



NORTHERN
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:

- Alcona County
- Alger County
- Alpena County
- Antrim County
- Baraga County
- Benzie County
- Charlevoix County
- Cheboygan County
- Chippewa County
- Crawford County
- Delta County
- Dickinson County
- Emmet County
- Gogebic County
- Grand Traverse County
- Houghton County
- Iosco County
- Iron County
- Kalkaska County
- Keweenaw County
- Leelanau County
- Luce County
- Mackinac County
- Manistee County
- Marquette County
- Menominee County
- Missaukee County
- Montmorency County
- Ogemaw County
- Ontonagon County
- Oscoda County
- Otsego County
- Presque Isle County
- Roscommon County
- Schoolcraft County
- Wexford 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 Healthy People 2020, 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 two kinds of coverage for adults who are 64 years old or younger.

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 people who don't qualify for Medicaid, but still 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 choose the best option 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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2024 OCTOBER

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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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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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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.

ALCONA COUNTY

HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Alcona Health Center Harrisville Services	205 N. State St., Suite A, Harrisville, MI 48740 989-724-5655	alconahealthcenters.org
Alcona Health Center Lincoln Services	177 N. Barlow Rd., Lincoln, MI 48742 989-736-8157	alconahealthcenters.org
Alcona Health Center Tiger Health Extension	181 N. Barlow Rd., Lincoln, MI 48742 989-736-8716	alconahealthcenters.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Northeast Michigan Community Mental Health – Alcona	177 N. Barlow Rd., Lincoln, MI 48742 989-356-2161	nemcmh.org

ALGER COUNTY

HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Munising Tribal Health Center	622 W. Superior St., Munising, MI 49862 906-387-4614	
Sterling Area Medical Clinic	725 E. State St., Sterling, MI 48659 989-654-2491	sterlinghealth.net

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Pathways – Alger	601 W. Superior St., Munising, MI 49862 906-387-3611	pathwaysup.org

HELP WITH HEALTH CARE

DENTAL CARE

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

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Alger County Department of Health and Human Services	413 Maple St., Munising, MI 49862 906-628-7002	michigan.gov
Grand Island Chippewa Community Center	622 West Superior St., Munising, MI 49862 906-387-4721	saulttribehealth.com

ALPENA
COUNTY

HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Alcona Health Center Alpena Services	1185 US-23 N., Alpena, MI 49707 989-356-4049	alconahealthcenters.org
Alcona Health Center Long Rapids Plaza	346 Long Rapids Plaza, Alpena, MI 49707 989-358-3500	alconahealthcenters.org
Alcona Health Center Ossineke Services	11745 US-23 S., Ossineke, MI 49766 989-471-2156	alconahealthcenters.org
Alcona Health Center Wilcat Extension	309 W. Lake St. Alpena, MI 49707 989-358-3998	alconahealthcenters.org

HELP WITH HEALTH CARE

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Northeast Michigan Community Mental Health – Alpena	400 Johnson St., Alpena, MI 49707 989-356-2161	nemcmh.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Alpena County Department of Health and Human Services	600 Walnut St., Alpena, MI 49707 989-354-7200	michigan.gov

**ANTRIM
COUNTY**

HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Bellaire Family Health Center	4955 S M-88 Hwy., Bellaire, MI 49615 231-533-8649	ejfhc.org
Central Lake Family Health Center	7960 W. Old State St., Central Lake, MI 49622 231-544-3700	ejfhc.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
North Country Community Mental Health – Antrim	203 E. Cayuga St., Bellaire, MI 49615 231-533-8619	michigan.gov

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Antrim County Department of Health and Human Services	203 E. Cayuga St., Bellaire, MI 49615 231-533-8664	michigan.gov

HELP WITH HEALTH CARE

BARAGA COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Donald A. LaPointe Health and Education Center	102 Superior Ave., Baraga, MI 49908 906-353-8700	kbichealth.org

 **MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES**

CLINIC NAME	ADDRESS	WEBSITE
Baraga County Center	15644 Skanee Rd., L'Anse, MI 49946 906-524-5885	cccmh.org

 **STATE AND FEDERAL PROGRAMS**

CLINIC NAME	ADDRESS	WEBSITE
Baraga County Department of Health and Human Services	108 Main St., Baraga, MI 49908 906-275-5050	michigan.gov

BENZIE COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Benzonia Health Center	6051 Frankfort Hwy., Benzonia, MI 49616 231-383-4800	nmhsi.org
Boyne Area Free Clinic	624 State St., Boyne City, MI 49712 231-582-4605	boyneareafreeclinic.com

 **MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES**

CLINIC NAME	ADDRESS	WEBSITE
Benzie Community Resource Center	6051 Frankfort Hwy., #200, Benzonia, MI 49616 877-398-2013	centrawellness.org

HELP WITH HEALTH CARE



STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Benzie County Department of Health and Human Services	448 Court Plaza Govt. Ctr., Beulah, MI 49617 231-882-1330	michigan.gov

**CHARLEVOIX
COUNTY**



HEALTH CARE HOME



DENTAL



VISION



MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
East Jordan Family Health Center	601 Bridge St., East Jordan, MI 49727 231-536-2206	ejfhc.org



MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
North Country Community Mental Health – Charlevoix	6250 M-66 North, Charlevoix, MI 49720 231-547-5885	michigan.gov

**CHEBOYGAN
COUNTY**



HEALTH CARE HOME



DENTAL



VISION



MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Alcona Health Center Cheboygan Campus	740 Main St., Cheboygan, MI 49721 231-627-7118 or 231-627-3002	alconahealthcenters.org
Alcona Health Center Indian River Services	6135 Cressy St., Indian River, MI 49749 231-238-8908	alconahealthcenters.org
Northern Care Center	117 W. State St., Cheboygan, MI 49721 231-333-3019	saulttribehealth.com



MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
North Country Community Mental Health – Cheboygan	825 S. Huron, Suite 4, Cheboygan, MI 49721 231-627-5627	michigan.gov

HELP WITH HEALTH CARE



STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Cheboygan County Department of Health and Human Services	827 S. Huron St., Cheboygan, MI 49721 231-627-8500	michigan.gov

**CHIPPEWA
COUNTY**



HEALTH CARE HOME



DENTAL



VISION



MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Bay Mills Health Center	12124 W. Lakeshore Dr., Brimley, MI 49715 906-248-5527	baymillshealthcenter.com
Community Care Clinic	509 Osborn Blvd., Sault Ste. Marie, MI 49783 906-635-4401	warmemorialhospital.org
Community Health Access Coalition – Sault Ste. Marie	143 Arlington St., Sault Ste. Marie, MI 49783 906-635-7483	upchac.org



MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Hiawatha Behavioral Health – Chippewa	3865 S. Mackinac Trl., Sault Ste. Marie, MI 49783 906-632-2805	hbhcmh.org



STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Chippewa County Department of Health and Human Services	463 E. 3 Mile Rd., Sault Ste. Marie, MI 49783 906-635-4100	michigan.gov
Sault Ste. Marie Health Clinic	2864 Ashman St., Sault Ste. Marie, MI 49783 906-632-5200	saulttribehealth.com

HELP WITH HEALTH CARE

CRAWFORD COUNTY

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Northern Lakes Mental Health – Crawford	204 Meadows Dr., Grayling, MI 49738 989-348-8522	northernlakescmh.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Crawford County Department of Health and Human Services	230 Huron, Grayling, MI 49738 989-348-7691	michigan.gov

DELTA COUNTY

DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Care Free Dental of Escanaba	429 S. Lincoln Rd., Escanaba, MI 49829 906-789-1627	freeclinics.com

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Pathways – Delta	2500 7th Ave. S., Suite 100, Escanaba, MI 49829 906-786-6441	pathwaysup.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Delta County Department of Health and Human Services	305 Ludington St., Escanaba, MI 49829 906-786-5394	michigan.gov
Escanaba Tribal Health Center	1401 North 26th St., Suite 105, Escanaba, MI 49829 906-786-2636	saulttribehealth.com

HELP WITH HEALTH CARE

**DICKINSON
COUNTY**

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

CLINIC NAME	ADDRESS	WEBSITE
Kingsford Medical Clinic	800 East Blvd., Kingsford, MI 49802 906-774-4000	mgh.org

DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Care Free Dental of Dickinson & Florence	500 S. Stevenson Ave., 4th floor, Iron Mountain, MI 49801	carefreedental.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
NorthPoint Behavioral Healthcare – Kingsford	715 Pyle Dr., Kingsford, MI 49802 906-774-0522	nbhs.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Dickinson County Department of Health and Human Services	1401 Carpenter Ave., Suite A, Iron Mountain, MI 49801 906-779-4100	michigan.gov

HELP WITH HEALTH CARE

EMMET COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Alcona Health Center Community Health Center of Northern Michigan	3434 M119, Suite C, Harbor Springs, MI 49740 231-348-9900	alconahealthcenters.org
Alcona Health Center Pellston Services	421 Stimpson St., Pellston, MI 49769 231-844-3051	alconahealthcenters.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
North Country Community Mental Health – Emmet	1420 Plaza Dr., Petoskey, MI 49770 231-347-6701	michigan.gov

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Emmet County Department of Health and Human Services	2229 Summit Park Dr., Petoskey, MI 49770 231-348-1600	michigan.gov

GOGEBIC COUNTY

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Gogebic Community Mental Health	130 W. US Hwy 2, Wakefield, MI 49968 906-229-6120	gccmh.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Gogebic County Community Mental Health	130 W. US Hwy 2, Wakefield, MI 49968 888-906-9060	michigan.gov

HELP WITH HEALTH CARE

GRAND TRAVERSE COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Northern Michigan Health Services	10767 Traverse Hwy., Traverse City, MI 49684 231-947-1112	nmhsi.org
Traverse Health Clinic	1719 S. Garfield Ave., Traverse City, MI 49686 231-935-0799	traversehealthclinic.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Northern Lakes Mental Health – Grand Traverse	105 Hall St., Traverse City, MI 49684 231-922-4850	northernlakescmh.org

ADDITIONAL RESOURCES

CLINIC NAME	ADDRESS	WEBSITE
Youth Health and Wellness Center	880 Parsons Rd., Traverse City, MI 49686 231-922-6416	www.co.grand-traverse.mi.us

HELP WITH HEALTH CARE

HOUGHTON COUNTY

HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Calumet Family Health Center	56720 Calumet Ave., Calumet, MI 49913 906-483-1177	uglhealth.org
Hancock Family Health Center	500 Campus Dr., Hancock, MI 49930 906-483-1060	uglhealth.org
Houghton Family Health Center	600 MacInnes Dr., Houghton, MI 49931 906-483-1860	uglhealth.org
Lake Linden Family Health Center	945 9th St., Lake Linden, MI 49945 906-483-1030	uglhealth.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Rice Memorial Center	901 W. Memorial Dr., Houghton, MI 49931 906-482-9400	cccmh.org
Rice Memorial Center – CLK Branch	56938 Calumet Ave., Calumet, MI 49913 906-337-5810	cccmh.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Houghton County Department of Health and Health Services	47420 State Hwy. M26, Suite 62, Houghton, MI 49931 906-482-0500	michigan.gov

HELP WITH HEALTH CARE

IOSCO
COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Alcona Health Center Oscoda Services	5671 N. Skeel Ave., Oscoda, MI 48750 989-739-2550	alconahealthcenters.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Hale Clinic	436 W. Main St., Hale, MI 48739 989-728-2800	sterlinghealth.net

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Iosco County Department of Health and Human Services	2145 E. Huron Rd., East Tawas, MI 48730 989-362-0300	michigan.gov

HELP WITH HEALTH CARE

IRON COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Ice Lake Family Health Center	1500 W. Ice Lake Rd., Iron River, MI 49935 906-265-5378	uglhealth.org

DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Dickinson-Iron Dental Center	211 S. Fourth St., Suite B, Crystal Falls, MI 49920 906-875-6133	upruralhealth.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
NorthPoint Behavioral Healthcare – Iron River	703 Second Ave., Iron River, MI 49935 906-265-5126	nbhs.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Iron County Department of Health and Human Services	337 Brady Ave., Caspian, MI 49915 906-265-9958	michigan.gov

KALKASKA COUNTY

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
North Country Community Mental Health – Kalkaska	625 Courthouse Dr., Kalkaska, MI 49646 231-258-5133	michigan.gov

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Kalkaska County Department of Health and Human Services	503 N. Birch St., Kalkaska, MI 49646 231-258-1200	michigan.gov

HELP WITH HEALTH CARE

KEWEENAW COUNTY



STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Keweenaw County Department of Health and Human Services	3616 Hwy US-41, Mohawk, MI 49950 906-337-3302	michigan.gov

LUCE COUNTY



HEALTH CARE HOME



DENTAL



VISION



MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Community Health Access Coalition – Newberry	500 W. McMillan Ave., Suite C, Newberry, MI 49868 906-293-8355	upchac.org



MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Pathways – Luce	14126 County Rd. 428 906-293-3284	pathwaysup.org



STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Luce County Department of Health and Human Services	500 W. McMillan Ave., Suite A, Newberry, MI 49868 906-293-5144	michigan.gov
Newberry Tribal Health Center	4935 Zeez Ba Tik Ln., Newberry, MI 49868 906-293-8181	saulttribehealth.com

HELP WITH HEALTH CARE

MACKINAC COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Alcona Health Center Pickford Services	416 N. M-129, Pickford, MI 49774 906-647-2217	alconahealthcenters.org
Community Health Access Coalition – St. Ignace	220 Burdette St., St. Ignace, MI 49781 906-643-7253	upchac.org
Mackinac Straits Health Center	1140 N. State St., St. Ignace, MI 49781 906-643-8585	mackinacstraitshhealth.org

DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
West Mackinac Dental Clinic	W14034 Melville St., Engadine, MI 49827 906-477-6090	upruralhealth.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Hiawatha Behavioral Health – Mackinac	114 Elliot St., St. Ignace, MI 49781 906-643-8616	hbhcmh.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Hessel Tribal Health Center	3355 N. 3 Mile Rd., Hessel, MI 49745 906-484-2727	saulttribehealth.com
Mackinac County Department of Health and Human Services	199 Ferry Ln., St. Ignace, MI 49781 906-643-9550	michigan.gov
Sault Tribe Health and Human Services Center	1140 N. State St., Suite 2805, St. Ignace, MI 49781 906-643-8689	saulttribehealth.com

HELP WITH HEALTH CARE

MANISTEE COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Manistee Health Center	2849 Orchard Hwy., Suite 3, Manistee, MI 49660 231-398-2258	nmhsi.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Centra Wellness Network	2198 US -31 S., Manistee, MI 49660 877-398-2013	centrawellness.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Manistee County Department of Health and Human Services	1672 US 31 S., Manistee, MI 49660 231-723-8375	michigan.gov

HELP WITH HEALTH CARE

MARQUETTE COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Gwinn Family Health Center	135 E. M-35, Gwinn, MI 49841 906-346-9275	uglhealth.org
Marquette General Family Medicine	1414 W. Fair Ave., Suite 36, Marquette, MI 49855 906-225-3864	mgh.org
Sawyer Family Health Center	301 Explorer St., Gwinn, MI 49841 906-346-9275	uglhealth.org
Upper Peninsula Medical Center	1414 W. Fair Ave., Marquette, MI 49855 906-225-3905	penmed.com

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Pathways – Marquette	200 W. Spring St., Marquette, MI 49855 906-225-1181	pathwaysup.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Marquette County Department of Health and Human Services	234 W. Baraga Ave., Marquette, MI 49855 906-228-9691	michigan.gov
Marquette Tribal Health Center	1229 Washington St., Marquette, MI 49855 906-225-1616	saulttribehealth.com

HELP WITH HEALTH CARE

MENOMINEE COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Menominee Family Health Center	1110 10th Ave., Menominee, MI 49858 906-290-5000	uglhealth.org
Northern Menominee Health Center	N 16088 Balsam Ln., Spalding, MI 49886 906-497-5263	upruralhealth.org
Northern Menominee Health Center South	805 First St., Menominee, MI 49858 906-863-2315	upruralhealth.org

 **MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES**

CLINIC NAME	ADDRESS	WEBSITE
NorthPoint Behavioral Healthcare - Menominee	401 Tenth Ave., Menominee, MI 49858 906-863-7841	nbhs.org

 **STATE AND FEDERAL PROGRAMS**

CLINIC NAME	ADDRESS	WEBSITE
Menominee County Department of Health and Human Services	2612 10th St., Menominee, MI 49858 906-863-9965	michigan.gov

MISSAUKEE COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Family Health Care – McBain	117 N. Roland St., McBain, MI 49657 231-825-2643	familyhealthcare.org

HELP WITH HEALTH CARE

MONTMORENCY COUNTY



HEALTH CARE HOME



DENTAL



VISION



MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Atlanta Health Center	11899 M-32, Atlanta, MI 49709 989-785-4855	tbchs.org
Hillman Health Center	15774 State St., Hillman, MI 49746 989-742-4583	tbchs.org



MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Northeast Michigan Community Mental Health – Montmorency	630 Caring St., Hillman, MI 49746 989-742-4549	nemcmh.org



STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Montmorency County Department of Health and Human Services	13210 M-33, Atlanta, MI 49709 989-785-4218	michigan.gov

HELP WITH HEALTH CARE

OGEMAW COUNTY

HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Ogemaw Clinic	1827 E. Greenwood Rd., Prescott, MI 48756 989-873-6200	sterlinghealth.net
Ogemaw Hills Free Clinic	2106 S. Gray Rd., West Branch, MI 48661 989-345-7880	ogemawhills.org
West Branch Clinic	335 E. Houghton Ave., Suite 4, West Branch, MI 48661 989-343-9466	sterlinghealth.net

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Ogemaw County Department of Health and Human Services	444 E. Houghton Ave., West Branch, MI 48861 989-345-5135	michigan.gov

ADDITIONAL RESOURCES

CLINIC NAME	ADDRESS	WEBSITE
HDI - OBGYN Services	621 Court St., Suite 102, West Branch, MI 48661 989-667-3377	healthdelivery.org

HELP WITH HEALTH CARE

ONTONAGON COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Ewen Medical Center	200 S. Elm St., Ewen, MI 49925 906-988-2210	upruralhealth.org
Ontonagon Family Health Center	751 S. 7th St., Ontonagon, MI 49953 906-884-4120	uglhealth.org

DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Ewen Dental Center	20106 Hwy. M-28, Ewen, MI 49925 906-988-2468	upruralhealth.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Ontonagon County Center	515 Quartz St., Ontonagon, MI 49953 906-884-4804	cccmh.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Ontonagon County Department of Health and Human Services	408 Cooper St., Suite B, Ontonagon, MI 49953 906-813-7006	michigan.gov

HELP WITH HEALTH CARE

OSCODA COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Fairview Health Center	1910 E. Miller Rd., Fairview, MI 48621 989-742-4583	tbchs.org

DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Oscoda Dental	208 S. State St. Oscoda, MI 48750 989-739-7927	alconahealthcenters.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Oscoda County Department of Health and Human Services	200 W. Fifth St., Mio, MI 48647 989-826-4000	michigan.gov

OTSEGO COUNTY

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
North Country Community Mental Health – Otsego	800 Livingston Blvd., Gaylord, MI 49735 989-732-7558	michigan.gov
Northern Michigan Substance Abuse Services Recovery Center	2136 W. M-32, Gaylord, MI 49735 989-732-1791	nmsas.net

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Otsego County Department of Health and Human Services	931 S. Ostego Ave., Gaylord, MI 49735 989-732-1702	michigan.gov

HELP WITH HEALTH CARE

PRESQUE ISLE COUNTY



HEALTH CARE HOME



DENTAL



VISION



MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Onaway Health Center	21258 West M-68, Onaway, MI 49765 989-733-2082	tbchs.org
Rogers City Health Center	205 S. Bradley Hwy., Rogers City, MI 49779 989-734-2052	tbchs.org



MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Northeast Michigan Community Mental Health – Presque Isle	156 N. 4th St., Rogers City, MI 49779 989-734-7223	nemcmh.org



STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Presque Isle County Department of Health and Human Services	2164 N. Fourth St., Rogers City, MI 49779 989-734-2108	michigan.gov

HELP WITH HEALTH CARE

ROSCOMMON COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Mid Michigan Medical Offices Roscommon	135 Lake St., Roscommon, MI 48653 989-275-8931	midmichigan.org/CHS
MidMichigan Community Health Services Houghton Lake	9249 W. Lake City Rd., Houghton Lake, MI 48629 989-422-2181	midmichigan.org/CHS

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Northern Lakes Mental Health – Roscommon	2715 S. Townline Rd., Houghton Lake, MI 48629 989-366-8550	northernlakescmh.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Roscommon County Department of Health and Human Services	715 S. Loxley Rd., Houghton Lake, MI 48629 989-366-2300	michigan.gov

SCHOOLCRAFT COUNTY

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Hiawatha Behavioral Health – Schoolcraft	125 N. Lake St., Manistique, MI 49854 906-341-2144	hbhcmh.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Manistique Tribal Health Center	5698 W. US Hwy. US-2, Manistique, MI 49854 906-341-8469	saulttribehealth.com
Schoolcraft County Department of Health and Human Services	300 Walnut St., Courthouse, Rm. 175A, Manistique, MI 49854 906-341-2114	michigan.gov

HELP WITH HEALTH CARE

WEXFORD COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Cadillac Family Health Care	520 Cobb St., Cadillac, MI 49601 231-775-6521	familyhealthcare.org
Stehouwer Free Clinic	803 Lynn St., Cadillac, MI 49601 231-876-6152	stehouwerfreeclinic.org

MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Northern Lakes Mental Health – Wexford	527 Cobbs St., Cadillac, MI 49601 231-775-3463	northernlakescmh.org

STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Wexford County Department of Health and Human Services	10641 W. Watergate Rd., Cadillac, MI 49601 231-779-4500	michigan.gov

HELP WITH HEALTH CARE

**ALL NORTHERN-MI
COUNTIES**

DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Discount Dental Plans	800-494-9294	dentalplans.com

VISION

CLINIC NAME	ADDRESS	WEBSITE
EyeCare America	877-887-6327	aao.org
Lions Club International	630-571-5466	lionsclubs.org
Vision USA	800-766-4466	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	866-485-9393	aaanm.org
Mammogram and Pap Smear Referral Program	800-922-6266	michigan.gov
U.S. Veterans Administration Agency	877-222-8387	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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HELP WITH HEALTH CARE

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HELP WITH HEALTH CARE

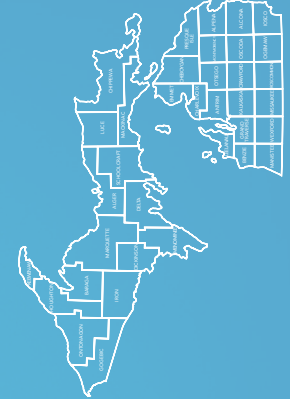
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HELP WITH HEALTH CARE

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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.

Help with Health Care

RESOURCES FOR THE UNINSURED
AND UNDERINSURED



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