

HEALTH INFORMATION BY PHONE

**National Center for Complementary and Alternative
Medicine Clearinghouse**

(888) 644-6226

(866) 464-3615 (TTY)

(866) 464-3616 (Fax)

8:30 a.m.–5:00 p.m., Monday–Friday, except Federal
holidays (Eastern Time)

National Health Information Center

(800) 336-4797

9:00 a.m.–5:30 p.m., Monday–Friday, except Federal
holidays (Eastern time)

National Hispanic Family Health Helpline

(866) SU-FAMILIA (783-2645)

9:00 a.m.–6:00 p.m., Monday–Friday (Eastern Time)

National Women's Health Information Center

(800) 994-9662

(888) 220-5446 (TDD)

9:00 a.m.–6:00 p.m., Monday–Friday, except Federal
holidays (Eastern time)



OCTOBER 2009

THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

WELCOME TO BE WELL!

Know that you're not alone in your struggle to find healthcare and be well while uninsured. There are approximately 50 million of us here in the United States, which means one in six people.

We hope that you will find this booklet and our website to be helpful resources for working towards getting what you need as an uninsured person. (This information is not intended to serve as medical advice.)

We also know that the health care system as it exists now is seriously lacking. We hope that you'll consider getting involved in the many political efforts to improve health care access for all of us.

Please feel free to add or edit resource listings or to describe for others your experiences at sites by visiting our website, www.bewellpgh.org, and using the comments links underneath the various sections.

This project is meant to be a community resource. Let's support each other in being active, informed, and well.

BE WELL, PITTSBURGH!

Cover art by Mary Tremonte.

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**NATIONAL HEALTH CARE FOR THE HOMELESS
COUNCIL (NHCHC)**

Advocates for federal policy with regard to issues of health care for the homeless, coordinates the staffing of an HCH clinicians network, and provides support to local projects.
<http://www.nhchc.org/>

**NATIONAL RESOURCE CENTER ON HOMELESSNESS
AND MENTAL ILLNESS**

Has annotated bibliographies and other information on mental health and homelessness.
<http://www.nrchmi.samhsa.gov>

2009 FEDERAL POVERTY GUIDELINES

Many programs base their eligibility on federal poverty guidelines. Here are the 2009 figures for 100% of the federal poverty level. If a program's income limit is 200%, multiply this number by 2, if the limit is 250% of the federal poverty level, multiply this number by 2.5, etc.

<u>Number in Family</u>	<u>100% of Federal Poverty Level</u>
1	\$10,830
2	\$14,570
3	\$18,310
4	\$22,050
5	\$25,790

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pressure , shots for tetanus, flu, and other purposes , treatments such as for athletes foot, removing stitches, rashes, asthma attacks , eyeglass prescriptions, referrals for prescriptions for homeless individuals, vouchers for the homeless for external doctor visits in some cases, transportation to the ER, help in obtaining health insurance, referrals such as to dentists, mental health clinics, alcohol/drug counseling, local shelters.

WOOD STREET COMMONS – Downtown

301 Third Avenue
Pittsburgh, PA 15222
412-765-2532

Shelter which offers a nursing station, staffed by a regular visit from a physician, RN and other specialists to provide health screening and overall wellness care.

SALVATION ARMY CRISIS CENTER – Downtown

424 3rd Avenue
Pittsburgh, PA 15219
412-394-4817

Shelter open 24 hours per day, 7 days per week. Health care for residents every other Wednesday at 6pm.

THE HUB OUTREACH CENTER CLINIC – Strip District

26th and Smallman Streets
Pittsburgh, PA 15222
412-338-088

Open 1st Monday of the month – call and make appointment.

Offers general medical services for teens and homeless people through Healthcare for the Homeless program. No cost for services.

Entrance is not wheelchair accessible.

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BILL OF RIGHTS FOR PATIENTS

Pa. Code § 5100.53 provides for quality health care accountability and imposes new requirements on managed care plans operating in the Commonwealth of Pennsylvania. Went into effect on January 1, 1999.

Health care providers will usually have a version of this bill of rights available on their website. They're usually something like this version from UPMC Magee Hospital and can most often be found on the facility website or in the Patient Handbook. **Note the PA Department of Health number listed at the end of this policy if you believe your rights have been violated.**

- You have the right to respectful care given by competent staff.
- You have the right to consideration of your personal privacy.
- You have the right to have all records pertaining to your medical care treated as confidential except as otherwise provided by law or third-party contractual arrangements.
- You have a right to know the hospital rules and regulations that apply to your conduct as a patient.
- You have a right to expect emergency procedures to be implemented without unnecessary delay.
- You have the right to full information about your diagnosis, treatment, and prognosis.
- You have the right to be advised of and consent to participation in any research program.
- You have the right to refuse any drugs, treatment, or procedure ordered by your physician(s), to the extent permitted by law. A physician shall inform you of the medical consequences of your refusal of any drug, treatment, or procedure.
- You have the right to medical and nursing services and access to available accommodations, without discrimination based upon race, color, religion, age, disability, sex, sexual orientation, national origin, or source of payment.
- You have the right to expect good management techniques to be applied within the hospital.

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Fifth Avenue Commons
905 Watson Street
Pittsburgh 15219
412-391-1348
email: info@bethlehemhaven.org

Mental health services for homeless individuals.

**COMMUNITY HUMAN SERVICES CORP.
HEALTH STATION**

374 Lawn St.
Pittsburgh, PA 15213
Phone: (412) 621-4708
<http://chscorp.org/Health.htm>

Family Practice Physicians from UPMC Shadyside are on site every Tuesday evening from 6 PM to 10 PM. to provide physician services by appointment. Payment is based on a sliding scale. Appointments are made by calling Kathy @ 412-621-4708.

The Health Station is open for walk-ins and nursing services Monday through Friday from 8:30 AM to 4 PM. There is no charge for these services.

Entrance wheelchair-accessible. Bathroom has handrails.

JUBILEE KITCHEN CLINIC – Uptown

2005 Wyandotte St.
Pittsburgh, PA 15219
412-261-5417
Tuesdays and Thursdays from 8:30am to 11:00am .

Podiatrist visits every 3rd Tuesday of the month. Guests should sign up before 10:30am for serious health problems or lengthy examinations.

Services Provided: Physicals and examinations, testing such as for tuberculosis, glucose, cholesterol, and blood

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Monday 6:00 PM-9:00 PM
 Wednesday 1:00 PM-4:00 PM
 Saturday 10:00 AM-12:00 PM

Walk-ins only. We do NOT see patients who currently have any form of health insurance or who are eligible for Medicaid. Please arrive at least 60 minutes before start time as the clinic fills up very quickly. Clinic usually needs to limit number of patients served.

Basic primary care. Can refer for other medical and social service needs. No cost. Some free medications for uninsured.

Wheelchair-accessible.

Spanish interpreters available during Saturday hours.

BETHLEHEM HAVEN CLINIC – Downtown

www.bethlehemhaven.org

Fifth Avenue Commons

905 Watson Street

Pittsburgh 15219

412-391-1348 – 24 hrs.

email: info@bethlehemhaven.org

Tuesdays 6-9pm

Serves women in a shelter setting. At the Health & Wellness Center clients receive medical, podiatry, and dental care through Health Care for the Homeless Program of Primary Care Health Services and women are provided gynecological services through UPMC Magee Women's Hospital.

Entrance wheelchair-accessible. Bathroom has handrails.

BETHLEHEM HAVEN 902 CLINIC – Downtown

www.bethlehemhaven.org

- When medically permissible, you may be transferred to another facility only after you or a legally authorized individual has consented to the transfer after receiving an explanation concerning the need for and alternatives to such a transfer. The institution to which you are to be transferred must first have accepted the transfer.
- You have a right to examine and receive a detailed explanation of your bill and counseling on the availability of financial resources related to health care services.
- You have the right to engage in a hospital-appointed ethics consult.
- You have the right to appropriate assessment and management of pain.
- You have the right to initiate an Advance Directive.
- You have the right to be free from all forms of abuse and harassment, including verbal, physical, psychological, sexual, and emotional abuse.
- You have the right to be free of restraint that is not medically necessary.
- You have the right to consistent, quality care and high professional standards that are continually reviewed.
- You have the right to know the name and profession of all health care providers involved in your care.
- Except for emergencies, the physician must obtain the necessary informed consent prior to the start of any procedure or treatment as required by law.
- You have the right to assistance in obtaining consultation with another physician at your request and own expense.
- You have the right to an interpreter, whenever possible, if you do not speak English.
- You or your authorized representative have the right, upon request, to have access to all information contained in your medical records, unless access is specifically restricted by the attending physician for medical reasons. You have the right to a copy of your medical record for a reasonable fee.
- You have a right to expect to be informed on discharge of continuing health care requirements and how to meet them.
- You have a right to access an individual or agency that is authorized to act on your behalf to assert or protect the rights set out in this section.

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- You have a right to be informed of your rights at the earliest possible moment in the course of your hospitalization.
- You have the right to contact the hospital's Patient Representative at 412-641-4579 to discuss concerns you may have regarding your hospital experience. You have a right to prompt resolution to those concerns.
- You have the right to address your concerns regarding a violation of your rights to the Pennsylvania Department of Health at:

Pennsylvania Department of Health
Division of Acute and Ambulatory Care
Health and Welfare Building
P.O. Box 90
Harrisburg, PA 17108-0090
1-800-254-5164

HEALTH INSURANCE OPTIONS

MEDICAL ASSISTANCE

Consumer Health Coalition at 412-456-1877 can help with filling out medical assistance forms and navigating that system. Pennsylvania Health Law Project has some very useful information on Medical Assistance in their health care guide at www.phlp.org. Call them for legal assistance at 1-800-274-3258.

The best way to know if you qualify for medical assistance is to apply. Some programs e.g. Charity Care programs at hospitals, require you to apply for and be turned down for medical assistance before they will consider you for their programs. To apply, call your local County Assistance Office for an application. The Allegheny County Assistance Office can be reached at 412-565-2146. For the phone number for the County Assistance Office in other counties, look in the Blue Pages of your local phone book under

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STREET OUTREACH SCHEDULE

Operation Safety Net sends street outreach teams to shelters, food kitchens, but also just different locations around the city e.g. Market Square. If someone needs care, they need to go to the team meeting point at the beginning of the shift, as physicians will be walking the streets in that location after meeting. Call them, phone below, for the schedule:

OPERATION SAFETY NET – Downtown

Mercy Hospital of Pittsburgh
1400 Locust Street
Pittsburgh PA 15219
Toll Free: 1-888-492-8950

<http://www.pmhs.org/operation-safety-net/>

Health care outreach e.g. mobile van services for homeless people in the Pittsburgh area, as well as case management and the Wellspring drop-in clinic, which offers health care free of charge.

WELLSPRING CLINIC – Downtown

903 Watson St.
Pittsburgh, PA 15219
412-263-2545
M-F 10-5:30
Dinner 2:15-2:50pm

Offers primary care service health clinics through Mercy Hospital's Operation Safety Net for clients or homeless and/or mentally ill persons. Showers available as well.

BIRMINGHAM CLINIC

Salvation Army complex
Location: 44 South 9th Street; entrance near the Salvation Army Thrift Store parking lot
Pittsburgh, PA 15203
412-692-4706

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UNITED WAY OF ALLEGHENY COUNTY

412-261-6010

United Way programs reach out to more than 62,000 local elderly people.

TODAYS SENIOR RESOURCE

www.todaysseniorresource.com

Find aging and caregiving information, Ask an Expert, connect with local providers including: home care, senior housing options, geriatric health care, community programs, senior centers, medical and safety equipment, elder law, notaries, reverse mortgages, Medicare plans, long term care insurance, senior freebies and specials, and other resources in Pennsylvania's Allegheny, Beaver, Butler, Westmoreland, & Washington Counties.

RESOURCES FOR HOMELESS PEOPLE**SEVERE WEATHER EMERGENCY SHELTER**

The Severe Weather Emergency Shelter (along with the health clinic there) will open on November 15th. We will open the shelter only on nights when the temperature falls below 25 degrees F, or in the case of inclement weather conditions. We have a hotline to call with a recording about whether or not the shelter is open:

(412)-779-1329

When it is time for this season, please call this hotline rather than the office about whether the shelter is open.

It is located at 620 Smithfield Street in the basement of the Smithfield United Church. The health clinic will be open from 7-9pm.

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“State Government” and then under “Public Welfare Department”.

You can also apply online for medical assistance (as well as food stamps, cash benefits...) through the COMPASS website at:

www.compass.state.pa.us

AdultBasic

AdultBasic was launched in 2002 to cover the basic healthcare needs of Pennsylvanians age 19-64 who have no health insurance and who meet certain eligibility requirements.

Eligibility Requirements:

- You are between the ages of 19 and 64;
- You do not have any other healthcare coverage (including Medicaid or Medicare;
- You have been without health insurance for 90 days prior to enrollment, except if you or your spouse lost health insurance coverage because you are no longer employed;
- Your family income is below certain income limits (see table below);
- You are a resident of Pennsylvania for at least 90 days prior to enrollment; and
- You have U.S. citizenship or permanent legal alien status.

Family Size/Income Limits

1	\$5,100 - \$21,660
2	\$5,300 - \$29,140
3	\$5,600 - \$36,620
4	\$6,800 - \$44,100
5	\$8,100 - \$51,580

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6 \$9,100 - \$59,060

* based on 2009 Federal Poverty Income Guidelines

How Do I Apply to the adultBasic Program?

Option 1. Apply via the web at www.compass.state.pa.us

Option 2. Apply over the phone. Call 1-800-GO-BASIC.

Option 3. Apply through the mail! Call 1-800-GO-BASIC to receive a paper application.

THE WAIT FOR ADULTBASIC CAN BE VERY LONG.

HEALTH INSURANCE FOR PENNSYLVANIA RESIDENTS

Information for consumers on insurance in PA. Terms, tips, etc. You can also file a complaint against a PA insurance provider on this site.

<http://www.ins.state.pa.us>

HEALTHINSURANCE.ORG

Provides info and offers quotes on various health insurance plans. Does not include Highmark Blue Cross Blue Shield plans.

<http://www.healthinsurance.org/>

HIGHMARK BLUE CROSS BLUE SHIELD SPECIAL CARE

Low-cost, basic health coverage for those who meet income requirements. Information is difficult to find online, call for information: 1-800-876-7639.

<u>Family Size</u>	<u>Income</u>
Family of One	\$21,660
Two	\$29,140

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THE CENTER FOR HEALTHY AGING (CHA)

412-624-3217

www.healthyaging.pitt.edu

A CDC Prevention Research Center • University of Pittsburgh • Graduate School of Public Health
CHA promotes healthy lifestyles and disease prevention. Free Community Health Ambassador classes focusing on the “10 Keys to Healthy Aging” empower adults to take ownership of their health.

EASTERN AREA ADULT SERVICES

412-247-1446

Center services, information and referral, volunteer opportunities, etc.

HILL HOUSE SENIOR SERVICES

412-392-4450

Center services, information and referral, outreach

LIFESPAN INC.

412-464-1300

Community support services and resource center for older adults 60 and over; 16 senior community centers.

LUTHERAN SERVICE SOCIETY

412-734-9330

Center services, information and referral, outreach, Meals on Wheels, APPRISE.

NORTHERN AREA MULTI SERVICE CENTER

412-781-1175

Center services, information and referral.

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

Insurance, Medicaid, and Long-Term Care Insurance. You can obtain pamphlets and brochures that explain your benefits and rights under these various health insurance programs.

All services are free and all information is kept confidential.

AGE WELL PITTSBURGH

412-422-0400

www.agewellpgh.org

Email: agewell@jfcspgh.org

Provides services regardless of age and client's ability to pay.

One-stop resource that links older adults, their family members, friends and caregivers to solutions for issues related to aging.

Services include Recreational, social and health and wellness activities, Geriatric assessment, Care management, Adult day services, In-home caregiver services, Assisted living, nursing, outpatient rehabilitation or other residential care options, Transportation, Lunch programs, food pantry, or home-delivered meals, Counseling and caregiver support groups, Mental health, Home safety, Congregate meal, Vocational services and Personal emergency response.

CARRIER ALERT

412-350-5460

Anyone 60 years of age or older or disabled residing in Allegheny County is eligible. The customer's letter carrier, in performing his or her daily rounds, will be alert to an accumulation of mail which might signify a sudden illness or accident.

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Monthly Premium

One person \$134.70

Two adults \$269.30

Children would be covered under CHIP if parents are eligible.

Does not cover prescriptions or mental health care. 12-month pre-existing condition clause. No deductible. \$10 copay per doctor visit, covers 4 visits per year, covers emergency care, 21 days inpatient hospital stay, maternity care, gynecological care. Call for additional info.

AFFORDING PRESCRIPTIONS

CHECK IF THERE IS A GENERIC COUNTERPART FOR YOUR MEDICATION

This website tells you if your prescription medication has a generic counterpart! (Copays on generic meds usually cost less.)

Electronic Orange Book - www.fda.gov/cder/ob/

GIANT EAGLE \$4 or \$10 GENERIC PRESCRIPTIONS

Visit a Giant Eagle pharmacy or enroll online at www.gianteagle.com. You can get a 30-day supply for \$4 or a 90-day supply for \$10 of the generic medications on their list.

PATIENT ASSISTANCE PROGRAMS

NEEDY MEDS

"A resource for people who cannot afford medicine or other healthcare costs, NeedyMeds has information on nearly 800 programs."

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

Includes:

- Drug list – look for the medication that you need on the list and then find programs listed that might provide you with that med.
- Program list – look up the name of the company that produces your medication and see if they have a patient assistance program.
- Patient Assistance Program forms list – look up the company/program name and download the patient assistance program form instead of waiting for them to mail one to you.

<http://www.needymeds.com>

If you don't find your medication or medication manufacturer on their list, try contacting the manufacturer of your medication yourself and asking them if they can help you.

DISCOUNT MAIL-ORDER MEDICATION SERVICES

RX OUTREACH

Express Scripts Specialty Distribution Services, Inc.
PO Box 66536 . Saint Louis, MO 63166-6536
1-800-769-3880

The program currently provides more than 360 FDA-approved generics. Also have birth control pills.

Individuals whose income is \$32,490 a year or less are eligible. Income limit for two persons is \$43,710, three people \$54,930. No cost to join. Fee is usually \$20-\$55 for each 90-day supply depending on the medication.

<http://www.rxoutreach.com/en/>

Many family health care centers have pharmacies onsite which can offer prescriptions at a low or sliding scale rate.

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RESOURCES FOR SENIORS

SENIOR CITIZEN'S GUIDE SENIOR HEALTH RESOURCES IN PITTSBURGH

<http://www.seniorcitizensguide.com/pgh/health.htm>

MEDICAL ASSISTANCE TRANSPORTATION PROGRAM (MATP)

Medical Assistance Transportation Program provides non-emergency medical transportation to residents of Allegheny County who have a valid Pennsylvania ACCESS (Medical Assistance) Card. MATP provides transportation for purposes of receiving medical services — for meeting both physical (dental, prescriptions, doctor visits, hospital visits, etc.) and behavioral health (Mental Health, Drug and Alcohol, etc) needs. Professional, friendly staff will assist you and explain all the procedures for enrolling in the program and for getting help.

1-888-547-MATP (6287)

APPRISE HEALTH INSURANCE COUNSELING PROGRAM

Family Services of Western PA
6401 Penn Avenue
Second Floor
Pittsburgh, PA 15206
Tel: (412) 661-1438

APPRISE is a free health insurance counseling program designed to help Pennsylvanians with Medicare. APPRISE counselors are specially trained volunteers who can answer your questions about Medicare and provide you with objective, easy-to-understand information about health insurance. Specifically, APPRISE can answer your questions about Medicare, Medicare Supplemental

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assistive technology devices and equipment prior to purchase. Contact: AT Lending Library 877-722-8536 (voice), 800-204-7428 (voice), or 866-268-0579 (TTY) or email atlend@temple.edu.

DISABILITY RIGHTS NETWORK OF PA

429 Fourth Avenue, Suite 701
Pittsburgh, PA 15219-1505
(412) 391-5225 [Voice]
(412) 467-8940 [TDD]
(412) 391-4496 [Fax]
drnpa-pgh@drnpa.org [Email]

DRNPA is the federally mandated, independent, non-profit agency in Pennsylvania that protects and advocates for the rights of people with disabilities. DRN provides consumers with assistance to remedy rights violations including abuse and neglect. DRN is committed to the inclusion of people with disabilities in the community and empowerment through self-advocacy.

DRNPA provides free legal assistance to persons who experience discrimination based on their disability or who are wrongfully denied access to disability-related services. DRN also provides technical assistance on legal issues to attorneys and others and provides education and training on a variety of issues to consumers, families, advocates and professionals.

DRNPA's website has lots of information on assistive technology, education, mental health and more.

www.drnpa.org

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SLIDING SCALE/FREE CLINICS

DOWNTOWN PITTSBURGH:

CATHOLIC CHARITIES FREE HEALTH CARE CENTER

212 Ninth Street
Pittsburgh, PA 15222
412-456-6911
Monday-Friday 9am-4pm
Patients are seen by appointment only.

The Catholic Charities Free Health Care Center is dedicated to providing excellent primary health care at no charge to those who are unable to afford adequate health insurance or are otherwise in need, regardless of race, gender or religion.

To receive free medical or dental services, you must first be determined eligible for care. If you qualify, medical, dental, vision and/or specialty services may be available to you.

PRIMARY CARE HEALTH SERVICES, INC. HILL HOUSE HEALTH CENTER

1835 Centre Ave.
Pittsburgh, PA 15219
Phone: (412) 261-0937

M 10:30-7, closed for lunch 2-3pm
T-F 9-5:30, closed for lunch 1-2pm

Pregnancy testing, family planning, obstetrics, podiatry, minor surgery, EKGs, laboratory services, adult medicine, physical exams, pediatrics including early screening and immunizations, complete dental services, mental health through WPIC including psychiatric and psychological services, pharmacy, social services, health education.

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Teen Pregnancy Prevention Program provides sexuality education to community groups.

Sliding fee scale based on income for uninsured patients.

Entrance wheelchair-accessible. Bathroom (in Hill House main building) has handrails.

NORTH PITTSBURGH:

NORTH SIDE CHRISTIAN HEALTH CARE CENTER

816 Middle St.
Pittsburgh, PA 15212
Phone: (412) 321-4001
www.nschc.org

Monday 9am-7pm
Tuesday 9am-7pm
Wednesday 9:20am-5pm
Thursday 9am-7pm
Friday 10am-5pm
Saturday 9am-noon

Provides primary care medical services ranging from pediatric to geriatric care. Accepts third party payments including Medical Assistance, Gateway, Unison, UPMC for Life and Access. Home visits to homebound elderly available. Prayer offered but not required.

Sliding fee scale based on income for uninsured patients.

Entrance wheelchair-accessible. Bathroom has handrails.

NORTH SIDE CHRISTIAN HEALTH CARE CENTER at

Northview Heights
525 Mt. Pleasant Road
Pittsburgh, PA 15214
Phone: (412) 322-7500
www.nschc.org

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Eligibility Criteria: Participants must have a disability; live in the city (excluding the North Side); ages 18-59 years old; and an income of no more than 250% of the poverty guidelines.

Referrals: Call 621-4708 and speak to Barb or Fran.

MEDICAL ASSISTANCE FOR WORKERS WITH DISABILITIES (MAWD)

The MAWD program gives individuals with illness or disability the opportunity to go back to work without fear of losing their health benefits. You can still receive social security and be eligible for the program.

To be eligible you must:

- Be between the ages of 16 and 64
- Be employed at least one hour per month and receiving compensation
- Be mentally, physically, or developmentally disabled (You do not have to receive SSDI)
- Have countable income less than \$2,256 per month
- Have less than \$10,000 in resources

You can apply online using the COMPASS website – <https://www.humanservices.state.pa.us/compass/CMHOM.aspx> or over the phone at the Department of Public Welfare HelpLine at (800) 692-7462.

The Consumer Health Coalition can also help with info or with the application process. 412-456-1877 x200.

PENNSYLVANIA'S ASSISTIVE TECHNOLOGY LENDING LIBRARY

Pennsylvania's Assistive Technology Lending Library (AT Lending Library) is a statewide program, which enables people with disabilities and older Pennsylvanians to try out

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wheelchair scale, hoist lift, padded hydraulic stirrups for comfort

OTHER SITES WITH ACCESSIBLE GYNECOLOGICAL EXAM TABLES

Adagio Health East Liberty; Adagio Health Downtown Location; Squirrel Hill Health Center and Catholic Charities have accessible gynecological exam tables.

See Women's Health section for info on these locations.

THREE RIVERS CENTER FOR INDEPENDENT LIVING (TRCIL)

900 Rebecca Avenue
Pittsburgh, PA 15221-2938

<http://www.trcil.org/>

A Center for Independent Living (CIL) is a non-residential, non-profit, community-based human service agency. Its purpose is to enable people with disabilities to lead self-directed and productive lives within the community.

For health care information and referrals related to living with a disability, call Cindy Williams at (412) 371-7700 x136, TTY (412) 371-6230, or email her at cwilliams@trcil.org

COMMUNITY HUMAN SERVICES CORPORATION IN-HOME SERVICES PROGRAM

<http://chscorp.org/Health.htm>

The In-Home Services Program provides specific supports to prevent, delay, or be a substitute for temporary or long term institutionalization of low-income adults with disabilities. Skilled Homemakers provide these services in the homes of qualified individuals.

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

Monday 9am-5pm
Tuesday 9am-5pm
Wednesday 9:40am-5pm
Thursday 9am-5pm
Friday 10am-5pm
Saturday closed
Sunday closed

Provides primary care medical services ranging from pediatric to geriatric care. Accepts third party payments including Medical Assistance, Gateway, Unison, UPMC for Life and Access. Home visits to homebound elderly available. Prayer offered but not required.

Sliding fee scale for uninsured patients.

Entrance wheelchair-accessible. Bathroom has handrails.

THE POSITIVE HEALTH CLINIC

320 East North Avenue
Pittsburgh, PA 15212

To make an appointment please call 412.359.3360. If you need to speak with our clinical social worker, please call 412.359.4984.

The Positive Health Clinic of Allegheny General Hospital is dedicated to healing, caring for, and educating our patients in an environment in which employees and physicians strive to meet and respect the complex needs of people living with HIV and the needs of their families and loved ones.

Most insurance programs are accepted. The Positive Health Clinic also receives federal funds that assist individuals who do not have adequate insurance to pay for their healthcare. Our staff will help you with financial issues related to your care.

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

The clinic offers support in the form of patient advocates, social work needs, and comprehensive health care for those living with HIV.

SOUTH PITTSBURGH:

BIRMINGHAM CLINIC

Salvation Army complex
Location: 44 South 9th Street; entrance near the Salvation Army Thrift Store parking lot
Pittsburgh, PA 15203
412-692-4706

Monday 6:00 PM-9:00 PM
Wednesday 1:00 PM-4:00 PM
Saturday 10:00 AM-12:00 PM

Walk-ins only. We do NOT see patients who currently have any form of health insurance or who are eligible for Medicaid. Please arrive at least 30 minutes before start time as the clinic fills up very quickly. Clinic usually needs to limit number of patients served.

Basic primary care. Can refer for other medical and social service needs. No cost. Some free medications for uninsured.

Wheelchair-accessible.

HILLTOP COMMUNITY HEALTHCARE CENTER

317 Climax Street
Pittsburgh, PA 15210
(412) 431-3520

The Hilltop Community Healthcare Center is a federally funded health clinic caring for the underserved populations living in the hilltop communities. The center was established in 2004, and has served as an institution amongst South Pittsburgh neighborhoods ever since. They

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

programs are called charity care, patient assistance, financial assistance... If you apply and are denied, contact a consumer health advocacy organization such as the Pennsylvania Health Law Project listed in this booklet to appeal.

Call for income guidelines and application procedures.

MERCY HOSPITAL MERCY CARE

412-232-5759

UPMC FINANCIAL ASSISTANCE PROGRAM

1-800-854-1745

WEST PENN ALLEGHENY CHARITY CARE

1-800-547-0540

RESOURCES FOR PEOPLE WITH DISABILITIES

CENTER FOR WOMEN WITH DISABILITIES

Magee-Womens Hospital
300 Halket Street
Suite 5600
Pittsburgh, PA 15213
412-641-4030
<http://www.upmc.com/HospitalsFacilities/Hospitals/Magee/SpecialtyServicesWomen/womenwithdisabilities/Pages/default.aspx>

Thursday, Friday 12:30pm-4:30pm

SERVICES OFFERED: pelvic exam,pap testing,mammogram,women's wellness exam,clinical breast exam,birth control, referrals
FEES/DISCOUNTS FOR UNINSURED PATIENTS: Sliding fee scale/ eligibility for services based on family size and income
ACCESSIBILITY INFO: Yes, universally accessible tables,

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

Public and professional education through programs, speakers, films, literature and seminars. The Patient Service Dept. may provide assistance with medication costs, transportation, home-care equipment, information and referrals.

AMERICAN RESPIRATORY ALLIANCE

Cranberry Professional Park
201 Smith Dr. Ste. E
Cranberry Twp., PA 16066
Phone: (724) 772-1750
www.healthylungs.org

The American Respiratory Alliance of Western Pennsylvania provides adults with chronic obstructive pulmonary disease with a broad range of services including the Breathing Partners support group, cold weather masks, educational seminars, an award-winning manual for coping with lung disease, a lending library, emergency assistance with medications, oxygen and breathing equipment.

BRICKS FOR YOUNG ADULTS: BUILDING RESOURCES IN CANCER KNOWLEDGE AND SERVICES

<http://brickspgh.blogspot.com/>

“BRICKS is a (soon to be non-profit) organization in Pittsburgh, PA, that aims to connect Young Adult cancer patients to people and resources that may be useful to them as they undergo treatment and beyond. We also hope to raise awareness about Young Adult cancers, and impact survival rates through education and activism.”

PAYING FOR HOSPITAL AND DOCTORS' BILLS

Pittsburgh hospitals have patient assistance programs to help low-income, uninsured patients pay hospital bills. They often do NOT offer this information. Ask! These

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

provide services to all ages regardless of insurance status. Primary care for children and adults. Gynecological care. Podiatrist once per week. Do own lab work.

Sliding fee scale for uninsured patients.

Entrance wheelchair-accessible. Bathroom has handrails.

PRIMARY CARE HEALTH SERVICES, INC. HAZELWOOD FAMILY HEALTH CENTER

4918 Second Avenue
Pittsburgh, PA 15207
Phone: (412) 422-9520

Primary medical care, gynecology, family planning, podiatry and pediatrics.

Sliding fee scale based on income for uninsured patients.

Entrance wheelchair-accessible. Bathroom has handrails.

STEEL VALLEY FAMILY HEALTH CENTER

1800 West St.
Suite 110
Homestead, PA 15120-1504
Phone: (412) 461-3863

Monday 10-6:30
Tuesday-Friday 8:30-5

Podiatry, EKGs, laboratory services, adult medicine, physical exams.

Sliding fee scale based on income for uninsured patients.

Entrance wheelchair-accessible. Bathroom has handrails.

AC HEALTH DEPARTMENT CARSON ST. FAMILY HEALTH CENTER

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

MAUL BUILDING

1700 East Carson St.

Pittsburgh, PA 15203

Phone: (412) 431-6770

www.county.allegheny.pa.us/achd

Checkups, immunizations, and health counseling.

EAST PITTSBURGH:

UPMC has community health centers in the East End and in East Pittsburgh. Patients can get free or low-cost care through UPMC's financial assistance program. Most health centers have a social worker that can help you apply. You can find out more about their financial assistance policies here:

<http://www.upmc.com/aboutupmc/CommunityCitizenship/financialassistance/Pages/fa-policy.aspx>

and you can apply yourself if you'd like, here:

<http://www.upmc.com/aboutupmc/FinancialInformation/Documents/FinancialAssistance.pdf>

UPMC BLOOMFIELD-GARFIELD FAMILY HEALTH CENTER

5475 Penn Avenue

Pittsburgh, PA 15206

(412) 361-7562

UPMC LATTERMEN HEALTH CENTER

2347 Fifth Avenue

McKeesport, PA 15132

(412) 673-5504

UPMC LAWRENCEVILLE FAMILY HEALTH CENTER

3937 Butler Street

THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

Most insurance plans accepted. The clinic also receives federal funds that assist individuals who do not have adequate insurance to pay for their healthcare. Our staff will help you with financial issues related to your care. The clinic offers support in the form of patient advocates, social work needs, and comprehensive health care for those living with HIV.

ALLEGHENY COUNTY HEALTH DEPARTMENT - STD CLINIC

3441 Forbes Avenue

Pittsburgh, PA 15213

Phone: 412.578.8080

<http://www.achd.net/std/pubs/htm/main.htm>

The clinic operates five days, including one evening clinic. It is staffed by nurses, public health assistants, disease intervention specialists, and clerical personnel. The clinic provides free and confidential examinations and treatment. Tests are routinely done for syphilis, gonorrhea, and chlamydia. Other STD tests are performed depending on the patient symptoms. Laboratory services are provided by the County Department of Laboratories, which is located in the same building, often allowing for same day diagnosis. The clinic also offers Hep.B vaccinations to patients receiving a full STD exam. The clinic is run on a walk-in basis. Patients take a number on admission and are seen in order. HIV testing and counseling is available upon request to STD patients; high-risk patients are encouraged to be tested.

AMERICAN CANCER SOCIETY

320 Bilmar Drive

Pittsburgh, PA 15205

(888)227-5445

www.cancer.org

THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

Miryam's (open to the public)
1410 Fifth Ave., Uptown
Third Thursday of the month, 11:00 a.m. to 3:00 p.m.
Rapid HIV testing available

The Pittsburgh AIDS Task Force offers comprehensive, seamless support services to those living with HIV/AIDS. As HIV/AIDS issues continue to evolve, PATF adjusts its programs and services to meet the most imperative needs of our clients.

Services include:

- Case Management
- HUD Supportive Housing Program
- Transportation
- Food Pantry
- Nutritional Supplements
- Emergency Funds
- Legal Services
- Support Groups

If you are HIV+ or AIDS diagnosed and would like to receive any of these services from PATF, please call 412-345-7456 or email us at info@patf.org.

THE POSITIVE HEALTH CLINIC

320 East North Avenue
Pittsburgh, PA 15212

To make an appointment please call 412.359.3360.
If you need to speak with our clinical social worker, please call 412.359.4984.

The Positive Health Clinic of Allegheny General Hospital is dedicated to healing, caring for, and educating our patients in an environment in which employees and physicians strive to meet and respect the complex needs of people living with HIV and the needs of their families and loved ones.

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

Pittsburgh, PA 15201
(412) 622-7343

UPMC MATHILDA THEISS HEALTH CENTER

373 Burrows Street
Pittsburgh, PA 15213
(412) 383-1550

UPMC NEW KENSINGTON FAMILY HEALTH CENTER

301 11th St.
New Kensington, PA 15068
(724) 334-3640

UPMC SHADYSIDE FAMILY HEALTH CENTER

5215 Centre Avenue
Pittsburgh, PA 15232
(412) 623-2287

UPMC UPP SQUIRREL HILL

5608 Wilkins Avenue
Pittsburgh, PA 15217
(412) 422-8762

METRO FAMILY PRACTICE

901 B West Street
Wilkinsburg, PA 15221
412-247-2310
www.metrofamilypractice.org

830 to 430 Monday - Thursday - Friday
Extended Hours 830 - 630 Tuesday - Wednesday

Healthcare for all people, of all ages with expertise in:
Family-centered maternity care, including doula services,
women's health, geriatrics, HIV/AIDS care, lesbian, gay,
bisexual and transgender care.

Sliding fee scale is available for those who not have health insurance.

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

Alternate, wheelchair-accessible entrance available.
Bathroom has handrails.

EAST END COMMUNITY HEALTH CENTER

117 North Negley Ave
Pittsburgh 15206
412.404.4000

Family practice. Gynecological care.

Sliding fee scale based on income for uninsured patients.

Entrance wheelchair-accessible. Bathroom has handrails.

WILKINSBURG FAMILY HEALTH CENTER

Hosanna House
807 Wallace Ave.
Pittsburgh, PA 15221
412-247-5216
M-F 8:30-4:30

Appointment required. Primary care services for all ages plus gynecological and podiatry care offered with sliding fee scale based on income. Part of Primary Care Health Services, partners with Allegheny Department of Health to provide maternal/childcare. Does free pregnancy testing, helps with WIC applications and provides free WIC recertifications.

Entrance wheelchair-accessible. Bathroom has handrails.

PRIMARY CARE HEALTH SERVICES, INC. BRADDOCK FAMILY HEALTH CENTER

404 Braddock Ave.
Braddock, PA 15104
412-351-6300

Pregnancy testing, family planning, obstetrics, podiatry, minor surgery, complete X-rays, EKGs, laboratory

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

Area Served: Anyone in need
Contact: Patient Representative, (412) 648-8616
Website: www.dental.pitt.edu

SPECIFIC ILLNESSES

THE PITTSBURGH AIDS TASK FORCE

The Pittsburgh AIDS Task Force offers the only free, anonymous, community-based HIV testing in the region. If you would like to take an HIV test, here are the locations and schedules. **NO APPOINTMENT NECESSARY.**

Testing hours:

Pittsburgh AIDS Task Force
5913 Penn Ave., Second Floor
Pittsburgh, PA 15206

<http://www.patf.org/>

Sunday: Noon to 4:00 p.m.

Monday: 9:00 a.m. to 5:00 p.m.

Tuesday: 9:00 a.m. to 5:00 p.m.

Wednesday: 9:00 a.m. to 7:30 p.m.

Thursday: 9:00 a.m. to 7:30 p.m.

Friday: 9:00 a.m. to 5:00 p.m.

Off-Site Testing Locations

Gay and Lesbian Community Center (GLCC)

NEW LOCATION!

210 Grant St., Downtown

Thursdays, 6:00 p.m. to 9:00 p.m.

Rapid HIV testing available

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

Hours: Monday, 11 a.m. – 7:30 p.m. and Tuesday through Friday, 9 a.m. – 5:30 p.m.

Services: General dentistry, oral surgery, orthodontics, endodontics, periodontics and prosthodontics

Patient Eligibility: Care will be provided to anyone in need

Fees: Contact the center for information on accepted insurance plans or other payment methods

Area Served: Allegheny County

STO-ROX NEIGHBORHOOD FAMILY HEALTH CENTER

710 Thompson Avenue
McKees Rocks, PA 15136
(412) 771-6462

Hours — Monday – Wednesday from 9 a.m. – 9 p.m., Thursday and Friday from 9 a.m. – 5 p.m. and Saturday from 9 a.m. to 12 p.m.

Services — general dentistry, oral surgery and periodontics

Patient Eligibility — residents of McKees Rocks Borough and Stowe Township

Fees — contact the center for information on accepted insurance plans or other payment options

Area Served — McKees Rocks Borough and Stowe Township

UNIVERSITY OF PITTSBURGH SCHOOL OF DENTAL MEDICINE STUDENT CLINIC

3501 Terrace Street, Salk Hall
Pittsburgh, PA 15261
(412) 648-8616

Hours: Monday through Friday, 8:00 a.m. to 4:30 p.m., by appointment only

Services: All, including a walk-in emergency clinic

Patient Eligibility: No criteria

Fees: Fee-for-service; some procedures require a down payment. Medical Assistance and other insurances are accepted. Reduced fees are available for low-income patients.

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

services, adult medicine, physical exams, pediatrics, including early screening and immunizations, complete dental services, mental health component, including psychiatric and psychological services, pharmacy, social services, health education, and transportation in selected cases. Teen Pregnancy Prevention Program provides sexuality education to community groups.

Entrance wheelchair-accessible? Bathroom has handrails?

EAST LIBERTY FAMILY HEALTH CARE CENTER

East Liberty Location:
6023 Harvard St
Pittsburgh 15206
412-661-2802

Mon: 8:30 AM to 4:30 PM
Tues: 8:30 AM to 7:00 PM
Wed: 10:00 AM to 4:30 PM
Thur: 8:30 AM to 4:30 PM
Fri: 8:30 AM to 4:30 PM

Lincoln-Lemington Office
7171 Churchland St. (at Lincoln Ave.)
Pittsburgh, PA 15206
(412) 361-8284

Mon: 8:30 AM to 8:00 PM
Tues: 8:30 AM to 4:30 PM
Wed: 10:00 AM to 4:30 PM
Thur: 8:30 AM to 8:00 PM
Fri: 8:30 AM to 4:30 PM

Dental

Mon, Tues, Thur, Fri: 8:00 AM to 4:00 PM

www.elfhcc.com

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

General family practice, well-women and gynecological care (see women's health section for Birth Circle program info), well-child and pediatric care, adolescent health care, pastoral care, regular monitoring of the chronically ill, home health care, health screening, health education programs and patient advocacy. Christian orientation. May ask if you would like to pray in waiting room but prayer not required.

Sliding fee scale for uninsured patients.

Entrance is wheelchair-accessible. Bathroom has handrails.

ALMA ILLERY MEDICAL CENTER

7227 Hamilton Ave.
Pittsburgh, PA 15208
Phone: (412) 244-4700

Pregnancy testing, family planning, obstetrics, podiatry, complete X-rays, EKGs, laboratory services, adult medicine, physical exams, pediatrics including early screening and immunizations, complete dental services, mental health component for children including psychiatric and psychological services, pharmacy, social services, health education, and transportation in selected cases.

Sliding fee scale based on income for uninsured patients.

Entrance not wheelchair-accessible.

PRIMARY CARE HEALTH SERVICES, INC. MCKEESPORT FAMILY HEALTH CTR.

3627 Lysle Boulevard
McKeesport, PA 15132
Phone: (412) 664-4112

Medical, podiatry, pediatric services.

Sliding fee scale based on income for uninsured patients.

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

Services: General dentistry and limited oral surgery
Patient Eligibility: Provides care to anyone in need
Fees: Contact the center for information on accepted insurance plans and other payment options.

PRIMARY CARE HEALTH SERVICES, INC. — WEST END HEALTH CENTER

415 Neptune Street
Pittsburgh, PA 15220
(412) 921-7200

Hours: Monday, 11 a.m. – 7:30 p.m. and Tuesday through Friday, 9 a.m. – 5:30 p.m.

Services: General dentistry, oral surgery, orthodontics, endodontics, periodontics and prosthodontics
Patient Eligibility: Care will be provided to anyone in need.
Fees: Contact the center for information on accepted insurance plans or other payment methods.
Area Served: Allegheny County

PRIMARY CARE HEALTH SERVICES, INC. — HILL HOUSE HEALTH CENTER

1835 Center Avenue
Pittsburgh, PA 15219
(412) 261-0937

Hours: Monday, 11 a.m. – 7:30 p.m. and Tuesday through Friday, 9 a.m. – 5:30 p.m.

Services: General dentistry, oral surgery, orthodontics, endodontics, periodontics and prosthodontics
Patient Eligibility: Care will be provided to anyone in need.
Fees: Contact the center for information on accepted insurance plans or other payment methods.
Area Served: Allegheny County

PRIMARY CARE HEALTH SERVICES, INC. – RANKIN FAMILY HEALTH CENTER

300 Rankin Boulevard
Rankin, PA 15104
(412) 351-4555

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

to meet financial guidelines, have no dental insurance and have a major dental need. Children with chronic illnesses, emotional issues, developmental delays or learning issues also may be eligible for the program.

Fees: Free

Area Served: Allegheny, Armstrong, Beaver, Bedford, Blair, Bradford, Butler, Cambria, Cameron, Centre, Clarion, Clearfield, Clinton, Columbia, Crawford, Elk, Erie, Fayette, Forest, Greene, Huntingdon, Indiana, Jefferson, Juniata, Lackawanna, Lawrence, Luzerne, Lycoming, McKean, Mercer, Mifflin, Montour, Northumberland, Pike, Potter, Snyder, Somerset, Sullivan, Susquehanna, Tioga, Union, Venango, Warren, Washington, Wayne, Westmoreland and Wyoming counties. Please check the DDS website to see if applications are currently being accepted in your area.

Website: www.nfdh.org

EAST LIBERTY FAMILY HEALTH SERVICES

7171 Churchland Street
Pittsburgh, PA 15206
(412) 345-0400

Hours: Monday, Tuesday, Thursday and Friday, 8 a.m. – 4 p.m. and Wednesday, 8 a.m. – 1:30 p.m.

Services: General dentistry

Patient Eligibility: Care will be provided to anyone in need.

Fees: Contact the center for information on accepted insurance plans or other payment options.

Area Served: Pittsburgh and the surrounding area (Note: bus tickets are furnished upon request.)

Website: www.elfhcc.com

MANCHESTER WEST END FAMILY DENTAL CENTER

441 South Main St
Pittsburgh, PA 15220
(412) 922-5636

Hours: Monday, 10:30 a.m. – 7 p.m. and Tuesday, 8:30 a.m. – 5 p.m.

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

Entrance wheelchair-accessible. Bathroom does not have handrails.

COMMUNITY HUMAN SERVICES CORP. HEALTH STATION

374 Lawn St.
Pittsburgh, PA 15213
Phone: (412) 621-4708
<http://chscorp.org/Health.htm>

Family Practice Physicians from UPMC Shadyside are on site every Tuesday evening from 6 PM to 10 PM. to provide physician services by appointment. Payment is based on a sliding scale. Appointments are made by calling Kathy @ 412-621-4708.

The Health Station is open for walk-ins and nursing services Monday through Friday from 8:30 AM to 4 PM. There is no charge for these services.

Entrance wheelchair-accessible. Bathroom has handrails.

UPMC HEALTH SYSTEM MATILDA H.THEISS CENTER

373 Burrows St.
Pittsburgh, PA 15213
Phone: (412) 383-1550

Comprehensive family and dental medicine, social services, daycare facility, and food pantry. Payment of small fee for each visit is expected.

PRIMARY CARE HEALTH SERVICES, INC. RANKIN FAMILY HEALTH FACILITY

300 Rankin Blvd.
Rankin, PA 15104
Phone: (412) 351-4555

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

Family practice, minor surgery, general physicals, podiatry, pediatrics, pregnancy tests, laboratory tests, obstetrics, gynecological exams, and dental services.

**PRIMARY CARE HEALTH SERVICES, INC.
SQUIRREL HILL HEALTH CENTER**

200 JHF Drive
Pittsburgh, PA 15217
412-422-7442

www.squirrelhillhealthcenter.org

Comprehensive primary and preventive health services including: Family medicine, Pediatrics, Internal medicine, Geriatrics, OB/gyn, Family planning, Immunizations, Lab services, Mental health services, Case management, House calls, and Language translation services.

Evening and weekend hours available.

Sliding fee scale.

WEST PITTSBURGH:

STO-ROX NEIGHBORHOOD FAMILY HEALTH CENTER

710 Thompson Avenue
McKees Rocks, PA 15136
Phone: (412) 771-6462

Family health and dental care including family medicine, pediatrics, ophthalmology, podiatry, social services, obstetrics/gynecology, and nutrition services.

Sliding fee scale based on income for uninsured patients.

Entrance wheelchair-accessible. Bathroom has handrails.

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

Pittsburgh, PA 15208

(412) 244-4700

Hours: Monday, Wednesday, Thursday and Friday, 8:30 a.m. – 5 p.m., Tuesday, 10:30 a.m. – 8 p.m. and every other Saturday, 9 a.m. – 1 p.m.

Services: General dentistry

Patient Eligibility: Care will be provided to anyone in need

Fees: Contact the center for information on accepted insurance plans or other payment options; sliding fee scale available for low-income patients.

Area Served: Allegheny County

CATHOLIC CHARITIES FREE HEALTH CARE CENTER

Suite 301

212 Ninth Street (corner of 9th & Liberty)

Pittsburgh, PA 15222

(412) 456-6911

Hours: Monday through Friday, 9:00 a.m. – 4:00 p.m., by appointment only

Services: Cleanings, dentures (partial & full), exams, X-rays, extractions, fillings, root canals and single crowns

Patient Eligibility: Working individuals, ages 18-64, with no insurance

Fees: Free

Area Served: Pittsburgh area

**DONATED DENTAL SERVICES — PENNSYLVANIA
DONATED DENTAL**

907 West Street, 2nd Floor

Pittsburgh, PA 15221

(412) 243-4866

(412) 247-7815 fax

(888) 683-9158

Hours: By appointment only

Services: Major dental treatment, including oral surgery, periodontics, orthodontics, endodontics, prosthodontics

Patient Eligibility: Applicants must be disabled or elderly (receiving SSI, SSDI or SSA). In addition, applicants need

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

HILL DISTRICT CLINIC

1835 Center Avenue
Pittsburgh, PA 15219
(412) 392-4441

LAWRENCEVILLE CLINIC

3936 Butler Street
Pittsburgh, PA 15201
(412) 578-8169

MCKEESPORT CLINIC

Wander Building
339 Fifth Avenue
McKeesport, PA 15132
(412) 664-8858

SOUTHSIDE CLINIC

Mt. Oliver Family Health Center
1630 Arlington Avenue
Pittsburgh, PA 15210
(412) 432-1620

The clinic details described below are the same for each location.

Hours: By appointment only

Services: Cleanings, fluoride treatments, dental health education, exams, fillings, sealants, extractions and space maintainers

Patient Eligibility: Allegheny County children, ages 1 to 20, who meet the financial guidelines; accepts Medical Assistance; contact the center for more information

Fees: Free

Area Served: Allegheny County

Website: <http://www.achd.net>

PRIMARY CARE HEALTH SERVICES, INC. — ALMA ILLERY MEDICAL CENTER

7227 Hamilton Avenue

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

WOMEN'S HEALTH CARE**HEALTH CARE CENTER FOR WOMEN WITH DISABILITIES**

Magee-Womens Hospital
300 Halket Street
Suite 5600
Pittsburgh, PA 15213
412-641-4030

<http://www.upmc.com/HospitalsFacilities/Hospitals/Magee/SpecialtyServicesWomen/womenwithdisabilities/Pages/default.aspx>

Thursday, Friday 12:30pm-4:30pm

SERVICES OFFERED: pelvic exam, pap testing, mammogram, women's wellness exam, clinical breast exam, birth control, referrals
FEES/DISCOUNTS FOR UNINSURED PATIENTS: Sliding fee scale/ eligibility for services based on family size and income

ACCESSIBILITY INFO: Yes, universally accessible tables, wheelchair scale, hooyer lift, padded hydraulic stirrups for comfort

OTHER SITES WITH ACCESSIBLE GYNECOLOGICAL EXAM TABLES

Adagio Health East Liberty; Adagio Health Downtown Location; Squirrel Hill Health Center and Catholic Charities have accessible gynecological exam tables.

SELECT PROGRAM FOR WOMEN

Family planning services available to **both uninsured and underinsured women** who are:

- Between the ages of 18-44

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

- Not pregnant or sterilized
- Income eligible (\$20,036/yr for individual, add \$6,919 for each additional person).
- A United States citizen or individual with satisfactory immigration status, and able to present identification.
- With no, or limited, health insurance

SelectPlan for Women:

- Provides family planning and related reproductive health care services, including birth control
- Participation is free – there is no cost for the services
- Participation is voluntary
- Services are confidential

SelectPlan for Women covers family planning services including:

- All forms of birth control (pills, condoms, diaphragms, the patch, etc.)
- Information about family planning and choices for birth control
- Emergency contraceptives
- Check-ups and pap smears
- Limited laboratory testing
- HIV testing and counseling
- Testing and treatment for sexually transmitted diseases (STDs)

It is easy to apply for SelectPlan for Women online using COMPASS at <https://www.humanservices.state.pa.us/compass/CMHOM.aspx>

You can also fill out an application at your local County Assistance Office or download an application form at the Select Plan site, www.selectplanforwomen.state.pa.us.

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

Fax: 314/991-4101
E-mail: visionusa@aoa.org
<http://www.aoa.org>

Qualified low-income workers without eye/vision insurance and their families who are matched to doctors of optometry in their area will receive free eye care from participating optometrists. Both children and adults are included in the program. Exams may be limited on a first-come, first served basis in some areas.

Here are the general eligibility requirements, although they may vary by state. To receive free services, individuals must:

- Have a job or live in a household where there is one working member;
- Have no vision insurance (this may include Medicare/Medicaid);
- Have income below an established level based on household size; and
- Not have had an eye exam within 2 years.

Go to their website to apply online.

DENTAL CARE

<http://www.padental.org>

has free/reduced-fee clinic directory, resource center and more. The following clinics were listed in their free/low-cost directory:

ALLEGHENY COUNTY HEALTH DEPARTMENT DENTAL PROGRAM

The program has four locations to better serve Allegheny County residents.

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

and Aetna. Some financial assistance is available in cases of financial hardship or lack of insurance.

**NAMI
SOUTHWESTERN PENNSYLVANIA**

105 Braunlich Drive
Suite 200 McKnight Plaza
Pittsburgh, PA 15237
412-366-3788
1-888-264-7972

info@namiswpa.org

<http://www.namiswpa.org/content/index.php>

NAMI Southwestern Pennsylvania is a regional grassroots organization dedicated to helping families and individuals affected by mental illness achieve lives of quality and respect, through education and advocacy that supports recovery. Contact them for information on support groups, workshops and ways to get involved in their political action work.

VISION CARE

InfantSEE

www.infantsee.org

888-396-EYES (3937)

The American Optometric Association (AOA) and The Vision Care Institute of Johnson & Johnson Vision Care, Inc., have partnered to create InfantSEE®, a no-cost public health program developed to provide professional eye care for infants nationwide. Optometrists will provide a free, one-time, comprehensive eye exam to infants in their first year of life.

VISION USA

243 North Lindbergh Blvd.
St. Louis, MO 63141
1-800-766-4466

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

You can also apply in person at any COMPASS Community Partner, including a family planning clinic. For more information, call (800) 842-2020 or (800) 451-5886 (TDD). The phone call is free.

THE MIDWIFE CENTER

For Birth and Women's Health
2825 Penn Avenue
(Strip District)
Pittsburgh, PA 15222
412.321.6880

www.midwifecenter.org

With Woman Fridays provides women with the following:

- Walk-in service Friday from 1pm-4:30pm
- Sliding fee scale. As a member of AdagioHealth, we are able to provide care to women for free or on a sliding fee scale which is based on income and family size. Women under age 17 receive free care regardless of income.
- Help with paperwork for medical assistance, food stamps, WIC, and other social services

With Woman Services include:

- Pelvic exams and PAP tests
- Contraceptives
- STD testing and treatment
- Physical Exams
- Mammography referral
- Basic menopausal care
- Health information and education.

The Midwife Center is a family friendly environment. All of our clients are welcome to bring family and friends to their visits. Children are also welcome and can enjoy toys, books and videos while they wait with their adult.

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

First floor only wheelchair-accessible. Birth suite restrooms have handrails, other bathrooms do not.

ALLEGHENY REPRODUCTIVE HEALTH CENTER

200 N. Highland Avenue, Pittsburgh PA 15206

1.800.221.3988 or 412.661.8811

www.alleghenyreproductive.com

Allegheny Reproductive Health Center was established in 1975 to provide quality health care in a warm, supportive atmosphere. Our services include birth control, abortion, well woman care, treatment of sexually transmitted infections for women and men, emergency contraception, and free pregnancy testing. We also offer confidential counseling by a friendly, non-judgmental staff to help women and men handle their decisions and feelings on all aspects of reproductive health.

Inexpensive routine gynecological exams, pap tests, STI screening, colposcopy and treatment on Wednesdays. Abortion services three days a week, generally Tues/Thurs/Sat.

Reduced cost abortion services for women with state medical assistance. Payment plans can be arranged with a third party organization (CareCredit: www.carecredit.com). Financial assistance for abortions may be available in certain circumstances.

Our building is not wheelchair accessible; there is no elevator and we are on the second floor.

ADAGIO HEALTH (FORMERLY FAMILY HEALTH COUNCIL)

412-288-2130

<http://www.fhcinc.org>

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

Persad Center, Inc. is the nation's second oldest licensed counseling center specifically created to serve gay, lesbian, bisexual and transgender (GLBT) community.

In addition, Persad Center is an AIDS Service Organization providing counseling to persons with HIV Disease.

Persad Center is committed to helping GLBT and HIV+ individuals and the people who love them. Our staff of mental health professionals are trained to respond to the emotional needs of the GLBT community in a caring way that is sensitive, non-judgmental and culturally specific. Persad Center offers a variety of Clinical Programs and Services to fulfill our mission to increase the well-being of the community.

Founded in 1972, Persad Center has been providing quality services to the community for over 30 years.

Through strong commitment by the Board of Directors and from the generosity of the community, Persad Center is able to offer counseling services regardless of the client's ability to pay.

PITTSBURGH PASTORAL INSTITUTE

412-661-1239

<http://www.ppi-online.org/>

Pittsburgh Pastoral Institute (PPI) is an interfaith counseling and psychotherapy center that integrates into the counseling process both the behavioral sciences and the resources of a client's particular religious faith. Counseling and psychotherapy for individuals, couples, families and groups.

PPI's services are covered by most major insurance companies including: Highmark, UPMC, Community Care, Value Options, United Behavioral Health, Health America,

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

Entrance is wheelchair accessible, and all client bathrooms have rails available.

DUQUESNE UNIVERSITY PSYCHOLOGY CLINIC

At the Duquesne Psychology Clinic (downtown) you can see doctoral level therapists for very low fees. Duquesne full-time students can be seen for \$10 per session and everyone else's fee is based on his/her income (\$1 for every \$1000 you make per year). They will reduce fees even further for those under special financial strain. Check out their website (<http://www.sites.duq.edu/psychology-clinic/>) or call 412-396-6562 for more information.

JEWISH FAMILY AND CHILDREN'S SERVICES

5743 Bartlett Street
Pittsburgh PA 15217
Tel: 412-521-3800
Fax: 412-422-1162
Email: info@squirrelhillpsych.org
<http://www.squirrelhillpsych.org/>

Squirrel Hill Psychological Services offers support to individuals, couples and families as well as organizations and groups. Special expertise is available for children and adolescents.

Counseling services are covered by many major insurers, HMO's, Medicare and Medical Assistance. Sliding scale fees are offered for those without insurance.

Call us for a confidential consultation at 412-521-3800.

PERSAD CENTER INC

5150 Penn Ave
Pittsburgh, PA 15224-1688
(412) 441-9786
www.persadcenter.org

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

Adagio Health's family planning services include complete physical examination, free walk-in pregnancy testing, birth control, emergency contraception, breast and cervical cancer screening, testing and treatment for sexually transmitted diseases, and comprehensive gynecological care. Women are charged on a sliding fee scale based upon income and family size. All our family planning offices accept Medical Assistance, all Medical Assistance managed care plans, and most commercial insurance plans.

Adagio Health locations in Allegheny County:

Adagio Health East Liberty
211 North Whitfield Street, Suite 850
Pittsburgh PA 15206
412-661-2900

Adagio Health McKees Rocks
607 Chartiers Avenue
McKees Rocks PA 15136
412-771-8794

Adagio Health Natrona Heights
WIC Administrative Office
2418 Freeport Road
Natrona Heights PA 15065
724-224-1530, 724-224-1538 or
1-800-WIC-WINS (1-800-942-9467)

Adagio Health Pittsburgh (Downtown)
Suite 1000 Kossman Building
Forbes and Stanwix
Pittsburgh PA 15222
412-288-2140

Healthy Start House
400 West Grant Street

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

Duquesne PA 15110
412-466-1191

Allegheny General Hospital
320 East North Avenue
6th Floor, South Tower
Pittsburgh PA 15212
412-359-3051

Alma Illery Medical Center
Primary Care Health Services
7227 Hamilton Avenue
Pittsburgh PA 15208
412-244-4700

Braddock Family Health Center
Primary Care Health Services
404 Braddock Avenue
Braddock PA 15104
412-351-6300

Duquesne Family Health Center
Primary Care Health Services
2 Duquesne Plaza
Duquesne PA 15110
412-466-6300

East End Community Health Center
Primary Care Health Services
117 North Negley Avenue
Pittsburgh PA 15206
412-404-4000

Hazelwood Family Health Center
Primary Care Health Services
4918 Second Avenue
Pittsburgh PA 15207
412-422-9520

Services:

Pregnancy Counseling

-Options counseling for women unsure if their decision regarding an unintended pregnancy.

-Post abortion counseling for women seeking additional support after their abortion. We offer one-on-one and group counseling.

\$40 per session
\$20 for college students with ID
FREE to those 17 and under
FREE to those with medical assistance and a current MA card.

Post-Abortion Support Group-FREE

Professional Counseling Services

-PPWP offers professional counseling services by master-level therapists addressing issues such as:
Relationship & Intimacy Issues
Trauma/Abuse
Mild Depression/Anxiety
Grief & Loss
Body Image/Eating Disorders
Life Transitions
Self Esteem
Personal/Spiritual Growth
Self Injury
GLBT Issues

\$1 for every \$1,000 per annual household income. There is a \$10 minimum charge.
Counseling services are FREE to those 17 & under.

Turtle Creek Valley MH/MR, 412-351-0222
723 Braddock Avenue, Braddock, PA 15104
www.tcv.net

Western Psychiatric Institute and Clinic, 412-624-1000
3811 O'Hara St, Pittsburgh, PA 15213
<http://wpic.upmc.com/>

For drug & alcohol services call the **ALLEGHENY COUNTY DRUG & ALCOHOL PROGRAM** at 1-888-251-2224.

For **EMERGENCY** mental health or drug & alcohol services call the **ALLEGHENY CRISIS EMERGENCY SERVICES (ACES)** at 1-888-424-2287 24 hours a day

Or **CONTACT Pittsburgh**

CONTACT Pittsburgh offers immediate emotional support by telephone volunteers trained to help people of all ages who may be suicidal, in emotional distress, or in need of reassurance, information, or referral services.

www.contactpgh.org
412-820-0100

PLANNED PARENTHOOD COUNSELING SERVICES

933 Liberty Ave.
Pittsburgh, PA 15222
412-246-0770

www.ppwp.org
<http://www.ppwp.org/health-services/counseling-services>

Counseling services are offered Monday through Saturday-evening hours are available.

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

Latterman Clinic
University of Pittsburgh Medical Center
2347 Fifth Avenue
McKeesport PA 15132
412-673-5504

Magee, Bethlehem Haven
905 Watson Street
Pittsburgh PA 15219
412-391-1348

Magee, Clairton
559 Miller Avenue
Clairton PA 15025
412-233-7021

Magee, Mt. Oliver
Roesch-Taylor Building, 7th Floor
2100 Jane Street
Pittsburgh PA 15203
412-488-2690

Magee, Wilkinsburg
720 Penn Avenue
Wilkinsburg PA 15221
412-731-3091

Magee-Women's Hospital
300 Halket Street
Pittsburgh PA 15213
412-641-4455

Metro Family Practice
901-B West Street
Pittsburgh PA 15221
412-247-2310

Planned Parenthood, Bridgeville
533 Washington Avenue, Suite 203

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

Bridgeville PA 15017
412-257-9880

Planned Parenthood, Moon
927 Brodhead Road
Moon Township PA 15108
412-264-7205

Planned Parenthood, Pittsburgh
933 Liberty Avenue
Pittsburgh PA 15222
Family Planning: (412) 434-8971
Abortion Services: (412) 562-1900

Planned Parenthood, Turtle Creek
Westinghouse Valley Human Service Center
519 Penn Avenue
Turtle Creek PA 15145
412-823-5370

Steel Valley Health Center
Primary Care Health Services
208 East 8th Avenue
Homestead PA 15120
412-461-3863

Women's Health Options Network
Patrick Thornton, Certified Nurse Midwife
1201 South Braddock Avenue, Suite 3
Pittsburgh PA 15218
412-247-5717
www.MrMidwife.org

EMERGENCY CONTRACEPTION

www.not-2-late.com

From Princeton University

Information on EC. EC is now available in Pennsylvania

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

ALLEGHENY COUNTY MH/MR SERVICE COORDINATION UNITS:

The re:solve Crisis Network answers 24 hours per day for emergency mental health counseling and access to mobile mental health assistance 1-888-7YOU-CAN or 1-888-796-8226.

Call (412) 350-4457 if you are not sure which agency is closest to a certain area or for information/consultation about 302 involuntary commitments to the hospital.

Milestone, 412-243-3400,
Administrative Office: 600 Ross Avenue, Pittsburgh, PA 15201

www.aemhmr.org

Chartiers MH/MR Center, Inc., 412-221-3302
437 Railroad Street, Bridgeville, PA 15017

www.chartierscenter.org

Family Services of Western PA, 1-888-222-4200
310 Central City Plaza, New Kensington, PA 15068

www.fswp.org

Mercy Behavioral Health
North – 412 East Commons, Pittsburgh, PA 15212, 412-323-4500
South – 330 S. 9th St., Pittsburgh, PA 15203, 412-488-4040

www.mercybehavioral.org

Mon-Yough Community Services, MH Outpatient 412-675-8530

331 Shaw Ave. McKeesport, PA 15132

www.mycs.org

Staunton Clinic, 412-749-7330
111 Hazel Lane, Suite 300, Sewickley, PA 15143

www.stauntonclinic.com

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

Birmingham Clinic each Saturday between 9:45 am-1pm.
(see address and phone for Birmingham Clinic above)
More translators needed, call 412-692-4706

THE HISPANIC CENTER

800 Allegheny Avenue
Suite 127
Pittsburgh, PA 15233
412-322-2716

<http://pghhispaniccenter.org/>

They have a directory of services in Pittsburgh for Spanish-speakers, including a section on health care. Free to download on their website.

NUEVE LUNAS AT ST. HYACINTH CHURCH

Oakland. Call 412.441.3915 or 412.856.7584 for info on this group for pregnant women.

SQUIRREL HILL HEALTH CENTER

200 JHF Drive
Pittsburgh, PA 15217
412-422-7442

www.squirrelhillhealthcenter.org

has physicians, two nurse case managers and staff members that are fluent in Spanish.

MENTAL HEALTH SERVICES

UNITED WAY'S HELPLINE

412.255.1155

Call 24 hrs/7 days a week for referrals for drug and alcohol, mental health, social services... You can also search their website for services -

www.unitedwaypittsburgh.org.

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

over the counter to women and men over 18 years of age.
Just ask your pharmacist for Plan B.

FREE MAMMOGRAM VOUCHER PROGRAM

<http://www.mammogramvoucher.org/mvpadmin.html>

“ The MVP ensures that woman of all ages, backgrounds and economic circumstances have access to quality diagnostic services. Approximately 5,000 vouchers are given out each year to Pennsylvania women who have neither private nor public funds to pay. The MVP provides a woman with repeated and unlimited diagnostic screening and includes not only mammography, but also more extensive procedures such as sonography, biopsy and surgical consultations when medically indicated. It reimburses FDA accredited facilities for the various procedures, as well as providing reimbursement for consultation, surgery, pathology, anesthesiology, hospital and primary care services”

Call 1-888-687-0505 to see if you qualify.

HEALTHY START

400 North Lexington Street
Pittsburgh, PA 15208
Phone: (412) 247-1000

Healthy Start is a community-based effort to prevent infant mortality and low-weight births. Eligible women and their infants receive services such as family planning, prenatal, obstetric, pediatric and postpartum care. The program is dedicated to overcoming barriers to health care, coordinating the services of various agencies, and building partnerships.

WIC

Program Investment Building

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

239 Fourth Avenue, 21st Floor
Pittsburgh, PA 15222
Phone: (412) 350-5801
www.achd.net

WIC serves income-eligible and medically or nutritionally at-risk pregnant women, breastfeeding mothers, infants and children under age five. WIC offers nutrition counseling and food vouchers redeemable at participating grocery stores for infant formula, milk, eggs, cheese, cereal, juices and other nutritious foods. The WIC Program is a health and supplemental nutrition program for pregnant women; breastfeeding women up to 12 months postpartum; non-breastfeeding women up to 6 months post-partum; infants and children up to 5 years of age who have a medical/nutritional risk and meet financial eligibility criteria.

Call for enrollment info. Income limit is \$20,036/yr for individual, add \$6,919 for each additional family member.

EAST LIBERTY FAMILY HEALTH CENTER BIRTH CIRCLE PROGRAM

The East Liberty Family Health Care Center has a Birth Circle program, featuring trained lay-women who are available to support and provide information about the prenatal, childbirth, and postnatal process, especially for low-income women, teenagers, and African-American women. There is no fee for this service. Services are primarily provided in the East End, with offices in Lincoln-Lemington, East Liberty and Wilksburg, as well as in-home. To find out more, call 412-361-8284 between 8:30am - 4:30pm, Monday through Friday.

WEBSITE - GO ASK ALICE!

www.goaskalice.columbia.edu

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

3420 Fifth Avenue
Pittsburgh, PA 15213

Clínica Pediátrica y de Vacunación gratuita en español

CHP Care Mobile – Clínica Birmingham South Side: Todos los segundos Sábados de cada mes de 10 a 12:30 p.m.
(No se necesita cita previa ni seguro de salud)
54 South 9th Street
Pittsburgh, PA 15203

LATINO HEALTH ADVOCACY AND LEADERSHIP PROGRAM

LHAL has a blog at <http://lhal-pittsburgh.blogspot.com/> where they write about and link to writings about Latino health care issues in Pittsburgh.

For more information contact Susan M. Myers at 412-725-4619 or email myers@telerama.com.

SALUD

Tel: 412-692-4706
Email: saludpgh@yahoo.com

<http://zone.medschool.pitt.edu/sites/SALUD/default.aspx>

Founded by Medical students at the University of Pittsburgh to address the health care needs of Latinos in Allegheny County. SALUD sends interpreters to the Birmingham Clinic on Saturdays, and provides Spanish-speaking interpreters to patients in the community.

SPANISH INTERPRETERS/TRANSLATORS AT BIRMINGHAM CLINIC

Thanks to SALUD — (medical students and Latinos united against disparities), medical needs of Spanish-speaking patients are addressed with help of an interpreter at the

THIS INFORMATION AND MORE CAN BE FOUND ON THE BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG

about drugs, an illustrated medical encyclopedia, interactive patient tutorials, and latest health news.

The interactive tutorials are cool and helpful, especially for understanding anatomy.

<http://medlineplus.gov/>

HEALTH ON THE 'NET FOUNDATION:

<http://www.hon.ch>

United Nations project that promotes quality health information on the Internet. You can search their site for HON-accredited websites in a certain health area, or type in a website address to see if HON has given it its stamp of approval.

PARA LOS ALTAVOCES ESPANOLES – FOR SPANISH SPEAKERS

INFORMACIÓN DE LA SALUD

<http://www.noah-health.org/>

SALUD PARA NINOS

Telefonos y Lugares

Llame: 412-692-6000 opción 8 (durante horas de oficina)
Fax: 412-692-6660

Clínica Pediátrica y de Vacunación en español

Children's Hospital de Pittsburgh Primary Care Center
Martes por la mañana, Jueves después de las 5 p.m. y
Viernes por la mañana en Oakland
(Cita previa y seguro de salud son necesarios)

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

Go Ask Alice! is the health question and answer Internet service produced by Alice!, Columbia University's Health Promotion Program — a division of Health Services at Columbia.

"Alice!" answers questions about relationships; sexuality; sexual health; emotional health; fitness; nutrition; alcohol, nicotine, and other drugs; and, general health.

WEBSITE – OUR BODIES OURSELVES

www.ourbodiesourselves.org

Companion website to the books. Information on women's health including menopause, pregnancy and birth, birth control, from a feminist, consumer-oriented perspective.

HEALTH CARE ADVOCACY ORGANIZATIONS

CONSUMER HEALTH COALITION

650 Smithfield St
Suite 2130
Pittsburgh, PA 15222
412-456-1877

If you know someone who is uninsured and needs assistance in applying for public health programs (such as Medical Assistance or the Children's Health Insurance Program – CHIP), please have them call the CHC helpline. **The phone number is 412-456-1877 and our services are free.**

Get help via e-mail: Email Leslie Bachurski at lbachurski@consumerhealthcoalition.org

“Consumer Health Coalition's mission is to inspire a consumer movement to enhance access to quality,

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

affordable healthcare in Southwestern Pennsylvania. We accomplish this mission by enrolling and educating individuals in free and low-cost health insurance programs. We also educate consumers and our community partners through health access related news and policy reports. Along with outreach and education we also organize consumers, offer training opportunities to enhance advocacy skills, and collectively develop agendas for health care reform.”

www.consumerhealthcoalition.org

PENNSYLVANIA HEALTH LAW PROJECT, PITTSBURGH OFFICE

650 Smithfield Street, Suite 2130
Pittsburgh, PA 15222
412-434-5779
Toll Free Helpline 1-800-274-3258
staff@phlp.org

www.phlp.org

PHLP is a statewide legal center whose mission is to provide legal advice, assistance and representation to the elderly, low-income and persons with disabilities to access health insurance and healthcare. PHLP is a private, non-profit corporation with offices in Pittsburgh, Harrisburg and Philadelphia. It is the only statewide center of expertise focused on access to quality healthcare for all low-income persons and persons with disabilities in Pennsylvania. Toward this end, PHLP operates a statewide Helpline, 9-5, Monday-Friday to provide advice, brief service and ongoing representation to consumers and agencies and advocates who work with them. PHLP is also a legal services back-up center on healthcare issues for attorneys and paralegals in the Pennsylvania Legal Services network. PHLP creates consumer education materials and conducts trainings and workshops. PHLP also advocates

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

for changes and improvements in health policy at the local, state and national level on behalf of individual consumers and consumer groups to expand access to health insurance, eliminate barriers to coverage and protect consumer rights in the public healthcare system.

THREE RIVERS CENTER FOR INDEPENDENT LIVING (TRCIL)

900 Rebecca Avenue
Pittsburgh, PA 15221-2938
412-371-7700

www.trcil.org

A Center for Independent Living (CIL) is a non-residential, non-profit, community-based human service agency. Its purpose is to enable people with disabilities to lead self-directed and productive lives within the community. For health care information and referrals related to living with a disability, call Cindy Williams at (412) 371-7700, TTY (412) 371-6230, or email her at cwilliams@trcil.org

GENERAL HEALTH WEBSITES

CARNEGIE LIBRARY OF PITTSBURGH HEALTH RESOURCES:

<http://www.carnegielibrary.org/subject/health/>

MEDLINE PLUS:

MedlinePlus will direct you to information to help answer health questions. MedlinePlus brings together authoritative information from NLM, the National Institutes of Health (NIH), and other government agencies and health-related organizations. Preformulated MEDLINE searches are included in MedlinePlus and give easy access to medical journal articles. MedlinePlus also has extensive information

**THIS INFORMATION AND MORE CAN BE FOUND ON THE
BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**