



Help with Health Care

Resources for the Uninsured
Southeast Michigan

Revised 1/09



Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee
of the Blue Cross and Blue Shield Association.



**You work hard
to take care
of your kids...**

**Now there's
help
for a small
amount
per month**



**Do the children in your care need health care coverage?
Many families are now eligible ... spread the word!**

With MIChild or Healthy Kids coverage, qualified children can receive these benefits:

- Doctor visits/checkups
- Hospital Care
- Prescriptions
- Dental Care
- Immunizations
- Vision Care
- Lab Tests and X-rays
- Hearing and Speech Care
- Mental Health Care

Two ways to sign up:

- 1)** Call 888-988-6300 for help or an application.
- 2)** Apply online at healthcare4mi.com.

There are no copays or deductibles for either of these programs if you are under 21 years of age.



**Blue Cross
Blue Shield**
of Michigan

bcbsm.com

Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association. The Blues are committed to focusing on reducing health care costs, improving quality and improving the health status of Michigan's residents, particularly children. We willingly embrace these ideals as a vital part of our corporate culture and essential to our social mission.

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Introduction

Thank you for reading the Blue Cross Blue Shield of Michigan and Blue Care Network Help with Health Care brochure. The Blues produced this brochure for people who need help with health care in Michigan.

This is the Southeast Michigan version of the brochure. It contains information for the following counties: **Macomb, Monroe, Oakland, St. Clair, Washtenaw and Wayne.**

Helping Michigan residents with health care is an important part of the Blues' social mission.

To learn more about our social mission and the Blues' strong commitment to helping Michigan communities, please visit our Web site at **bcbsm.com/home/commitment/**.

To obtain information on low-cost insurance coverage offered through Blue Cross Blue Shield of Michigan, visit **bcbsm.com** and click on *Need Coverage?* or call 800-848-5101.

The Blues hope that these resources on dental and vision services, free and low-cost clinics, government-sponsored programs, mental health, prescription assistance and social services will help you find the information you need. Please fill out the short survey at the end of the brochure and mail it back to us at no cost. Let us know if there is any way we can make the brochure better.

You may download copies of this brochure from our Web site in PDF format at **bcbsm.com/home/commitment/help_with_health_care_brochures.shtml**. You may also call our toll-free hotline at 800-658-6715 to order extra copies of the brochure for free. Be sure to include your name, address, phone number, how many brochures you'd like and which version of the brochure you need.

Glossary

There are some terms used in this brochure that may be confusing for the reader. For that reason, we have decided to include a glossary to help explain what some of these words and phrases mean.

Federal Poverty Level: Also known as the federal poverty guideline, this determines whether or not you are eligible for free and low-cost services. People with incomes that are up to 100 percent of the federal poverty level are eligible for many free and low-cost services.

2008 Poverty Guidelines

# of People in Your Family or Household	Monthly Income for 100% of Poverty	Monthly Income for 200% of Poverty
1	\$ 866.67	\$1,733.33
2	1,166.67	2,333.33
3	1,466.67	2,933.33
4	1,766.67	3,533.33
5	2,066.67	4,133.33
6	2,366.67	4,733.33

Low-Income: A person or family is “low-income” if their salary is between 100 percent and 200 percent of the Federal Poverty Level (see above). But many places define this term differently, so please call first to make sure.

Mental Health Services: Counseling, therapy, substance abuse treatment and other services that help people function better and feel better.

Primary Care: General or routine medical services, such as annual checkups. People often use primary care services when they have the flu or some other illness.

Preventive Care: These are services that help prevent people from getting sick. An example would be vaccines for children.

Proof of Income: Usually a pay stub or Federal W-2 tax form.

Sliding Scale: This means that the amount of money you will pay depends on how much money you make. Usually, the federal poverty guidelines are used.

Social Services: Services for people who need help meeting their daily needs for food, shelter, housing, education and health care.

Referral: When a person is directed to the best place possible to find help.

County-Based Services

1. County-Based Health Plans

County-based health plans provide health care coverage for individuals or small businesses that are located in a specific county. See descriptions below for more information.

Bay Health Plan

Community-sponsored plan for eligible residents, ages 19 through 64 who do not qualify for any other governmental insurance program. This program includes coverage for primary care and specialty care office visits, some outpatient services and some prescription medications. Call 989-895-4009 to find out more.

Barry-Eaton Health Plan (B-E Healthy)

communityhealthplans.org

Community-sponsored program that helps uninsured people in Barry and Eaton counties obtain health care services. It is available to those eligible for the State Medical Program (SMP) and other low-income, uninsured Barry and Eaton county residents ages 19 to 64 who cannot get coverage under Medicaid, Medicare or other programs. Call 800-553-2565 for more information.

Central Health Plan

Community based health plan for low-income, uninsured residents in Arenac, Clare, Gladwin, Isabella, Osceola or Roscommon counties. Call the Central Health Plan at 866-360-1509 to find out if you are eligible.

Genesee Health Plan

healthaccessprogram.org

Provides comprehensive health services to residents of Genesee County, ages 21 through 64, who are low-income and ineligible for other medical coverage. Call 810-720-7785 for more information.

Ingham Health Plan

IHP helps uninsured people obtain health care services. It is available to low-income uninsured Ingham County residents who cannot get coverage under Medicaid, Medicare or other programs. Call 517-887-4300. Ingham County Advantage, a health plan for small businesses, may be reached at 517-887-4465.

Jackson County Health Plan (Jackson Care)

Plan is designed for small businesses in Jackson County that do not provide health care benefits to their employees. Call 866-291-8691 for more information and to find out if your business is eligible.

Livingston Health Plan

communityhealthplans.org

Community-sponsored program that helps people obtain health services. Available to low income, uninsured Livingston County residents who cannot get coverage under Medicaid, Medicare or other programs. Call the local health department at 517-546-9850.

Midland Health Plan

Midland Health Plan is community-sponsored program that helps people obtain health care services. Available to low income, uninsured Midland County residents who cannot get coverage under Medicaid, Medicare or other programs.

Call the local health department at 989-832-6686 to find out if you are eligible or call Midland Health Plan directly at 866-291-8691.

Mid-Michigan Health Plan

mmdhd.org/MMHP.htm

Health plan for residents of Clinton, Gratiot and Montcalm counties. Call your local Department of Human Services office to find out if you are eligible or call 866-291-8691.

2. Local Health Departments

Local health departments offer many free or low-cost services to area residents. These services may include well-child clinics, prenatal care, cancer screening, family planning, immunizations, WIC services and other programs. Some health departments also offer county-wide health care plans, such as those above.

Contact your county health department, below, for more information on the services and programs they offer.

Bay County Health Department

1200 Washington Ave.
Bay City, MI 48708
989-895-4009

Barry/Eaton District Health Department

1033 Health Care Drive
Charlotte, MI 48813
517-485-7110
barryeatonhealth.org

Branch/Hillsdale/St. Joseph Community Health Agency

Hillsdale County Office
20 Care Drive
Hillsdale, MI 49242
517-279-9561
bhsj.org

Central Michigan District Health Department

Isabella County Office
2012 E. Preston Ave.
Mount Pleasant, MI 48858
989-773-5921
cmdhd.org

Arenac County Office

3727 Deep River Road
Standish, MI 48658
989-846-6541

Clare County Office

225 W. Main, P.O. Box 237
Harrison, MI 48625
989-539-6731

Gladwin County Office

103 N. Bowery
Gladwin, MI 48624
989-426-9431

Genesee County Health Department

630 S. Saginaw St.
Flint, MI 48502
810-257-3612
gchd.us

Huron County Health Department

1142 S. Van Dyke
Bad Axe, MI 48413
989-269-9721
huron.localhealth.net

Ingham County Health Department

5303 S. Cedar, P.O. Box 30161
Lansing, MI 48909
517-887-4300
ingham.org/hd/HEALTH.HTM

Jackson County Health Department

1715 Lansing Ave.
Jackson, MI 49202
517-788-4420
co.jackson.mi.us/HD/

Lapeer County Health Department

1800 Imlay City Road
Lapeer, MI 48446
810-667-0448
lchd.lapeer.org

Lenawee County Health Department

1040 S. Winter, Suite 2328
Adrian, MI 49221
517-264-5202
lenawee.mi.us/health_department/

Livingston County Health Department

2300 E. Grand River Ave, Suite 102
Howell, MI 48843
517-546-9850
lchd.org

Mid-Michigan District Health Department

615 N. State Road, Suite 2
Stanton, MI 48888
989-831-5237
mmdhd.org
– Serving Clinton, Gratiot and Montcalm Counties

Midland County Health Department

220 W. Ellsworth
Midland, MI 48640
989-832-6380
malph.org

Saginaw County Health Department

1600 N. Michigan Ave.
Saginaw, MI 48602
989-758-3800
saginawpublichealth.com

Sanilac County Health Department

171 Dawson
Sandusky, MI 48471
810-648-4098
sanilachealth.com

Shiawassee County Health Department

210 Corunna Ave.
Corunna, MI 48817
989-743-2318
health.shiawassee.net

Tuscola County Health Department

1309 Cleaver Road
Caro, MI 48723
989-673-8114
tchd.us

Dental Services

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

Bayside Dental Center

3884 Monitor Road
Bay City, MI 48706
989-671-2000
– Open 8:15 a.m. to 5 p.m. Monday;
7:30 a.m. to 5 p.m. Tuesday through Friday.

Center for Family Health – Dental Clinic

817 W. High St.
Jackson, MI 49203
517-784-9385
centerforfamilyhealth.org
– Open 8 a.m. to 5 p.m. Monday through Friday (walk-ins on Tuesday starting at 8 a.m.)
– Sliding scale

Discount Dental Plans

888-632-5353
dentalplans.com
– Call or visit the Web site to find low-cost dental plans in your area.

Healthy Smiles Dental Clinic

2815 S. Pennsylvania
Lansing, MI 48910
517-272-4150
ingham.org
– For children under the age of 21 who live in Ingham County

Lansing Community College Dental Hygiene Clinic

419 N. Washington Square
Lansing, MI 48933
517-483-1458
– Serving individuals ages 5 and up
– Minimum fee \$30 for children, \$38-\$45 for adults

Michigan Dental Program

109 Michigan Ave.
Lansing, MI 48913
888-826-6565

- HIV positive Michigan residents are provided reimbursement for dental services through participating providers.

Smiles Are Everywhere Dental Program

501 Lapeer Road
Saginaw, MI 48607
989-759-6432

healthdelivery.org

- This program provides mobile dental units that visit elementary schools to give children dental care.

VINA Community Dental Center

400 E. Grand River Ave.
Brighton, MI 48116
810-844-0240

vinadental.org

Wadsworth Dental Center

2308 Wadsworth
Saginaw, MI 48601
989-754-7771

healthdelivery.org

- Open 8 a.m. to 5 p.m. Monday;
7 a.m. to 5 p.m. Tuesday through Friday.
- Sliding scale; Medicaid accepted
- Appointments recommended

Free and Low-Cost Health Centers

1. Free and Low-Cost Clinics

The following is a list of places you can go for free or low-cost medical care. Always call before you go to make sure the hours and services are the same as those below.

Bayside Health Center

3884 Monitor Road
Bay City, MI 48706
989-671-2000

healthdelivery.org

- Call to schedule an appointment or to get information on transportation services.
- Sliding scale

Care Free Medical Clinic

carefreemedical.com

790 E. Columbia
Mason, MI 48854
517-244-0120

5135 S. Pennsylvania
Lansing, MI 48910
517-887-5922

- Call each location for hours
- Primary care services by appointment only

Cedar St. Clinic

Human Services Building
5303 S. Cedar St.
Lansing, MI 48910
517-887-4302

- A wide variety of services offered for adults and children
- Open 8 a.m. to noon and 1 to 5 p.m. Monday through Friday

Center for Family Health – Medical Clinic

2200 Springport Road
Jackson, MI 49202
517-784-9356

centerforfamilyhealth.org

- Open 8 a.m. to 7 p.m. Monday through Thursday; 8 a.m. to 5 p.m. Friday.
- Walk-in for pediatrics is 8 to 8:30 a.m. Monday through Friday
- Sliding scale

Community Action Agency

1214 Greenwood
Jackson, MI 49203
517-784-4800

caajlh.org

Community Health Center of Branch County Family Medicine Clinic

292 East Chicago St.
Coldwater, MI 49036
517-279-5378

chcbc.com

- Call for an appointment
- Primary care services for the family

Cristo Rey Family Health Clinic

1717 N. High St.
Lansing, MI 48906
517-371-1700

cristo-rey.org

- Adult and pediatric medical services, OB/GYN and migrant clinic
- Low-cost services

David R. Gamez Community Health Center

501 Lapeer Ave.
Saginaw, MI 48607
989-753-6000

healthdelivery.org

- Open 8:30 a.m. to 5 p.m. Monday through Friday

Dove Medical Clinic

1200 N. West Ave.
Jackson, MI 49202
517-783-5334

- Call for clinic times, dates and locations
- Free or low-cost mental health counseling, dental access hygienic services, grief groups, teenager anger management

Family Health Center of Albion

115 Market Place
Albion, MI 49224
517-629-6540

fhcbc.org

- Open 8 a.m. to 5 p.m. Monday through Friday
- Primary health care

Floyd J. McCree Health and Human Services Center McCree North

Genesee County Health Department
115 E. Pierson Road
Flint, MI 48505
810-600-2400

- Open 8 a.m. to 5 p.m. Monday through Friday
- Low-cost family planning and immunizations

Fountain Clinic

111 N. Jefferson
Marshall, MI 49068
269-789-0410

Genesee County Free Medical Clinic

2437 Welch Blvd.
Flint, MI 48529
810-235-4211

healthaccessprogram.org

- Appointments by phone on Tuesdays and Thursdays, starting at 9am.
- Bring proof of income, Social Security number and picture ID to your appointment.
- Serving uninsured adults only.
- Serving adults 18 and up who have social security number and no other insurance. Genesee County residence only.

HDI OB/GYN & Midwifery Services

3175 W. Professional Drive
Bay City, MI 48706
989-667-3377

healthdelivery.org

- Complete obstetrical and gynecological care to all women regardless of their ability to pay.
- Open 8:30 a.m. to 5 p.m. Monday through Friday

Health Access

3951 Beecher Road
Flint, MI 48532
810-232-4200

healthaccessprogram.org

- Provides referrals to doctors, health clinics, health care resources and prescription assistance, at no cost (donations accepted).
- Call for more information.

Health Connections Clinic (Eaton County)

Barry-Eaton District Health Department
1033 Healthcare Drive
Charlotte, MI 48813
800-553-2565

- Primary care for low-income adults

Healthy Futures

Healthy Futures program available to residents of Saginaw County who are uninsured and underinsured or homeless.
989-907-8340 or call the Hotline
989-907-8408

Chesaning Clinic: Rehmann Health Center

147 S. Saginaw St.
Chesaning, MI

Family Life Community Clinic

217 S. 7th St.
Chesaning, MI

Hancock Clinic: Saginaw County Community

Mental Health Authority
500 Hancok
Chesaning, MI

Neseau Clinic: Hunger Solution Center

940 E. Genesee
Chesaning, MI

Rapha's Clinic: Living Faith Ministries

1902 Stone St.

Helen M. Nickless Volunteer Clinic

1480 W. Center Road, Suite 5
Essexville, MI 48732
989-895-4830

baymed.org

- Bring proof of income to your appointment.
- Walk-ins from 4 to 6:30 p.m. on Wednesdays.
- Services are free.

Hope House Free Medical Clinic

220 Ferris Drive
Big Rapids, MI 49307
231-796-0807

- Open 10 a.m. to 1 p.m. on the first and third Thursday of the month.

Janes St. Academic Community Health Center

1522 Janes St.
Saginaw, MI 48601
989-755-0316

healthdelivery.org

- Primary care, WIC services, pharmacy, mental health counseling and OB/GYN services

Laingsburg First Baptist Church

901 E. Grand River
Laingsburg, Michigan 48848
517-651-6166

- 9 a.m. to noon on one Saturday per month
- Call for more information.

Leslie Community Health Center

100-B S Main St.

Leslie, MI 49251

517-589-9585

- Primary care for adults
- Open 8 a.m. to 12 p.m. Monday through Thursday and 8 a.m. through 5 p.m. Friday

Love, INC

810-245-2414

Lapeer, MI

- Call for this clinic's location
- Open 10 a.m. to 4 p.m. Monday through Friday

Loving Hands

148 Maple Grove Road

Lapeer, MI 48446

810-667-8933

lovinghandsclinic.org

- Appointment only

Migrant Health Clinic

100 E. Third St.

Imlay City, MI 48444

810-724-3201

- Open Monday and Wednesday 2:30 p.m. through 8 p.m.
- Low-cost services
- Call for eligibility

Nursing Clinic of Battle Creek

34 Green St.

Calhoun, MI 49014

269-962-6565

Presbyterian Health Clinic of Branch County

52 Marshall St.

Coldwater, MI 49036

517-278-6068

fpchc.org/fcomi.html

- Open Thursday between 3 - 6:30 p.m.

Redeemer Lutheran Church

2510 N. M-52

Owosso, MI 48867

989-725-5442

- Clinic is open first and third Saturday of every month from 7:30 to 11:30 a.m.
- Call for more details.

Roosevelt S. Ruffin Community Health Center

229 Gallagher St.

Saginaw, MI 48601

989-755-3619

healthdelivery.org

- Family health care, family planning and urgent care by appointment only
- Sliding scale

Sterling Area Health Center

725 E. State St.

P.O. Box 740

Sterling, MI 48659

989-654-2491

- Primary care and some OB/GYN services
- Sliding scale
- Appointments required

Sparrow Campus Health Center

Medical Arts Building

1322 E. Michigan Ave. Suite 308

Lansing, MI 48912

517-364-3074

- Primary care for the homeless population in Ingham County

St. Lawrence Community Health Center

1100 W. Saginaw, Suite 500

Lansing, MI 48915

517-364-7440

- Primary care; appointments required
- Open 8 a.m. to 5 p.m. Monday through Friday.
- Sliding scale available

St. Luke's Clinic

124 N. Elm Ave.

Jackson, MI 49204

517-783-1117

– Open 9 to 11 a.m. Monday; 6 to 8 p.m.
Tuesday and Thursday

St. Peter's Free Clinic

3 N. Broad St.

Hillsdale, MI 49242

517-437-4041

– Primary care and some help with
medications if needed.

– Open 5 to 8 p.m. every Tuesday

2. School-Based Health Centers

School-based health centers provide services to children who attend a school or individuals who live near the school. These services may include: health screenings, immunizations, treatment of minor injuries, medical exams and lab services. Call your local clinic to find out exactly what services they provide and whether or not you are eligible.

Genesee County

Beecher High School Teen Clinic (for Genesee County residents)

810-591-9333

– Open 8 a.m. to 4 p.m. Monday through
Friday.

Bendle Public Schools – Family Health Services

810-591-9012

Northwestern-Edison High School Wellness Center

810-760-1780

Jackson County

Northeast Elementary Health Center

1024 Fleming Ave.

Jackson, MI 49202

517-787-4361

– Open 8 a.m. to 4:30 p.m. Monday
through Friday

– For any Jackson County school student or
Headstart student

Parkside Elementary Health Center

1024 Fleming Ave.

Jackson, MI 49202

517-788-6812

– Open 8 a.m. to 4:30 p.m. Monday
through Friday

– For any Jackson County student or
Headstart student ages 21 and under.

Parkside Middle School Health Connection

2400 4th St.

Jackson, MI 49203

517-841-2300

– Open 8 a.m. through 4:30 p.m. for
students ages 11 through 21.

Ingham County

Otto Community Health Center

500 E. Thomas

Lansing, MI 48906

517-702-3555

– Open Monday, Tuesday, Thursday and
Friday 7 a.m. through 12 p.m. and 1
through 4 p.m.; 7 a.m. through 12 p.m.
Wednesday.

Willow Plaza Services

306 W. Willow

Lansing, MI

517-702-3500

Saginaw County

Ricker Middle School Student Health Center

989-753-6438

Hotlines and Special Programs

American Association of Retired Persons

866-227-7448

aarp.org

– This organization provides medical and dental insurance discounts, job placement and other services for people ages 50 and older.

AIDS Information and Resources

Call 800-872-AIDS (872-2437) for information about HIV and AIDS.

aidspartnership.org

info@aidspartnership

Alzheimer's Hotline

800-272-3900

– Are you or does someone you know suffer from Alzheimer's Disease or memory loss? Do you need to know more about Alzheimer's Disease? If so, call the above hotline, sponsored by the Alzheimer's Association.

AmeriPlan USA

888-670-5191

info@ameriplanusa.com

– This is a medical/dental/vision discount program for small business owners and their employees. Call the number above for more information.

Depression and Suicide Resources

Help is available for you or your loved ones suffering from depression or suicidal thoughts. Call 800-784-2433 or 800-273-8255 anytime to find out about shelters, free legal services, counseling and other resources in your area.

Domestic Violence Resources

Are you or someone you know suffering from domestic abuse? Call 800-799-SAFE anytime to find out about shelters, free legal services, counseling and other resources in your area.

Elderly and Disabled Helpline

800-996-6228

– This helpline provides information, referrals and resources on abuse and neglect for elderly and disabled citizens. Report suspected abuse by calling this number.

Lupus Alliance of America Michigan Indiana Affiliate

– 26507 Harper Ave.

– St. Clair Shores, MI 48081

– 800-705-6677

– milupus.org

– Provides education and awareness programs for Lupus
– Subsidized counseling for people with lupus and their families
– On staff Counseling services
– Provides crisis intervention
– Assists with information resources regarding insurance, medical care facilities and prescription costs
– Assists with resources for the underinsured
– Resources for medical equipment loan closet

Michigan 2-1-1

2-1-1 is a hotline that provides information and referrals to anyone in Michigan about health care, education, housing, family planning, mental health or other social services. Simply pick up the phone and dial "211" to learn more.

Mammogram/Pap Smear Referral Program

800-922-6266

- The Michigan Department of Community Health provides this free service to women who need information on breast or cervical cancer, or are in need of an annual Pap smear or mammogram. Simply call the number above to find women's health resources in your area.

Nursing Home Helpline

866-485-9393

- **cbcmi.org**
- Nursing home residents and their relatives can call this number to file complaints.
- Find information on nursing homes in your area.
- Associated with licensed, long-term care. Provides advice for Medicare and Medicaid referral.

Poison Control

800-222-1222

- **mitoxic.org** for further information.
- Provides 24/7 advice on poisonings for humans and animals. For a free brochure, telephone stickers and magnet, call 800-222-1222. TTY services are available at 800-356-3232 or through free Internet Nextalk services by dialing 313-993-7152 at **nextalk.net**.

mitoxic.org for further information

Tobacco Quit Line

800-QUIT-NOW (784-8669)

- Provide free smoking cessation services to Michigan residents
- Personal health coach
- Participant tool kit

Mental Health/ Substance Abuse Services

1. Community Mental Health

Every county in Michigan has a Community Mental Health agency. These agencies provide mental health and substance abuse services for residents who live in their county. The price you are charged will be based on your ability to pay. To find even more mental health agencies, visit **mhweb.org/directory.htm** on the Web.

Bay-Arenac Behavioral Health

201 Mulholland
Bay City, MI 48708
989-895-2300
babha.org

Community Mental Health of Clinton-Eaton-Ingham

812 E. Jolly Road, Suite G-10
Lansing, MI 48910
517-346-8200
24-hour emergency line: 517-372-8460

Community Mental Health of Central Michigan (Clare, Gladwin, Isabella, Midland)

301 S. Crapo, Suite 100
Mt. Pleasant, MI 48858
989-773-6961
isabellacounty.org

Genesee County Community Mental Health

420 W. Fifth Ave.
Flint, MI 48503
810-257-3705
24-hour emergency line: 810-257-3740
mhweb.org/midmichigan/cmhgen.htm

Gratiot County Community Mental Health

P.O. Box 69
Alma, MI 48801
989-463-4971
gccmha.org

Huron Behavioral Health

1108 S. Van Dyke
Bad Axe, MI 48413
989-269-9293
24-hour emergency line: 800-356-5568
huroncmh.org

Lapeer County Community Mental Health

1570 Suncrest Drive
Lapeer, MI 48446
810-667-0500
county.lapeer.org/CMH/index.htm

Lenawee Community Mental Health Authority

1040 S. Winter St., Suite 1022
Adrian, MI 49221
517-263-8905
lcmha.org

Lifeways (Jackson and Hillsdale)

1200 N. West Ave.
Jackson, MI 49202
517-789-1200
lifewaymco.com

Livingston County Catholic Social Services

2280 E. Grand River
Howell, MI 48843
517-545-5944

- Substance abuse prevention, treatment and mental health
- Services: Outpatient mental health and substance abuse (3rd party, Medicaid, Medicare, sliding-fee and government funding available), community-focused substance abuse prevention, anger management
- Outreach services for senior citizens (transportation, friendly visiting, resource advocacy, etc.)
- Adult Day Service: 7533 W. Grand River, #138, Brighton, MI 48114, 810-229-9910

Saginaw County Community Mental Health

500 Hancock
Saginaw, MI 48602
989-797-3400
24-hour emergency line: 989-792-9732

Sanilac County Health Department Alcohol and Other Drug Program

171 Dawson St.
Sandusky, MI 48471
810-648-4098, ext. 101
24-hour emergency line: 810-648-4341

- Assistance in completing Prescription Assistance Program application process. The program provides free or reduced cost medications for common prescriptions.
- Prescription Eyeglasses Program offers eyeglasses at reduced prices for adults and children that are up to 200% of poverty guidelines.

Shiawassee County Community Mental Health

1555 Industrial St.
Owosso, MI 48867
989-723-6791
shiacmh.org

Tuscola Behavioral Health

323 N. State St.
Caro, MI 48723
24-hour emergency line: 800-462-6814
tbhsonline.com

2. Additional Mental Health/ Substance Abuse Services

Alcoholics Anonymous alcoholics-anonymous.org

A free 12-step program that helps individuals with alcoholism stop drinking. Visit the Web site or check your phonebook to find a group near you.

Behavioral Health Connections

1200 N. West Ave.
Jackson, MI 49202
800-284-8288

– Mental health screening program;
call for more information

Cristo Rey Family Health Clinic

1717 N. High St.
Lansing, MI 48906
517-371-1700

– Mental health counseling available
– Sliding scale services

Dove Medical Clinic – Mental Health Services

2000 N. West Ave., Suite 800
Jackson, MI 49202
517-783-5334

– Call for hours and to schedule an appointment

Northern Michigan Substance Abuse Services, Inc.

Call 800-686-0749 or 989-732-0864 for more information or visit nmsas.net

– This agency provides substance abuse treatment and prevention in the following Counties: Alcona, Alpena, Antrim, Benzie, Charlevoix, Cheboygan, Clare, Crawford, Emmet, Gladwin, Grand Traverse, Iosco, Isabella, Kalkaska, Lake, Leelanau, Manistee, Mason, Mecosta, Midland, Missaukee, Montmorency, Oceana, Ogemaw, Osceola, Oscoda, Otsego, Presque Isle, Roscommon and Wexford.
– Services include assessment, detox, residential, intense outpatient and inpatient.

Prescription Drug Assistance

1. General Prescription Programs

BCBSM/BCN Medicare Part D Helpline

800-485-4415

– This helpline is for those who want more information about the Medicare Part D prescription plans offered by Blue Cross Blue Shield of Michigan and Blue Care Network. Also visit our Web site at bcbsm.com.

Capital Area Prescription Program

Ingham County Health Department
5303 S. Cedar St.
Lansing, MI 48911
517-887-4300

– Open to Ingham, Clinton and Eaton County residents who do not have prescription coverage.
– Discounts of 5 percent to 25 percent are available and participation is free.

Community Prescription Support Program

401 Holden St.
Saginaw, MI 48601
989-907-5602

Eaton County Prescription Discount Program

800-553-2565

eatoncounty.org

– Open to Eaton County residents who do not have prescription coverage.
– Discounts of 5-25% are available and participation is free.

GlaxoSmithKline “Orange Card”

888-825-5249

- Savings of 30 to 40 percent on GlaxoSmithKline prescription medicines
- For seniors and disabled individuals who are enrolled in Medicare but lack prescription coverage
- Call for an application or go to gsk.com

The Medicine Program

866-694-3893

themedicineprogram.com

- Print a free discount card on the Internet to save money on prescriptions or call the number above for more information.

Michigan Medicare/Medicaid Assistance Program

6105 W. St. Joseph, Suite 209

Lansing, MI 48917-4850

800-803-7174

mymmap.org

- This service helps seniors understand doctor/hospital bills, eligibility, enrollments, coverage and appeals. Help with identifying resources for prescription drug assistance, including Medicare Part D, will also be provided.

Prescription Drug and Patient Assistance Programs

There are many resources on the Internet that provide information on prescription drugs and patient assistance programs. Visit phrma.org, pparxmi.org, rxassist.org or needymeds.com. Or call 202-835-3400 for more information on lowering your prescription drug bills.

Prescription Relief

866-DRUG 686

prescriptionrelief.org

- Prescription assistance for low-income individuals who don't have insurance coverage
- The cost is \$8 per month per prescription.
- Apply online or call for details.

2. Specialized Prescription Programs

Hemophilia Foundation of Michigan

1921 W. Michigan Ave.

Ypsilanti, MI 48197

800-482-3041

hfmich.org

- Helps people who have hemophilia find resources to pay for their medications
- Open Monday through Friday, 9 a.m. to 5 p.m.

Michigan Parkinson Foundation

248-433-1011 or 800-852-9781

parkinsonsmi.org

- Pays up to \$500 per year for Parkinson's-related medications for those who don't currently have prescription coverage.

Myasthenia Gravis Association

17117 W. Nine Mile Road, Suite 1409

Southfield, MI 48075

248-423-9700

mgadetroit.org

- Provides mail-order medication for the drugs Mestinon and Prednisone for people diagnosed with myasthenia gravis.

National Kidney Foundation of Michigan

1169 Oak Valley Drive

Ann Arbor, MI 48108

800-482-1455

nkfm.org

- The foundation will pay \$750 toward the cost of medications for people with kidney disease who do not have insurance coverage. Contact the program coordinator for patient services at the number above for more information.

Social Services

1. Family Planning and Parenting

Michigan Parenting Helpline

800-942-4357

- Call this free, anonymous hotline anytime you need help with parenting skills. This hotline, sponsored by the Department of Human Services, also provides referrals.

Parents Anonymous

parentsanonymous.org

- Visit the Parent Anonymous Web site for more information on their free weekly support groups.
- The groups help parents learn about community resources, set parenting goals and give/receive support during difficult times.
- Free child care is available while the groups are in session.

Planned Parenthood

- Provides reproductive health care, including annual exams, contraception, pregnancy testing and sterilization for women and men.
- Fees are based on a sliding scale.
- There are 29 clinics throughout Michigan.
- Call 800-230-PLAN to be connected to the clinic nearest you or visit miplannedparenthood.org.

2. General Social Services

Gateway Community Services

2875 Northwind Drive, Suite 111
E. Lansing, MI 48823
517-351-4000

gatewayservices.org

- Provides social services to children, adults and families in crisis

Jackson Community Action Agency

1214 Greenwood
Jackson, MI 49203
517-784-4800

caajlh.org

- Health, community/housing, education and community programs
- Call for more information

Healthy Futures

401 Holden St.
Saginaw, MI 48601
989-776-1650

- Health care and social services for the uninsured and underinsured, including prescription assistance, referrals, help with utility bills and more.

Hearth Home

732 Hoyt St.
Saginaw, MI 48607
989-753-9011

healthdelivery.org

- Free and anonymous HIV testing
- HIV/AIDS prevention and counseling services

Hillsdale Community Action Agency

55 Barnard St.
Hillsdale, MI 49242
517-437-3346

caajlh.org

- Health, housing, education, community programs and more
- Call for more information

Listening Ear

107 E. Illinois St.
Mt. Pleasant, MI 48858
989-772-2918

listeningear.com

- This agency provides referrals for individuals in crisis in Isabella and Clare Counties. Call or visit the Web site for more information.

Livingston County Catholic Social Services

2020 E. Grand River, Suite 104
Howell, MI 48843
517-545-5944

3. Services for Seniors

The following organizations provide various health and personal services for seniors and their caretakers. Call the agency in your area to find out more about the services that they offer.

Arenac County Council on Aging

131 Clyde St.
Omer, MI 48749
989-653-2692

Bay County Division on Aging

515 Center Ave.
Bay City, MI 48708
989-684-6956

Council on Aging for Clare County

800-952-3160
councilonagingcg.org/dining.html

Clinton County Senior Citizen Drop-In Center

989-224-4257

Genesee County

Burton Senior Center

3410 S. Grandtravers
Burton, MI 48529
810-744-0960
burtonmi.com

Davison Senior Center

10135 Lapeer Road
Davison, MI 48423
810-658-1566
davison-sc.org

Eastside Senior Center

810-250-5000

Grand Blanc Senior Center

810-695-3202

Krapohl Senior Center

810-5473 Bicentennial Dr.
Mt. Morris, MI 48458
810-785-2270
heartscs.org

Gratiot County Commission on Aging

515 S. Pine River St.
Ithaca, MI 48847
989-875-5246
co.gratiot.mi.us/coa/index.htm

Hillsdale County Senior Services Center

320 W. Bacon Road
Hillsdale, MI 49249
517-437-2422
hillsdaleseniorcenter.org

Human Development Commission of Sanilac County

810-648-4497

Human Development Commission of Tuscola County

429 Montagne Ave.
Caro, MI 48723
989-673-4121

Ingham County

Ingham County Senior Citizens Office

407 N. Cedar
Mason, MI 48854
517-676-1081

Tri-County Office on Aging

5303 S. Cedar St., Suite 1
Lansing, MI 48911
517-887-1440
tcoa.org

Isabella County Commission on Aging

2355 Schust St.
Saginaw, MI 48601
989-772-0748
isabellacounty.org

Jackson County Department on Aging

1715 Lansing Ave.
Jackson, MI 49202
517-788-4364

Lapeer Department of Senior Activity

1800 Imlay City Road
Lapeer, MI 48446
810-724-6030
lchd.lapeer.org

Lenawee County Department on Aging

1040 S. Winter St., Suite 3003
Adrian, MI 49221
517-264-5280
lenawee.mi.us

Livingston County

Fowlerville Senior Center
203 N. Collins
Fowlerville, MI 48836
517-223-3929

Michigan Medicare/Medicaid Assistance Program

6105 W. St. Joseph, Suite 209
Lansing, MI 48917-4850
800-803-7174
mymmap.org

– This service helps seniors understand doctor/hospital bills, eligibility, enrollments, coverage and appeals. Help with identifying resources for prescription drug assistance, including Medicare Part D, will also be provided.

Midland County Council on Aging

989-633-3700

Ministry with the Aging

211 E. Cedar
Gladwin, MI 48624
989-426-9943
– Transportation to medical appointments
– No fee for services, but donations are appreciated

Region II Area Agency on Aging

800-335-7881
– Serving Jackson, Hillsdale and Lenawee Counties

Region VII Area Agency on Aging

800-858-1637
– Serving Bay, Clair, Gladwin, Gratiot, Huron, Isabella, Midland, Saginaw, Sanilac and Tuscola Counties

Saginaw County Commission on Aging

989-797-6880

Shiawassee Council on Aging

300 N. Washington St.
Owosso, MI 48867
989-723-8875

Tri-County Office on Aging

800-405-9141

tcoa.org

– Serving Clinton, Eaton and Ingham Counties

Valley Area Agency on Aging

810-239-7671

valleyaaa.org

– Serving Genesee, Lapeer and Shiawassee counties

State and Federal Programs

1. For Children and Pregnant Women

Children's Special Health Care Services

800-359-3722

This is a program for children and some adults with special health care needs. If your child suffers from a chronic medical condition, such as cerebral palsy, sickle cell disease, epilepsy, diabetes, muscular dystrophy or others, call the number above for more information or visit michigan.gov.

MIChild/Healthy Kids Program

MIChild is a low-cost statewide program that provides comprehensive health care for children of working families. Children under 19 years of age who are not MIChild eligible and meet the financial guidelines may be eligible for Healthy Kids. Healthy Kids is a

Medicaid program that provides health care for low-income families and individuals at no cost. This includes pregnant women, babies and children under the age of 19. There are no copays or deductibles for either of these programs if you are under 21 years of age. Call 888-988-6300 for more information or apply online at healthcare4mi.com.

Women, Infants and Children Program 800-942-1636

This program provides nutritious foods, information on healthy eating and referrals to health care for women, infants and children.

2. For Adults

The State of Michigan provides medical insurance to low-income adults ages 18-64 through the Medicaid program. Contact the Department of Human Services office in your county to find out if you qualify for Medicaid or visit michigan.gov/dhs.

The numbers below can also be used if you need extra help with the Food Assistance Program, referrals to social service and mental health agencies, or if you want to contact Protective Services regarding child or elder abuse. If you want to find out if you are eligible for state and federal programs, visit the Michigan Assistance and Referral Service on the Web at mfia.state.mi.us/mars.

Most Medicaid recipients are eligible for transportation assistance for medical appointments. Talk to a caseworker at the Department of Human Services for more information.

Arenac County Department of Human Services

3709 Deep River Road
Standish, MI 48658
989-846-5500

Bay County Department of Human Services

1399 W. Center Road
Essexville, MI 48732
989-895-2100

Clare County Department of Human Services

725 Richard Drive
Harrison, MI 48625
989-539-4260
co.eau-claire.wi.us

Clinton County Department of Human Services

201 W. Railroad
St. Johns, MI 48879
989-224-5500

Eaton County Department of Human Services

1050 Independence Blvd.
Charlotte, MI 48813
517-543-0860

Gladwin County Department of Human Services

250 N. State St.
Gladwin, MI 48624
989-426-3300

Gratiot County Department of Human Services

201 Commerce Drive
Ithaca, MI 48847
989-875-5181

Hillsdale County Department of Human Services

40 Care Drive
Hillsdale, MI 49242
517-439-2200

Huron County Department of Human Services

1911 Sand Beach Road
Bad Axe, MI 48413
989-269-9201

Ingham County Department of Human Services

5303 S. Cedar St.
Lansing, MI 48911
517-887-9400

Isabella County Department of Human Services

1475 S. Bamber Road
Mt. Pleasant, MI 48858
989-772-8400

Jackson County Department of Human Services

301 E. Louis Glick Hwy.
Jackson, MI 49201
517-780-7400

Lapeer County Department of Human Services

1505 Suncrest Drive
Lapeer, MI 48446
810-667-0800

Lenawee County Department of Human Services

1040 S. Winter St., Suite 3013
Adrian, MI 49221
517-264-6300

Livingston County Department of Human Services

2300 E. Grand River, Suite 1
Howell, MI 48843
517-548-0200

Midland County Department of Human Services

220 W. Ellsworth St.
Midland, MI 48641
989-832-6673 or 989-832-6686
co.midland.mi.us/index.php

Saginaw County Department of Human Services

P.O. Box 5070
411 E. Genesee
Saginaw, MI 48605
989-758-1500

Sanilac County Department of Human Services

515 S. Sandusky Road
Sandusky, MI 48471
810-648-4420

Shiawassee County Department of Human Services

1975 W. Main, Suite 1
Owosso, MI 48867
989-725-3200

Tuscola County Department of Human Services

1365 Cleaver Road
Caro, MI 48723
989-673-9100

3. For Veterans

The U.S. Veterans Administration Agency provides medical services to all military veterans who have served in the United States Armed Forces. The services are either free or require a small fee. Call 877-222-8387 for more information on veterans' health benefits or visit va.gov.

Vision Services

Eye Care America

800-222-EYES

– Provides referrals to doctors who perform free or low-cost eye exams and surgery to individuals over 65.

Lions Club International

lionsclub.org

– The Lions Club distributes eyeglasses to those in need. For more information, visit their Web site.

Vision USA

– Free eye care program for working individuals who do not have vision insurance
– Register by calling 800-776-4466 8 a.m. to 6 p.m. Monday through Friday or visiting aoa.org

Help With Health Care Survey

1. Where did you get this brochure?

- Health Fair
- Free Clinic
- Local Health Department
- Department of Human Services (DHS) Office
- Other _____

2. How useful is this brochure for you and your family?

- Very Useful
- Somewhat Useful
- Not Very Useful
- Not at all Useful

3. What information have you used or will you use from this brochure? Check all that apply.

- Dental Services
- Free/low-cost clinics
- Government Programs (county, state or federal)
- Hotlines/special programs
- Mental Health Services
- Prescription Programs
- Social Services

4. What is your gender?

- Female
- Male

5. What is your age?

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75+

6. What type of health care coverage do you currently have? Check all that apply.

- Dental
- Private Medical
- Medicare
- Medicaid
- MI Child/Healthy Kids
- Vision
- No Insurance Coverage
- Other _____

7. How many children do you have?

- None
- One
- Two
- Three
- Four
- Five or More

8. What is your current employment status?

- Temporarily employed
- Employed Part Time
- Employed Full-time
- Unemployed
- Other _____

9. Which County do you live in?

10. How could we make this brochure better?

Just drop this survey in the mail. Thank you!



**Blue Cross
Blue Shield**
of Michigan

A nonprofit corporation and independent licensee
of the Blue Cross and Blue Shield Association

Place
stamp
here

Blue Cross Blue Shield of Michigan
600 E Lafayette Blvd, BC B714
Detroit MI 48226-9942

Tear out survey at perforation; fold in half and tape closed
at top; place stamp in upper right-hand corner and mail.