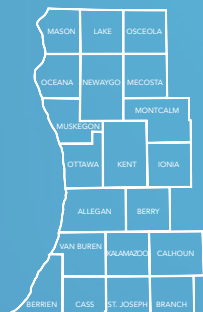




**WEST**

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:

- Allegan County
- Barry County
- Berrien County
- Branch County
- Calhoun County
- Cass County
- Ionia County
- Kalamazoo County
- Kent County
- Lake County
- Mason County
- Mecosta County
- Montcalm County
- Muskegon County
- Newaygo County
- Oceana County
- Osceola County
- Ottawa County
- St. Joseph County
- Van Buren 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

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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](https://michigan.gov/mibridges). Visit [www.michigan.gov](https://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](https://michigan.gov/healthymiplan).
- Visit your local Department of Health and Human Services office.



JULY 2024

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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](https://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](https://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](https://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](https://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](https://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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# 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](https://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](mailto:DIFS-HICAP@Michigan.gov).

NOVEMBER 2025

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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.

### ALLEGAN COUNTY

#### HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Intercare Pullman	5498 109th Ave., Pullman, MI 49450 <b>855-869-6900</b>	<a href="http://intercare.org">intercare.org</a>
Renewed Hope Health Clinic	894 Marshall St., Allegan, MI 49010 <b>269-355-3053</b>	<a href="http://renewedhopehealth.org">renewedhopehealth.org</a>

#### STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Allegan County Department of Health and Human Services	3255 122nd, Suite 300, Allegan, MI 49010 <b>269-673-7700</b>	<a href="http://michigan.gov">michigan.gov</a>

### BARRY COUNTY

#### HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Barry Community Health Center	200 S. Boltwood St., Hastings, MI 49058 <b>269-945-4220</b>	<a href="http://cherryhealth.org">cherryhealth.org</a>

#### STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Barry County Department of Health and Human Services	430 Barfield Dr., Hastings, MI 49058 <b>269-948-3200</b>	<a href="http://michigan.gov">michigan.gov</a>

# HELP WITH HEALTH CARE

## BERRIEN COUNTY

### HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Intercare Benton Harbor	800 M-139, Benton Harbor, MI 49022 <b>855-869-6900</b>	<a href="http://intercare.org">intercare.org</a>
Intercare Benton Harbor – Women’s Health Center	796 M-139, Benton Harbor, MI 49022 <b>855-869-6900</b>	<a href="http://intercare.org">intercare.org</a>
Intercare Eau Claire	6270 W. Main St., Eau Claire, MI 49111 <b>855-869-6900</b>	<a href="http://intercare.org">intercare.org</a>
Niles Community Health Center	24 N. St Joseph Ave., Suite G, Niles, MI 49120 <b>269-262-4749</b>	<a href="http://cassfamilyclinic.org">cassfamilyclinic.org</a>

### DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Niles Community Health Center Dental	122 Grant Street, Niles, MI 49120 <b>269-262-4364</b>	<a href="http://cassfamilyclinic.org">cassfamilyclinic.org</a>

### MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Berrien Mental Health Authority – Niles Office	115 S. St. Joseph Ave., Niles, MI 49120 <b>269-684-4270</b>	<a href="http://riverwoodcenter.org">riverwoodcenter.org</a>
Berrien Mental Health Authority – Riverwood Center	1485 M-139, Benton Harbor, MI 49022 <b>269-925-0585</b>	<a href="http://riverwoodcenter.org">riverwoodcenter.org</a>
PACE	2900 Lakeview Ave., St. Joseph, MI 49085 <b>855-243-8876</b>	<a href="http://michigan.gov">michigan.gov</a>

### STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Berrien County Department of Health and Human Services	401 Eighth St., Benton Harbor, MI 49023 <b>844-464-3447</b>	<a href="http://michigan.gov">michigan.gov</a>



# HELP WITH HEALTH CARE



## ADDITIONAL RESOURCES

CLINIC NAME	ADDRESS	WEBSITE
Cassopolis Family Clinic – Obstetrics & Gynecology	60 N. St. Joseph Ave., Suite G, Niles, MI 49120 269-683-0300	<a href="http://cassfamilyclinic.org">cassfamilyclinic.org</a>

BRANCH  
COUNTY



## HEALTH CARE HOME



DENTAL



VISION



MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Presbyterian Health Clinic of Branch County	15 Church St., Coldwater, MI 49036 517-278-6685	<a href="http://chamberorganizer.com">chamberorganizer.com</a>



## MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Pines Behavioral Health Services	200 Orleans Blvd., Coldwater, MI 49036 517-278-2129	<a href="http://pinesbhs.org">pinesbhs.org</a>



## STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Branch County Department of Health and Human Services	388 Keith Wilhelm Dr., Coldwater, MI 49036 517-279-4200	<a href="http://michigan.gov">michigan.gov</a>

# HELP WITH HEALTH CARE

**CALHOUN  
COUNTY**

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

CLINIC NAME	ADDRESS	WEBSITE
Fountain Clinic	111 N. Jefferson St., Marshall, MI 49068 <b>269-781-0952</b>	<a href="http://fountainclinic.org">fountainclinic.org</a>
Grace Health	181 W. Emmett St., Battle Creek, MI 49037 <b>269-965-8866</b>	<a href="http://gracehealthmi.org">gracehealthmi.org</a>

## **DENTAL CARE**

CLINIC NAME	ADDRESS	WEBSITE
Grace Health	115 Market Place, Albion, MI 49224 <b>517-629-6540</b>	<a href="http://gracehealthmi.org">gracehealthmi.org</a>

## **MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES**

CLINIC NAME	ADDRESS	WEBSITE
PACE – CentraCare	200 W. Michigan Ave., Battle Creek, MI 49017 <b>269-441-9300</b>	<a href="http://michigan.gov">michigan.gov</a>
Summit Pointe	140 W. Michigan Ave., Battle Creek, MI 49017 <b>269-966-1460</b>	<a href="http://summitpointe.org">summitpointe.org</a>
Summit Pointe Albion	105 S. Superior St., Albion, MI 49224 <b>517-629-5531</b>	<a href="http://summitpointe.org">summitpointe.org</a>
Summit Pointe South	3630 Capital Ave. SW, Battle Creek, MI 49015 <b>269-979-8333</b>	<a href="http://summitpointe.org">summitpointe.org</a>

## **STATE AND FEDERAL PROGRAMS**

CLINIC NAME	ADDRESS	WEBSITE
Calhoun County Department of Health and Human Services	190 E. Michigan Ave., Battle Creek, MI 49016 <b>269-966-1284</b>	<a href="http://michigan.gov">michigan.gov</a>

# HELP WITH HEALTH CARE

CASS  
COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Cassopolis Family Clinic	261 M-62 North, Cassopolis, MI 49031 <a href="tel:269-445-3874">269-445-3874</a>	<a href="http://cassfamilyclinic.org">cassfamilyclinic.org</a>
Pokagon Health Services Clinic	32652 Kno Dr., Dowagiac, MI 48047 <a href="tel:269-782-4141">269-782-4141</a>	<a href="http://pokagonband-nsn.gov">pokagonband-nsn.gov</a>
Ranger Wellness Center	22721 Diamond Cove St., Cassopolis, MI 49031 <a href="tel:269-445-9355">269-445-9355</a>	<a href="http://cassfamilyclinic.org">cassfamilyclinic.org</a>

## MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Woodlands Behavioral Healthcare Network	960 M-60 E, Cassopolis, MI 49031 <a href="tel:269-445-0200">269-445-0200</a>	<a href="http://michigan.gov">michigan.gov</a>

## STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Cass County Department of Health and Human Services	325 M-62, Cassopolis, MI 49031 <a href="tel:269-445-0200">269-445-0200</a>	<a href="http://michigan.gov">michigan.gov</a>

# HELP WITH HEALTH CARE

IONIA  
COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Belding Health Center	318 S. Bridge Street, Ste B, Belding, MI 48809 <b>616-794-5221</b>	<a href="http://greatlakesbayhealth.org">greatlakesbayhealth.org</a>

## MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
The Right Door	375 Apple Tree Dr., Ionia, MI 48846 <b>616-527-1790</b>	<a href="http://rightdoor.org">rightdoor.org</a>
The Right Door – Belding	7441 Storey Rd., Belding, MI 48809 <b>616-794-6592</b>	<a href="http://rightdoor.org">rightdoor.org</a>
The Right Door – Portland	208 W. Bridge St., Portland, MI 48875 <b>517-647-2128</b>	<a href="http://rightdoor.org">rightdoor.org</a>

## STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Ionia County Department of Health and Human Services	920 E. Lincoln, Ionia, MI 48846 <b>616-527-5200</b>	<a href="http://michigan.gov">michigan.gov</a>

# HELP WITH HEALTH CARE

## KALAMAZOO COUNTY

[HEALTH CARE HOME](#)[DENTAL](#)[VISION](#)[MENTAL HEALTH](#)

CLINIC NAME	ADDRESS	WEBSITE
Family Health Center – Center Street	325 Center St., Portage, MI 49002 <a href="tel:269-349-2641">269-349-2641</a>	<a href="http://fhckzoo.com">fhckzoo.com</a>
Family Health Center – Alcott	505 E. Alcott St., Kalamazoo, MI 49001 <a href="tel:269-349-2641">269-349-2641</a>	<a href="http://fhckzoo.com">fhckzoo.com</a>
Family Health Center – Paterson	117 W Paterson St., Kalamazoo, MI 49001 <a href="tel:269-349-2641">269-349-2641</a>	<a href="http://fhckzoo.com">fhckzoo.com</a>
Healthcare for the Homeless	431 N. Rose St., Kalamazoo, MI 49007 <a href="tel:269-385-2217">269-385-2217</a>	<a href="http://fhckzoo.com">fhckzoo.com</a>
Kalamazoo Gospel Mission Health Clinic	448 N. Burdick St., Kalamazoo, MI 49007 <a href="tel:269-345-2974">269-345-2974</a>	<a href="http://kzoogospel.org">kzoogospel.org</a>



## DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Family Health Center – Burdick	1308 N. Burdick St., Kalamazoo, MI 49007 <a href="tel:269-349-2641">269-349-2641</a>	<a href="http://fhckzoo.com">fhckzoo.com</a>
Kalamazoo Valley Community College Dental Clinic	6767 W. O Ave., Kalamazoo, MI 49009 <a href="tel:269-488-4338">269-488-4338</a>	<a href="http://kvcc.edu">kvcc.edu</a>



## MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Kalamazoo Community Mental Health and Substance Abuse Services	2030 Portage St., Kalamazoo, MI 49001 <a href="tel:269-364-6952">269-364-6952</a>	<a href="http://kazoocmh.org">kazoocmh.org</a>
PACE – CentraCare	445 W. Michigan Ave., Kalamazoo, MI 49001 <a href="tel:269-488-5460">269-488-5460</a>	<a href="http://michigan.gov">michigan.gov</a>



## STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Kalamazoo County Department of Health and Human Services	311 E. Alcott St., Kalamazoo, MI 49001 <a href="tel:269-373-5200">269-373-5200</a>	<a href="http://michigan.gov">michigan.gov</a>

# HELP WITH HEALTH CARE

## KENT COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Baxter Community Center	935 Baxter St. SE, Grand Rapids, MI 49506 <b>616-456-8593</b>	<a href="http://baxtercommunitycenter.org">baxtercommunitycenter.org</a>
Browning Claytor Health Center	1246 Madison SE, Grand Rapids, MI 49507 <b>616-685-8300</b>	<a href="http://mercyhealthsaintmarys.com">mercyhealthsaintmarys.com</a>
Burton Health Center	2135 Buchanan SW, Grand Rapids, MI 49507 <b>616-247-3638</b>	<a href="http://cherryhealth.org">cherryhealth.org</a>
Catherine's Health Center	1211 Lafayette Ave. NE, Grand Rapids, MI 49505 <b>616-336-8800</b>	<a href="http://catherineshc.org">catherineshc.org</a>
Cherry Street Health Center	550 Cherry St. SE, Grand Rapids, MI 49503 <b>616-235-7272</b>	<a href="http://cherryhealth.org">cherryhealth.org</a>
Clinica Santa Maria	730 Grandville Ave. SW, Grand Rapids, MI 49503 <b>616-685-8400</b>	<a href="http://mercyhealth.com">mercyhealth.com</a>
Exalta Health – Clinica Centro	2060 Division Ave. S, Grand Rapids, MI 49507 <b>616-475-8446</b>	<a href="http://hisgr.org">hisgr.org</a>
Exalta Health – South Clinic at Streams of Hope	280 60th Street SE, Grand Rapids, MI 49548 <b>616-475-8446</b>	<a href="http://hisgr.org">hisgr.org</a>
Heart of the City Health Center	100 Cherry St. SE, Grand Rapids, MI 49503 <b>616-965-8200</b>	<a href="http://cherryhealth.org">cherryhealth.org</a>
Heartside Health Center	359 S. Division Ave., Grand Rapids, MI 49503 <b>616-685-3800</b>	<a href="http://mercyhealthsaintmarys.com">mercyhealthsaintmarys.com</a>
Intercare Sparta	540 S. State St., Sparta, MI 49345 <b>616-685-3800</b>	<a href="http://mercyhealthsaintmarys.com">mercyhealthsaintmarys.com</a>
Mel Trotter Ministries	225 Commerce Ave. SW, Grand Rapids, MI 49503 <b>616-454-8249</b>	<a href="http://meltrotter.org">meltrotter.org</a>
Oasis of Hope Center	522 Leonard St. NW, Grand Rapids, MI 49504 <b>616-451-8868</b>	<a href="http://ohcgr.org">ohcgr.org</a>
Southside Health Center	2303 Kalamazoo Ave. SE, Grand Rapids, MI 49507 <b>616-965-8390</b>	<a href="http://cherryhealth.org">cherryhealth.org</a>
Sparta Family Health Center	475 S. State St., Sparta, MI 49345 <b>616-685-1300</b>	<a href="http://mercyhealthsaintmarys.com">mercyhealthsaintmarys.com</a>

# HELP WITH HEALTH CARE

## HEALTH CARE HOME CONTINUED

### HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Westside Health Center	669 Stocking NW, Grand Rapids, MI 49504 <b>616-235-1480</b>	<a href="http://cherryhealth.org">cherryhealth.org</a>
Wyoming Community Health Center	2929 Burlingame Ave. SW, Wyoming, MI 49509 <b>616-965-8333</b>	<a href="http://cherryhealth.org">cherryhealth.org</a>

### DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Belknap Commons Dental Center	751 Lafayette NE, Grand Rapids, MI 49503 <b>616-685-3838</b>	<a href="http://cherryhealth.org">cherryhealth.org</a>
Ferguson Dental Center	101 Sheldon Blvd. SE, Grand Rapids, MI 49503 <b>616-776-2340</b>	<a href="http://cherryhealth.org">cherryhealth.org</a>
Mercy Health Dental Clinic	781 36th St. SE, Wyoming, MI 49548 <b>616-685-4700</b>	<a href="http://mercyhealthsaintmarys.com">mercyhealthsaintmarys.com</a>

### MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Mercy Health Heartside Pain Clinic	359 S. Division Ave., Grand Rapids, MI 49503 <b>616-336-3765</b>	<a href="http://network180.org">network180.org</a>
Network 180	3310 Eagle Park Dr. NE, Ste 100, Grand Rapids, MI 49525 <b>616-336-3765</b>	<a href="http://network180.org">network180.org</a>
PACE – Care Resources	4150 Kalamazoo Ave. SE, Grand Rapids, MI 49506 <b>616-913-2006</b>	<a href="http://careresources.org">careresources.org</a>
Sheldon House	201 Sheldon Blvd. SE, Grand Rapids, MI 49503 <b>616-242-6058</b>	<a href="http://cherryhealth.org">cherryhealth.org</a>

### STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Kent County Department of Health and Human Services	121 Franklin St. SE, Suite 200, Grand Rapids, MI 49507 <b>616-248-1000</b>	<a href="http://michigan.gov">michigan.gov</a>

# HELP WITH HEALTH CARE



## ADDITIONAL RESOURCES

CLINIC NAME	ADDRESS	WEBSITE
Community Alternatives Program	801 College SE, Grand Rapids, MI 49507 <b>616-776-0891</b>	<a href="http://cherryhealth.org">cherryhealth.org</a>
Leonard Street Counseling Center	1400 Leonard St. NE, Grand Rapids, MI 49505 <b>616-954-1991</b>	<a href="http://cherryhealth.org">cherryhealth.org</a>
Mercy Health Infectious Disease McAuley Program – HIV Services	310 Lafayette SE, Suite 410, Grand Rapids, MI 49503 <b>616-685-8200</b>	<a href="http://mercyhealthsaintmarys.com">mercyhealthsaintmarys.com</a>
Salvation Army Booth Clinic	1215 E. Fulton, Grand Rapids, MI 49503 <b>616-459-9468</b>	<a href="http://cherryhealth.org">cherryhealth.org</a>

LAKE  
COUNTY



## HEALTH CARE HOME



## DENTAL



## VISION



## MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Children and Adolescent Health Center – Baldwin	525 W 4th Street, Baldwin, MI 49304 <b>231-745-3116</b>	<a href="http://familyhealthcare.org">familyhealthcare.org</a>
Family Health Care – Adams Ashby Health Center	1101 E Washington, Baldwin, MI 49304 <b>231-745-5002</b>	<a href="http://familyhealthcare.org">familyhealthcare.org</a>
Family Health Care – Baldwin	1615 Michigan Ave., Baldwin, MI 49304 <b>231-745-4624</b>	<a href="http://familyhealthcare.org">familyhealthcare.org</a>
Family Health Care - Big Rapids	720 Water Tower Road, Baldwin, MI 49304 <b>231-525-7150</b>	<a href="http://familyhealthcare.org">familyhealthcare.org</a>



## MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Lake County Community Mental Health	1090 N. Michigan Ave., Baldwin, MI 49304 <b>231-745-4659</b>	<a href="http://wmcmhs.org">wmcmhs.org</a>



## STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Lake County Department of Health and Human Services	5653 S. M-37, Baldwin, MI 49304 <b>231-745-8159</b>	<a href="http://michigan.gov">michigan.gov</a>



# HELP WITH HEALTH CARE

## MASON COUNTY

### MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Mason County Community Mental Health	920 Diana St., Ludington, MI 49431 <b>231-845-6294</b>	<a href="http://wmcmhs.org">wmcmhs.org</a>

### STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Mason County Department of Health and Human Services	915 Diana St., Ludington, MI 49431 <b>231-845-7391</b>	<a href="http://michigan.gov">michigan.gov</a>

## MECOSTA COUNTY

### HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Hope House Free Medical Clinic	405 S. Third Ave., Big Rapids, MI 49307 <b>231-598-9500</b>	<a href="http://hhfmc.org">hhfmc.org</a>

### DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Ferris State University Dental Clinic	200 Ferris Dr., Big Rapids, MI 49307 <b>231-591-2260</b>	<a href="http://ferris.edu">ferris.edu</a>

### MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Mecosta Community Mental Health	500 S. Third Ave., Big Rapids, MI 49307 <b>231-796-5825</b>	<a href="http://cmhcm.org">cmhcm.org</a>

### STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Mecosta County Department of Health and Human Services	800 Water Tower Rd., Big Rapids, MI 49307 <b>231-796-4300</b>	<a href="http://michigan.gov">michigan.gov</a>

# HELP WITH HEALTH CARE

## VISION

CLINIC NAME	ADDRESS	WEBSITE
Ferris State University College of Optometry	1124 S. State St., Big Rapids, MI 49307 <b>231-591-2020</b>	<a href="http://ferris.edu/mco">ferris.edu/mco</a>

**MONTCALM  
COUNTY**

## HEALTH CARE HOME DENTAL VISION MENTAL HEALTH

CLINIC NAME	ADDRESS	WEBSITE
Montcalm Area Health Center	1003 N. Lafayette, Greenville, MI 48838 <b>616-225-9650</b>	<a href="http://cherryhealth.org">cherryhealth.org</a>

## MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Montcalm Care Network	611 N. State St., Stanton, MI 48888 <b>989-831-7520</b>	<a href="http://montcalmcare.net">montcalmcare.net</a>

## STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Montcalm County Department of Health and Human Services	609 N. State St., Stanton, MI 48888 <b>989-831-8400</b>	<a href="http://michigan.gov">michigan.gov</a>

# HELP WITH HEALTH CARE

## MUSKEGON COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Hackley Community Care Center Baker Site	2700 Baker St., Muskegon Heights, MI 49444 <a href="tel:231-737-8603">231-737-8603</a>	<a href="http://hackleycommunitycare.org">hackleycommunitycare.org</a>
Hackley Community Care Center Leahy Site	1675 Leahy St., 1st Floor, Muskegon, MI 49442 <a href="tel:231-724-1335">231-724-1335</a>	<a href="http://hackleycommunitycare.org">hackleycommunitycare.org</a>
Integrated Health Clinic	376 E. Apple Ave., Muskegon, MI 49442 <a href="tel:231-724-1335">231-724-1335</a>	<a href="http://hackleycommunitycare.org">hackleycommunitycare.org</a>
Muskegon Family Care	2201 S. Getty St., Muskegon Heights, MI 49444 <a href="tel:231-739-9315">231-739-9315</a>	<a href="http://mfc-health.org">mfc-health.org</a>

## MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
HealthWest	376 Apple Ave., Muskegon, MI 49442 <a href="tel:231-724-1111">231-724-1111</a>	<a href="http://healthwest.net">healthwest.net</a>
PACE – LifeCircles	12330 James St., Holland, MI 49424 <a href="tel:646-582-3100">646-582-3100</a>	<a href="http://michigan.gov">michigan.gov</a>
PACE – LifeCircles	560 Seminole Rd., Muskegon, MI 49444 <a href="tel:231-733-8686">231-733-8686</a>	<a href="http://michigan.gov">michigan.gov</a>

## STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Muskegon County Department of Health and Human Services	2700 Baker St., Muskegon Heights, MI 49444 <a href="tel:231-733-3700">231-733-3700</a>	<a href="http://michigan.gov">michigan.gov</a>

## ADDITIONAL RESOURCES

CLINIC NAME	ADDRESS	WEBSITE
Muskegon Family Care – Maternal Infant Health Program	2201 S. Getty St., Muskegon Heights, MI 49444 <a href="tel:231-737-1760">231-737-1760</a>	<a href="http://mfc-health.org">mfc-health.org</a>
Muskegon Recovery Center	1611 Oak Ave, Muskegon, MI 49442 <a href="tel:231-767-1921">231-767-1921</a>	<a href="http://cherryhealth.org">cherryhealth.org</a>

# HELP WITH HEALTH CARE

**NEWAYGO  
COUNTY**

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

CLINIC NAME	ADDRESS	WEBSITE
Family Health Care – Grant	11 N. Main St., Grant, MI 49327 <b>231-834-0444</b>	<a href="http://familyhealthcare.org">familyhealthcare.org</a>
Family Health Care – White Cloud	1035 E. Wilcox, White Cloud, MI 49349 <b>231-689-5943</b>	<a href="http://familyhealthcare.org">familyhealthcare.org</a>

## **MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES**

CLINIC NAME	ADDRESS	WEBSITE
Newaygo County Mental Health	1049 Newell, White Cloud, MI 49349 <b>231-689-7330</b>	<a href="http://newaygocmh.org">newaygocmh.org</a>

## **STATE AND FEDERAL PROGRAMS**

CLINIC NAME	ADDRESS	WEBSITE
Children and Adolescent Health Center – Grant	96 East 120th Street, Grant, MI 49327 <b>231-834-1350</b>	<a href="http://familyhealthcare.org">familyhealthcare.org</a>
Children and Adolescent Health Center – White Cloud	555 East Wilcox, White Cloud, MI 49349 <b>231-689-3268</b>	<a href="http://familyhealthcare.org">familyhealthcare.org</a>
Newaygo County Department of Health and Human Services	1018 Newell, White Cloud, MI 49349 <b>231-689-5500</b>	<a href="http://michigan.gov">michigan.gov</a>

# HELP WITH HEALTH CARE

## OCEANA COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
Shelby Health Center	119 S. State St., Shelby, MI 49455 <b>231-861-2130</b>	<a href="http://nmhsi.org">nmhsi.org</a>

## **MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES**

CLINIC NAME	ADDRESS	WEBSITE
Oceana County Community Mental Health	105 Lincoln St., Hart, MI 49420 <b>231-873-2108</b>	<a href="http://wmcmhs.org">wmcmhs.org</a>

## **STATE AND FEDERAL PROGRAMS**

CLINIC NAME	ADDRESS	WEBSITE
Oceana County Department of Health and Human Services	4081 W. Polk Rd., Hart, MI 49420 <b>231-873-7251</b>	<a href="http://michigan.gov">michigan.gov</a>

## OSCEOLA COUNTY

## **MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES**

CLINIC NAME	ADDRESS	WEBSITE
Osceola Community Mental Health	4473 220th Ave., Reed City, MI 49677 <b>231-832-2247</b>	<a href="http://cmhcm.org">cmhcm.org</a>

# HELP WITH HEALTH CARE

OTTAWA  
COUNTY

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

CLINIC NAME	ADDRESS	WEBSITE
City on a Hill Health Clinic	100 S. Pine St., Suite 140, Zeeland, MI 49464 <b>616-748-6009</b>	<a href="http://coahm.org">coahm.org</a>
Holland Community Health Center	336 S. River, Holland, MI 49423 <b>616-394-3788</b>	<a href="http://hollandcommunityhealthcenter.org">hollandcommunityhealthcenter.org</a>
Holland Free Health Clinic	99 W. 26th St., Holland, MI 49423 <b>616-392-3610</b>	<a href="http://hfhclinic.org">hfhclinic.org</a>
Intercare Holland	285 James St., Holland, MI 49424 <b>855-869-6900</b>	<a href="http://intercare.org">intercare.org</a>
Love INC Free Health Clinic	326 N. Ferry St., Grand Haven, MI 49417 <b>616-846-2701</b>	<a href="http://loveinctrices.org">loveinctrices.org</a>

## DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Miles of Smiles	<b>800-467-5905</b>	<a href="http://miottawa.org">miottawa.org</a>

## MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES

CLINIC NAME	ADDRESS	WEBSITE
Lakeside Clubhouse	490 Century Ln., Holland, MI 49423 <b>616-965-8380</b>	<a href="http://cherryhealth.org">cherryhealth.org</a>
Ottawa County Community Mental Health	12265 James St., Holland, MI 49424 <b>616-392-1873</b>	<a href="http://miottawa.org">miottawa.org</a>

## STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Ottawa County Department of Health and Human Services	12185 James St., Suite 200, Holland, MI 49424 <b>616-394-7200</b>	<a href="http://michigan.gov">michigan.gov</a>

# HELP WITH HEALTH CARE

**ST. JOSEPH  
COUNTY**

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

CLINIC NAME	ADDRESS	WEBSITE
Covered Bridge Healthcare of St. Joseph County	658 E. Main St., Centerville, MI 49032 <b>269-467-3228</b>	<a href="http://coveredbridgehealth.org">coveredbridgehealth.org</a>
Riverside Health Clinic	207 E. Michigan Ave., Three Rivers, MI 49093 <b>269-273-8723</b>	<a href="http://riverside-church.com">riverside-church.com</a>

## **MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES**

CLINIC NAME	ADDRESS	WEBSITE
Community Mental Health and Substance Abuse Services of St. Joseph County	677 E. Main St., Suite A, Centerville, MI 49032 <b>269-467-1000</b>	<a href="http://stjoecmh.org">stjoecmh.org</a>

## **STATE AND FEDERAL PROGRAMS**

CLINIC NAME	ADDRESS	WEBSITE
St. Joseph County Department of Health and Human Services	692 E. Main St., Centerville, MI 49032 <b>269-467-1200</b>	<a href="http://michigan.gov">michigan.gov</a>

# HELP WITH HEALTH CARE

**VAN BUREN  
COUNTY**

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

CLINIC NAME	ADDRESS	WEBSITE
InterCare Bangor	308 Charles St., Bangor, MI 49013 <b>855-869-6900</b>	<a href="http://intercare.org">intercare.org</a>

## **MENTAL HEALTH CARE & SUBSTANCE ABUSE SERVICES**

CLINIC NAME	ADDRESS	WEBSITE
Career Connections/MTI Industries	555 Railroad, Bangor, MI 49013 <b>269-427-5671</b>	<a href="http://vbcmh.com">vbcmh.com</a>
Clinical Services for Developmental Disabilities	61899 M-43, Bangor, MI 49013 <b>269-427-5671</b>	<a href="http://vbcmh.com">vbcmh.com</a>
H.O.P.E.	51478 CR 681, Suite B, Hartford, MI 49057 <b>269-621-6261</b>	<a href="http://vbcmh.com">vbcmh.com</a>
Hartford Family Resource Center	51478 CR 681, Suite C, Hartford, MI 49057 <b>269-621-6251</b>	<a href="http://vbcmh.com">vbcmh.com</a>
Paw Paw Family Resource Center	801 Hazen St., Suite C, Paw Paw, MI 49079 <b>269-657-5574</b>	<a href="http://vbcmh.com">vbcmh.com</a>
South Haven Family Resource Center	1007 E. Wells St., South Haven, MI 49090 <b>269-637-5297</b>	<a href="http://vbcmh.com">vbcmh.com</a>

## **STATE AND FEDERAL PROGRAMS**

CLINIC NAME	ADDRESS	WEBSITE
Van Buren County Department of Health and Human Services	57150 C.R. 681, Hartford, MI 49057 <b>269-621-2800</b>	<a href="http://michigan.gov">michigan.gov</a>



# HELP WITH HEALTH CARE

ALL WEST-MI  
COUNTIES

## DENTAL CARE

CLINIC NAME	ADDRESS	WEBSITE
Discount Dental Plans	800-494-9294	<a href="http://dentalplans.com">dentalplans.com</a>

## VISION

CLINIC NAME	ADDRESS	WEBSITE
EyeCare America	877-887-6327	<a href="http://aao.org">aao.org</a>
Lions Club International	630-571-5466	<a href="http://lionsclubs.org">lionsclubs.org</a>
Vision USA	800-766-4466	<a href="http://aoafoundation.org">aoafoundation.org</a>
Ferris State University College of Optometry	231-591-2020	<a href="http://ferris.edu/mco">ferris.edu/mco</a>

## STATE AND FEDERAL PROGRAMS

CLINIC NAME	ADDRESS	WEBSITE
Children's Special Health Care Services	800-359-3722	<a href="http://michigan.gov">michigan.gov</a>
Women, Infant and Children Programs	517-887-4326	<a href="http://michigan.gov/wic">michigan.gov/wic</a>

## ADDITIONAL RESOURCES

CLINIC NAME	ADDRESS	WEBSITE
Long Term Care Ombudsman Program	866-485-9393	<a href="http://aaanm.org">aaanm.org</a>
Mammogram and Pap Smear Referral Program	800-922-6266	<a href="http://michigan.gov">michigan.gov</a>
U.S. Veterans Administration Agency	877-222-8387	<a href="http://va.gov">va.gov</a>

# HELP WITH HEALTH CARE

## 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](https://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](https://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/#](https://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/](https://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/](https://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/](https://mibluesperspectives.com/virtual-webinars/members/)

**Seniors:** [bcbsm.com/behavioral-mental-health/resources/seniors/](https://bcbsm.com/behavioral-mental-health/resources/seniors/)

**Women:** [bcbsm.com/behavioral-mental-health/resources/women/](https://bcbsm.com/behavioral-mental-health/resources/women/)

**Men:** [bcbsm.com/behavioral-mental-health/resources/men/](http://bcbsm.com/behavioral-mental-health/resources/men/)

**Parents:** [bcbsm.com/behavioral-mental-health/resources/parents/](https://bcbsm.com/behavioral-mental-health/resources/parents/)

## NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## HELP WITH HEALTH CARE

## NOTES

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## HELP WITH HEALTH CARE

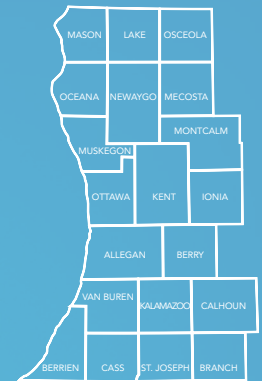
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You can download copies of this brochure from our website at [bcbsm.com/home/healthier/help\\_with\\_health\\_care\\_brochures.html](https://bcbsm.com/home/healthier/help_with_health_care_brochures.html).

You can also email [socialmission@bcbsm.com](mailto: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.

WEST MICHIGAN



Help with Health Care  
RESOURCES FOR THE UNINSURED  
AND UNDERINSURED



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