltonchn.org
Imlay City Community Health Center	6800 Newark, Imlay City, MI 48444 810-724-3201	healthdelivery.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Lapeer County Department of Health and Human Services	1505 Suncrest Dr., Lapeer, MI 48446 810-667-0800	michigan.gov

LENAWEE COUNTY

 **HEALTH CARE HOME**  **DENTAL**  **VISION**  **MENTAL HEALTH**

CLINIC NAME	ADDRESS	WEBSITE
Adrian Medical and Dental	1200 N Main St., Adrian, MI 49221 517-263-1800	familymedicalmi.org
Family Medical Center of Michigan	1200 N Main St., Adrian, MI 49221 517-263-1800	familymedicalmi.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Lenawee County Department of Health and Human Services	1040 S. Winter St., Suite 3013, Adrian, MI 49221 517-264-6300	michigan.gov

HELP WITH HEALTH CARE

LIVINGSTON COUNTY

HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
University of Michigan Student Run Free Clinic	103 E. Main St., Pinckney, MI 48169 734-680-0804	umstudentrunfreeclinic.org

DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
VINA Community Dental Center	400 E. Grand River Ave., Brighton, MI 48116 810-844-0240	vinadental.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Livingston County Community Mental Health	2280 E. Grand River Ave., Howell, MI 48843 517-546-4126	cmhliv.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Livingston County Department of Health and Human Services	2300 E. Grand River Ave., Suite 1, Howell, MI 48843 517-548-0200	michigan.gov

HELP WITH HEALTH CARE

MIDLAND COUNTY

 **HEALTH CARE HOME**  **DENTAL**  **VISION**  **MENTAL HEALTH**

CLINIC NAME	ADDRESS	WEBSITE
MidMichigan Medical Offices – Midland	4000 Wellness Dr., Midland, MI 48670 989-839-3000	midmichigan.gov
MidMichigan Medical Offices – Sanford	40 W. Saginaw Rd., Sanford, MI 48657 989-687-9940	midmichigan.gov

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Midland County Community Mental Health	218 Fast Ice Dr., Midland, MI 48642 989-631-2320	cmhcm.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Midland County Department of Health and Human Services	1509 Washington Sq., Suite A, Midland, MI 48641 989-835-7040	michigan.gov

SAGINAW COUNTY

 **HEALTH CARE HOME**  **DENTAL**  **VISION**  **MENTAL HEALTH**

CLINIC NAME	ADDRESS	WEBSITE
Arthur Hill	3115 Mackinac Rd., Saginaw, MI 48602 989-399-5940	greatlakesbayhealth.org
Bridgeport Community Health Center	6297 Dixie Hwy., Bridgeport, MI 48722 989-759-6460	greatlakesbayhealth.org
Davenport Health Center	3023 Davenport, Saginaw, MI 48602 989-907-2761	greatlakesbayhealth.org
David R. Gamez Community Health Center	501 Lapeer Ave., Saginaw, MI 48607 989-753-6000	greatlakesbayhealth.org

HELP WITH HEALTH CARE

HEALTH CARE HOME CONTINUED

CLINIC NAME	ADDRESS	WEBSITE
Healthy Futures	2215 N. Center Rd., Saginaw, MI 48603 989-249-8940	healthyfutures.com
Integrated Care Saginaw	500 Hancock St., Saginaw, MI 48602 989-753-6000	greatlakesbayhealth.org
Janes Street Health Center	1522 Janes Ave., Saginaw, MI 48601 989-755-0316	greatlakesbayhealth.org
Mobile Medical	501 Lapeer, Saginaw, MI 48607 989-759-6400	greatlakesbayhealth.org
Old Town Health Center (OBGYN Services)	804 S. Hamilton St., Saginaw, MI 48602 989-921-5372	greatlakesbayhealth.org
Roosevelt S. Ruffin Community Health Center	229 Gallagher Rd., Saginaw, MI 48601 989-755-3619	greatlakesbayhealth.org
St. Mary's of Michigan Center of HOPE	723 Emerson St., Saginaw, MI 48607 989-907-8775	stmarysofmichigan.org
St. Vincent	925 N. River Rd., Saginaw, MI 48609 989-596-3534	greatlakesbayhealth.org
Warren Ave Health Center	321 N. Warren Ave., Saginaw, MI 48601 989-754-7771	greatlakesbayhealth.org
Wolverine Health Center – Saginaw	2424 N. Outer Dr., Saginaw, MI 48601 989-776-0400	greatlakesbayhealth.org



DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Mobile Dental	501 Lapeer, Saginaw, MI 48607 989-921-4393	greatlakesbayhealth.org
Wadsworth Dental Center	2308 Wadsworth Rd., Saginaw, MI 48601 989-754-7771	greatlakesbayhealth.org



MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
PACE – Great Lakes	3378 Fashion Square Blvd., Saginaw, MI 48603 989-272-7610	michigan.gov
Saginaw County Community Mental Health	500 Hancock St., Saginaw, MI 48602 989-797-3400	sccmha.org

HELP WITH HEALTH CARE



STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Saginaw County Department of Health and Human Services	411 E. Genesee, Saginaw, MI 48605 989-758-1100	michigan.gov



ADDITIONAL RESOURCES

CLINIC NAME	ADDRESS	WEBSITE
Hearth Home HIV/AIDS Awareness Counseling	732 Hoyt St., Saginaw, MI 48601 989-753-9011	greatlakesbayhealth.org
Saginaw High School	3100 Webber St., Saginaw, MI 48601 989-399-6120	greatlakesbayhealth.org

**SANILAC
COUNTY**



MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Sanilac County Community Mental Health	227 E. Sanilac Ave., Sandusky, MI 48471 810-648-0330	sanilaccmh.org



STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Sanilac County Department of Health and Human Services	515 S. Sandusky Rd., Sandusky, MI 48471 810-648-4420	michigan.gov

HELP WITH HEALTH CARE

SHIAWASSEE COUNTY

HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Integrated Care Shiawassee	1555 Industrial Dr., Owosso, MI 48867 989-729-4848	greatlakesbayhealth.org
Shiawassee Community Health Center	200 N. Caledonia, Owosso, MI 48867 989-729-4848	greatlakesbayhealth.org
Shiawassee Free Medical Clinic	802- W. King St., Suite K, Owosso, MI 48867 607-584-9822	shiawasseefreemedicalclinic.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Shiawassee County Community Mental Health	1555 Industrial Dr., Owosso, MI 48867 989-723-0725	shiacmh.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Shiawassee County Department of Health and Human Services	1720 E. Main St., Suite 1, Owosso, MI 48867 989-725-3200	michigan.gov

ADDITIONAL RESOURCES

CLINIC NAME	ADDRESS	WEBSITE
Pregnancy Resource Center	224 N. Ball St., Owosso, MI 48867 989-723-4025	prcowosso.com

HELP WITH HEALTH CARE

ST. CLAIR COUNTY

HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Algonac Medical Center	555 St. Clair River Dr., Algonac, MI 48001 810-794-4917	downrivercs.org
People's Clinic For Better Health	3111 Electric Ave., Port Huron, MI 48060 810-985-4747	downrivercs.org
Port Huron Medical Center	1011 Military St., Port Huron, MI 48060 810-488-8000	downrivercs.org

DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Community Dental Clinic of St. Clair County	3037 Electric Ave., Port Huron, MI 48060 810-984-5197	stclaircounty.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
St. Clair County Community Mental Health	3111 Electric Ave., Port Huron, MI 48060 810-985-8900	scccmh.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
St. Clair County Department of Health and Human Services	220 Fort St., Port Huron, MI 48060 810-966-2000	michigan.gov

HELP WITH HEALTH CARE

TUSCOLA COUNTY

 **HEALTH CARE HOME**  **DENTAL**  **VISION**  **MENTAL HEALTH**

CLINIC NAME	ADDRESS	WEBSITE
Wolverine Health Center – Vassar	150 Enterprise Dr., Vassar, MI 48768 989-823-3040	greatlakesbayhealth.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Tuscola Behavioral Health Systems	1332 Propsect Ave., Caro, MI 48723 989-673-6191	tbhsonline.com

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Tuscola County Department of Health and Human Services	1365 Cleaver Rd., Caro, MI 48723 989-673-9100	michigan.gov

WASHTENAW COUNTY

 **HEALTH CARE HOME**  **DENTAL**  **VISION**  **MENTAL HEALTH**

CLINIC NAME	ADDRESS	WEBSITE
Hope Medical Clinic	518 Harriet St., Ypsilanti, MI 48198 734-484-2989	thehopeclinic.org
Neighborhood Family Health Center	111 N. Huron, Suite 200, Ypsilanti, MI 48197 734-547-7977	ihacares.com
Packard Health - Delonis Homeless Shelter	312 W. Huron St., Ann Arbor, MI 48108 734-662-2829	packardhealth.org
Packard Health Main	3174 Packard Rd., Ann Arbor, MI 48108 734-971-1073	packardhealth.org

HELP WITH HEALTH CARE

HEALTH CARE HOME CONTINUED

CLINIC NAME	ADDRESS	WEBSITE
Packard Health West	1915 Pauline Blvd., Ann Arbor, MI 48103 734-926-4900	packardhealth.org
Packard Health Ypsilanti	300 Arnet St., Suite 150, Ypsilanti, MI 48198 734-985-7200	packardhealth.org
Shelter Association of Washtenaw County	312 W. Huron St., Ann Arbor, MI 48103 734-662-2829	annarborshelter.org
Ypsilanti Family Health Center	200 Arnet St., Suite 200, Ypsilanti, MI 48198 734-539-5000	uofmhealth.org



DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Community Dental Center	406 N. Ashley St., Ann Arbor, MI 48103 734-998-9640	dent.umich.edu
University of Michigan School of Dentistry	1011 North University, Ann Arbor, MI 48109 734-763-6933	dent.umich.edu



MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Washtenaw County Community Mental Health	555 Towner St., Ypsilanti, MI 48198 734-544-3050	ewashtenaw.org



STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Washtenaw County Department of Health and Human Services	22 Center St., Ypsilanti, MI 48198 734-481-2000	michigan.gov



ADDITIONAL RESOURCES

CLINIC NAME	ADDRESS	WEBSITE
Corner Health Center	47 N. Huron St., Ypsilanti, MI 48197 734-484-3600	cornerhealth.org

HELP WITH HEALTH CARE

ALL MID MI
COUNTIES

DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Discount Dental Plans	888-632-5353	dentalplans.com

VISION

CLINIC NAME	ADDRESS	WEBSITE
EyeCare America	877-887-6327	aao.org
Lions Club International	630-571-5466	lionsclubs.org
Optometry Cares - The AOA Foundation	800-365-2219	aoafoundation.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Children's Special Health Care Services	800-359-3722	michigan.gov
Women, Infant and Children Programs	517-887-4326	michigan.gov/wic

ADDITIONAL RESOURCES

CLINIC NAME	ADDRESS	WEBSITE
Long Term Care Ombudsman Program	517-886-1029	4ami.org
Mammogram and Pap Smear Referral Program	800-922-6266	michigan.gov
U.S. Veterans Administration Agency	800-827-1000	va.gov

PART 3 HELPFUL RESOURCES

PREVENTIVE SCREENING AND VACCINES

There are several diseases and infections that can be prevented or detected early for effective treatment through vaccinations and preventive screenings to protect you, your family and community from serious illness.

Vaccines help protect you, your family and community from preventable diseases that are easily spread within our communities. Preventive screenings help doctors find signs of disease early before symptoms appear.

Visit this link for information about recommended vaccines.

michigan.gov/mdhhs/adult-child-serv/childrenfamilies/immunization/public

MENTAL WELLNESS

Finding Support

Call the Michigan warmline at **1-888-733-7753** from 10 a.m. to 2 a.m. for issues, such as withdrawal from friends and activities, social isolation, abuse or recovering from trauma, alcohol, drug use or prescription medicine misuse.

For local community mental health service programs, visit:

michigan.gov/mdhhs/keep-mi-healthy/mentalhealth/mentalhealth/cmhsp/local-mental-health-services

Crisis Support

If you or someone you know is thinking about self-harming or suicide or experiencing emotional distress, you can reach the 24/7 Michigan Crisis and Access Line or the **National Suicide Hotline** by just dialing **988**.

Domestic Violence

If you or someone you know is suffering from domestic violence, contact the national domestic violence hotline:

- Call **1-800-799-7233**
- **Text** "START" to 88788
- Online chat at www.thehotline.org/#

You may also contact the Michigan Domestic Violence hotline by phone or text at **517-347-7000 (TTY, call 517-381-8470)** or use the online chat service at: mcedsv.org/hotline-domestic-violence/hotline-chat/

You may also find local resources, including case management, shelter and youth shelter, court accompaniment and legal services, children's counseling and child care by visiting: thehotline.org/get-help/domestic-violence-local-resources/

HELP WITH HEALTH CARE

SELF-GUIDED RESOURCES

Blue Cross offers resources for self-guided support at no cost to get you started on your mental wellness journey. Current guides are available online for parents, women, men and seniors. Virtual informational and motivational webinars cover guided meditations and information on stigma, suicide prevention and other wellness topics.

Blue Cross Virtual Well-Being: mibluesperspectives.com/virtual-webinars/members/

Seniors: bcbsm.com/behavioral-mental-health/resources/seniors/

Women: bcbsm.com/behavioral-mental-health/resources/women/

Men: bcbsm.com/behavioral-mental-health/resources/men/

Parents: bcbsm.com/behavioral-mental-health/resources/parents/

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HELP WITH HEALTH CARE

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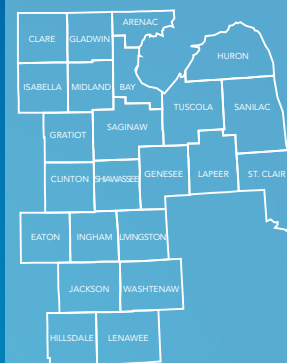
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You can download copies of this brochure from our website at bcbsm.com/home/healthier/help_with_health_care_brochures.html.

You can also email socialmission@bcbsm.com or call **517-325-4602** to order extra copies and large orders free of charge. When you send an email, be sure to include your name, address, phone number, number of brochures you'd like and which version you need (Southeast Michigan, Mid Michigan, West Michigan or Northern Michigan and the Upper Peninsula). All four regions of the brochure are available in Spanish and the SE Michigan brochure is available in Arabic as well.

MID MICHIGAN



Help with Health Care
RESOURCES FOR THE UNINSURED
AND UNDERINSURED



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