



Help with Health Care

Resources for the uninsured
Mid-Michigan

Revised December 2010





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

There are no copayments or deductibles for either of these programs if you are under 19 years of age.



**Blue Cross
Blue Shield**
of Michigan

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.

bcbsm.com

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Introduction

Thank you for reading the Blue Cross Blue Shield of Michigan 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: **Arenac, Bay, Clare, Clinton, Eaton, Genesee, Gladwin, Gratiot, Hillsdale, Huron, Ingham, Isabella, Jackson, Lapeer, Lenawee, Livingston, Midland, Saginaw, Sanilac, Shiawassee** and **Tuscola**.

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 website 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 investigate the options under *Looking for Insurance?* or call 1-800-848-5101.

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.

You may download copies of this brochure from our website in PDF format at bcbsm.com/home/commitment/help_with_health_care_brochures.shtml. You may also call our toll-free hotline at 1-800-658-6715 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 (Southeast Michigan, Mid-Michigan, West Michigan or Northern Michigan and the Upper Peninsula).

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.

2010 Poverty Guidelines

Number of people in your family or household	Monthly income for 100% of poverty	Monthly income for 200% of poverty
1	\$ 902.50	\$ 1,805.00
2	1,214.17	2,246.21
3	1,525.83	3,051.67
4	1,837.50	3,675.00
5	2,149.17	4,298.33
6	2,460.83	4,921.67

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, and some prescription medications. Call 989-985-4008 to find out more.

Barry-Eaton Health Plan

communityhealthplans.org

Community-sponsored program that helps uninsured residents of Barry and Eaton counties obtain health care services. It is available to those eligible for the State Medical Program, and other low-income, uninsured residents of Barry and Eaton counties ages 19 to 64 who cannot get coverage under Medicaid, Medicare or other programs. Call 1-800-553-2565 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 1-866-360-1509 to find out if you are eligible.

Genesee Health Plan

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

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 1-866-291-8691. Ingham County Advantage, a health plan for small businesses, may be reached at 517-887-4465.

Jackson County Health Plan (Jackson Care)

Plan designed for small businesses in Jackson County that do not provide health care benefits to their employees. Call 1-866-291-8691 for more information and to find out if your business is eligible.

Livingston Health Plan

lchd.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 for more information.

Midland Health Plan

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.

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 1-866-291-8691.

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

baycounty-mi.gov

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

517-437-7395

bhsj.org

Central Michigan District Health Department

cmdhd.org

Isabella County Office

2012 E. Preston St.

Mount Pleasant, MI 48858

989-773-5921

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

hchd.us

Ingham County Health Department

5303 S. Cedar, P.O. Box 30161

Lansing, MI 48911

517-887-4300

hd.ingham.org

Jackson County Health Department

1715 Lansing Ave.

Jackson, MI 49202

517-788-4420

co.jackson.mi.us/HD

Lapeer County Health Department

11-800 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
Serves Clinton, Gratiot and Montcalm counties

Midland County Health Department

220 W. Ellsworth
Midland, MI 48640
989-832-6380
co.midland.mi.us/health

Saginaw County Health Department

1600 N. Michigan Ave.
Saginaw, MI 48602
989-758-31-800
saginawpublichealth.org

Sanilac County Health Department

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

- Provides help with completing the 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 Health Department

149 E. Corunna Ave., Second Floor
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
healthdelivery.org
Call for hours and additional information

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

1-888-632-5353
dentalplans.com
Call or visit the website to find low-cost dental plans in your area.

Healthy Smiles Dental Center

2815 S. Pennsylvania
Lansing, MI 48910
517-272-4150
hd.ingham.org

- For children under the age of 18 who live in Ingham County
- Open 8 a.m. to 7 p.m. Monday through Thursday; 10 a.m. to 5 p.m. Friday; 8 a.m. to 1 p.m. Saturday

Lansing Community College Dental Hygiene Clinic

515 N. Castle Ave.
Lansing, MI 48901
517-483-1458
lcc.edu/health/dental/clinic

- Serves individuals ages 5 and up
- Minimum fee \$25 for LCC students, seniors and children; \$40-\$60 for adults
- Also provides X-rays for \$35 and sealants for \$5 each

Michigan Dental Program

109 Michigan Ave.
Lansing, MI 48913
1-888-826-6565

Provides reimbursement for dental services through participating providers, for Michigan residents who are HIV positive

Smiles are Everywhere – Community Dental Program

501 Lapeer Road
Saginaw, MI 48607
989-759-6432
healthdelivery.org

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
Call for hours and additional information

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 for hours and additional information

Bridgeport Community Health Center

6297 Dixie Highway
Bridgeport, MI 48722
989-759-6460
healthdelivery.org
Call for hours and additional information

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

Center for Family Health – Medical Clinic

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

centerforfamilyhealth.org

- Open 8 a.m. to 9 p.m. Monday through Thursday; 8 a.m. to 5 p.m. Friday
- Sliding scale

Community HealthCare Connections

190 E. Michigan Ave., Suite 385
Battle Creek, MI 49014
269-969-6494

chcconnections.org

- Free walk-in clinic for the uninsured
- Open 8 a.m. to 4:30 p.m. Monday through Friday, and Tuesday evenings from 4:30 p.m. to 7 p.m.

Community Health Center – Cedar Street

Human Services Building
5303 S. Cedar St.
Lansing, MI 48911

517-887-4302 for adult health services or
517-887-4305 for child health services

hd.ingham.org

- Open 8 a.m. to noon and 1 p.m. to 5 p.m. Monday through Friday
- Appointment only

Community Health Center of Branch County Family Medicine Clinic

370 East Chicago Street, Suite 200
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 and migrant clinic
- Low-cost services

David R. Gamez Community Health Center

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

healthdelivery.org

Call for hours and additional information

Family Health Center of Albion

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

fhcbc.org

Fountain Clinic

111 N. Jefferson, Suite 1
Marshall, MI 49068
269-781-0952

- General health care services and medication assistance
- Vision, dental and mental health referrals

Genesee County Free Medical Clinic

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

- Appointments by phone on Tuesdays and Thursdays starting at 9 a.m.
- Bring proof of income, Social Security number and picture ID to your appointment
- Serves uninsured Genesee County residents ages 18 and up

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
- Call for hours and additional information

Health Connections Clinic – Eaton County

Barry-Eaton District Health Department
1033 Health Care Dr.
Charlotte, MI 48813
1-800-553-2565

barryeatonhealth.org

- Accepts members of Barry-Eaton Health Plan
- Call number above to enroll in program or for current hours

GreenHouse Center of HOPE

The Center of HOPE operates free clinics available to residents of Saginaw County who are uninsured and underinsured or homeless. Call 989-907-1-8775 or call the hotline at 989-907-8408 for times and more information.

Chesaning Clinic: Rehmann Health Center

147 S. Saginaw St.
Chesaning, MI 48616

Family Life Community Clinic

New Life Ministries Church
217 S. 7th St.
Saginaw, MI 48607

Naseau Clinic: East Side Soup Kitchen

940 E. Genesee
Saginaw, MI 48601

Rapha's Clinic: Living Faith Ministries

1902 Stone St.
Saginaw, MI 48602

Self Reliance Clinic

St. Paul's Episcopal Church
720 Tuscola
Saginaw, MI 48601

Helen M. Nickless Volunteer Clinic

1460 W. Center Road
Essexville, MI 48732
989-895-4830

bayregional.org

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

Hope House Free Medical Clinic

15085 220th Ave.
Big Rapids, MI 49307
231-796-0807

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

Janes Street 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
- Call for hours and additional information

Laingsburg First Baptist Church

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

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

Loving Hands

148 Maple Grove Road
Lapeer, MI 48446
810-667-8933

lovinghandsclinic.org

Appointment only

Migrant Health Clinics

healthdelivery.org

Belding Health Center

302 Bridge St.
Belding, MI 48809
616-794-5221

Imlay City Health Center

100 E. Third St.
Imlay City, MI 48444
810-724-3201

Call for hours and additional information

Presbyterian Health Clinic of Branch County

15 Church St.

Coldwater, MI 49036

517-278-6068

presbyterianhealthclinicofbranchcounty.org

– Walk-ins on Thursdays 3 p.m. to 6:30 p.m.

– Adults only

Redeemer Lutheran Church

2510 N. M-52

Owosso, MI 48867

989-725-5442

redeemerowosso.com

– Clinic is open first and third Saturday of every month from 7:30 a.m. 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

– Call for hours and additional information

Saginaw Area Foundation for Eye Care Clinic

5400 Mackinaw, Suite 5000

P.O. Box 5961

Saginaw, MI 48603

1-800-504-4856

Qualifications for free eye exams on the mobile eye care van: no vision insurance and make less than \$10,000 per year.

Shiawassee Community Health Center

239 State Road, Suite A

Owosso, MI 48867

989-729-4848

healthdelivery.org

Call for hours and additional information

Sparrow Campus Health Center

Medical Arts Building

1322 E. Michigan Ave., Suite 308

Lansing, MI 48912

517-364-3074

hd.ingham.org

Primary care for the homeless population in Ingham County

Sterling Area Health Center

725 E. State St.

P.O. Box 740

Sterling, MI 48659

989-654-2491

sterlinghealth.net

– Primary care and some OB/GYN services

– After hours clinic 6 p.m. to 9 p.m.

Monday through Friday

– Sliding scale

– Appointments required

St. Lawrence Community Health Center

1100 W. Saginaw, Suite 500

Lansing, MI 48915

517-364-7440

hd.ingham.org

– Primary care; appointments required

– Open 8 a.m. to 5 p.m. Monday through Friday

– Sliding scale available

St. Luke's Clinic

132 Seymour Ave.

Jackson, MI, 49202

517-783-1117

stlukescliniconline.org

Call for hours

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 every Tuesday, registration from 5 p.m. to 6 p.m.

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 you are eligible.

Genesee County

Beecher Teen Center

810-591-9333

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

– Must be a resident of Genesee County ages 10 - 22

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

centerforfamilyhealth.org

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

– For any Jackson County school student or Headstart student

Teen Health Center at Parkside

2400 Fourth Street

Jackson, MI 49203

517-788-6812

centerforfamilyhealth.org

Open 7 a.m. to 4:30 p.m. Monday through Friday for students ages 11 through 21

Ingham County

Otto Community Health Center

500 E. Thomas

Lansing, MI 48906

517-702-3555

hd.ingham.org

Open 8 a.m. to 5 p.m. Monday through

Thursday; 10 a.m. to 5 p.m. Friday

Willow Health Center

306 W. Willow

Lansing, MI 48906

517-702-3500

hd.ingham.org

Hotlines and special programs

American Association of Retired Persons (AARP)

1-888-687-2277

aarp.org

– Works with insurance companies to provide competitive medical and dental insurance rates to older Americans.

– Provides discounts for technology services, restaurants, groceries, travel, legal assistance and more.

AIDS information and resources

Please call 1-800-872-AIDS (2437) or visit aidspartnership.org for information about HIV and AIDS.

Alzheimer's hotline

1-800-272-3900

alz.org

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

Depression and suicide resources

Help is available for you or your loved ones suffering from depression or suicidal thoughts. Call 1-800-784-2433 or 1-800-273-8255 anytime for help. Please dial 911 for emergencies.

Domestic violence resources

Are you or someone you know suffering from domestic abuse? Call the 24-hour help line at 1-800-799-SAFE (7233) or visit the website ndvh.org anytime to find out about shelters, free legal services, counseling and other resources in your area. TTY services are available at 1-800-787-3224.

Elderly and disabled helpline

1-800-996-6228

This 24-hour, statewide 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

1-800-705-6677

milupus.org

- Provides education and awareness programs, crisis intervention and on-staff counseling for people with lupus and their families
- Assists with information and resources regarding insurance, medical care facilities and prescription costs for the underinsured

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 and Pap Smear Referral Program

1-800-922-6266

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

1-866-485-9393

cbcmi.org

- Call this number for information on nursing homes in your area or for advice on Medicare and Medicaid referral.
- Nursing home residents and their relatives can also call this number to file complaints.

Poison Control

1-800-222-1222

- Provides 24/7 advice on poisonings for humans and animals. For a free brochure, telephone stickers and magnet, call the number above or visit mitoxic.org for further information.
- TTY services are available at 1-800-356-3232 or 313-993-7152, or through free Internet Nextalk services at nextalk.net.

Tobacco Quit Line

1-800-QUIT-NOW (784-8669)

Provides free smoking cessation services to Michigan residents. Call the number above or visit michigan.gov/tobacco for more information.

Mental health and 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.

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
ceicmh.org

Community Mental Health of Central Michigan

Isabella County Center

301 S. Crapo, Suite 100
Mt. Pleasant, MI 48858
989-773-6961
cmhcm.org
Serves Clare, Gladwin, Isabella and Midland counties

Genesee County Community Mental Health

420 W. Fifth Ave.
Flint, MI 48503
810-257-3705
24-hour emergency line: 810-257-3740
gencmh.org

Gratiot County Community Mental Health

P.O. Box 69
608 Wright Ave.
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: 1-800-356-5568
huroncmh.org

Lapeer County Community Mental Health

1570 Suncrest Drive
Lapeer, MI 48446
810-667-0500

Lenawee Community Mental Health Authority

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

Livingston County Catholic Social Services

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

- Services: Outpatient mental health and substance abuse (third-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)
- Adult day service: 2020 E. Grand River, Suite 103, Howell, MI 48843
517-546-9910

Saginaw County Community Mental Health

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

Sanilac County Health Department Alcohol and Other Drug Program

171 Dawson St.
Sandusky, MI 48471
810-648-4098, ext. 101
24-hour emergency line: 1-888-225-4447
sanilachealth.com

Shiawassee County Community Mental Health

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

Tuscola Behavioral Health

323 N. State St.
Caro, MI 48723
24-hour emergency line: 1-800-462-6814
tbhsonline.com

2. Additional mental health and substance abuse services

Alcoholics Anonymous

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

Cristo Rey Family Health Clinic

1717 N. High St.
Lansing, MI 48906
517-371-1700
cristo-rey.org
– Mental health counseling available
– Sliding scale services

Dove Medical Clinic – Mental Health Services

602 W. Michigan Ave.
Jackson, MI 49201
517-783-5334
dovecounseling.org
– Call for hours or to schedule an appointment
– Free or low-cost mental health counseling, substance abuse, grief groups and teenager anger management

Lifeways Community Connections

1200 N. West Ave., Suite 700
Jackson, MI 49202
1-800-284-8288
lifewayismco.com
– Mental health screening program
– Call for more information

Northern Michigan Substance Abuse Services, Inc.

Call 989-732-1791 for more information or visit nmsas.net.
– This agency provides substance abuse treatment and prevention services to residents of Northern Michigan.
– Services include assessment, detox and residential inpatient.

Prescription drug assistance

1. General prescription programs

BCBSM and BCN Medicare Part D Helpline

1-800-485-4415

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 website at bcbsm.com.

Capital Area Prescription Program

Ingham County Health Department
Registration and Enrollment Unit

5303 S. Cedar St.

Lansing, MI 48911

517-887-4465

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

Community Prescription Support Program

100 S. Jefferson Ave., Suite 101

Saginaw MI, 48607

989-752-6000

crxsp.com

Eaton County Prescription Discount Program

1-800-553-2565

eatoncounty.org

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

The Medicine Program

themedicineprogram.com

Visit the website for information on how to save money on prescriptions.

Michigan Medicare/Medicaid Assistance Program

6105 W. St. Joseph, Suite 204

Lansing, MI 48917

1-800-803-7174

mmapinc.org

This service helps seniors understand doctor and hospital bills, eligibility, enrollments, coverage and appeals. Help with identifying resources for prescription drug assistance, including low-income subsidies, Medicare Part D and the Medicare Savings Program is also available.

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, prescriptionrelief.org or needymeds.com. Or call 1-888-477-2669 for more information on lowering your prescription drug bills.

2. Specialized prescription programs

Hemophilia Foundation of Michigan

1921 W. Michigan Ave.

Ypsilanti, MI 48197

734-544-0015

hfmich.org

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

Michigan Parkinson Foundation

30400 Telegraph Rd., Suite 150

Bingham Farms, MI 48025

248-433-1011 or 1-800-852-9781

parkinsonsmi.org

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

Myasthenia Gravis Association

5523 E. Nine Mile Rd.

Warren, MI 48091

586-755-9100

mgadetroit-easternmi.org

Financial assistance is available for myasthenia gravis prescriptions for those who qualify.

National Kidney Foundation of Michigan

1169 Oak Valley Drive

Ann Arbor, MI 48108

1-800-482-1455

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 Patient Services Program coordinator at the number above for more information.

Social services

1. Family planning and parenting

Michigan Parenting Helpline

1-800-942-4357

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

Parents Anonymous

parentsanonymous.org

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

Plan First!

healthcare4mi.com

- Medicaid waiver program for low-income women
- Women must be 19 to 44 years old, a U.S. Citizen and a Michigan resident, and not currently receiving Medicaid
- Services include a yearly physical exam, Pap test, lab tests, birth control prescriptions and supplies, STD testing and treatment, education and counseling
- To apply for Plan First! go to your local health department, or call 2-1-1 or 1-800-642-3195

Planned Parenthood

- Provides reproductive health care, including annual exams, contraception and pregnancy testing. Call for specific information about sterilization for men and women.
- Fees are based on a sliding scale.
- There are 29 clinics throughout Michigan.
- Call 1-800-230-PLAN (7526) or visit miplannedparenthood.org for more information.

2. General social services

Gateway Community Services

2875 Northwind Drive, Suite 105

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

517-784-41-800

caajlh.org

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

GreenHouse Center of HOPE

723 Emerson St.
Saginaw, MI 48607
989-907-1-8775
Health care and social services for the uninsured, including prescription assistance, referrals 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
– Call for hours and additional information

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 website for more information.

Livingston County Catholic Social Services

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

Love INC

810-724-3201
loveinc.org
– Provides a variety of services to the needy of Lapeer County
– Call or visit the website for more information

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.

Bay County Division on Aging

515 Center Ave., Suite 200
Bay City, MI 48708
989-895-4100 or 1-877-229-9960
baycounty-mi.gov/aging

Clinton County Senior Citizen Drop-In Center

989-224-4257

Genesee County

Burton Senior Center

3410 S. Grand Traverse
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

G-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 49242
517-437-2422
hillsdaleseniorcenter.org

Human Development Commission of Sanilac County

810-648-4497

Human Development Commission of Tuscola County

429 Montague 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

2200 S. Lincoln Road
Mt. Pleasant, MI 48858
989-772-0748
isabellacounty.org

Jackson County Department on Aging

1715 Lansing Ave., Suite 672
Jackson, MI 49202
517-788-4364
co.jackson.mi.us/agencies/deptaging

Lapeer Department of Senior Activity

11-800 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 and Medicaid Assistance Program

6105 W. St. Joseph, Suite 204
Lansing, MI 48917
1-800-803-7174
mmapinc.org

This service helps seniors understand doctor and hospital bills, eligibility, enrollments, coverage and appeals. Help with identifying resources for prescription drug assistance, including low-income subsidies, Medicare Part D and the Medicare Savings Program is also available.

Midland County Council on Aging

989-633-3700
seniorservicesmidland.org

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

1-800-335-7881

Serves Jackson, Hillsdale and Lenawee counties

Region VII Area Agency on Aging

1-800-858-1637

region7aaa.org

Serves Bay, Clair, Gladwin, Gratiot, Huron, Isabella, Midland, Saginaw, Sanilac and Tuscola counties

Saginaw County Commission on Aging

989-797-6880

saginawcounty.com

Shiawassee Council on Aging

300 N. Washington St.

Owosso, MI 48867

989-723-8875

Sunrise Side Senior Services

P.O. Box 36

131 Clyde St.

Omer, MI 48749

989-653-2692

Tri-County Office on Aging

1-800-405-9141

tcoa.org

Serves Clinton, Eaton and Ingham counties

Valley Area Agency on Aging

810-239-7671

valleyaaa.org

Serves Genesee, Lapeer and Shiawassee counties

State and federal programs

1. For children and pregnant women

Children's Special Health Care Services

1-800-359-3722

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 and 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 copayments or deductibles for either of these programs if you are under 21 years of age. Call 1-888-988-6300 for more information, or apply online at healthcare4mi.com.

Women, Infants and Children Program

1-800-942-1636

michigan.gov/wic

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 to 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. To find out if you are eligible for state and federal programs, visit the Michigan Assistance and Referral Service 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

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

P.O. Box 30088
5303 S. Cedar St.
Lansing, MI 48911
517-887-9400

Isabella County Department of Human Services

1919 Parkland Dr.
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
810-667-01-800

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

P.O. Box 1609
11509 Washington, Suite A
Midland, MI 48641
989-835-7040
co.midland.mi.us/index.php

Saginaw County Department of Human Services

P.O. Box 5070
411 E. Genesee
Saginaw, MI 48605
989-758-1100

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 1-877-222-8387 for more information on veterans' health benefits or visit va.gov.

Vision services

Eye Care America

1-800-222-EYES (3937)
eyecareamerica.org

Provides referrals to doctors who perform free or low-cost eye exams and surgery to individuals more than 65 years of age.

Lions Club International

lionsclubs.org

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

Vision USA

1-800-766-4466

- Free eye care program for uninsured, low-income individuals and their families.
- Register by calling the number above or by visiting aoa.org.

Notes



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