



healthcare options for the uninsured

SEPTEMBER 2011

WELCOME TO BE WELL!

Know that you're not alone in your struggle to be or stay 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. (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 engaged, informed, and well.

BE WELL, PITTSBURGH!

Cover art by Mary Tremonte.

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



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Find a link to a pdf file of this booklet to email, download and print out at www.bewellpgh.org.

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

In addition to promoting and explaining Food Stamps, Just Harvest helps clients through the complex application process. If you are interested in learning more about our work with food stamps, or applying for benefits contact a Food Stamp Specialist at (412)431-8963.

2011 FEDERAL POVERTY GUIDELINES

Many programs base their eligibility on federal poverty guidelines. Here are the 2011 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.

Number in Family 100% of Federal Poverty Level

1	\$10,890
2	\$14,710
3	\$18,530
4	\$22,350
5	\$26,170

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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.”

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.

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

These are located in Lawrenceville, The Hill District, Mt. Oliver and McKeesport. Call for directions.

CHIP – Children’s Health Insurance Program – see Health Insurance Options section.

STAY WELL! – FOOD RESOURCES**GREATER PITTSBURGH COMMUNITY FOOD BANK**

1 N Linden Street, Duquesne, PA 15110
(412) 460-FOOD (3663)
<http://www.pittsburghfoodbank.org>

For emergency food, please call Hunger Services Network of the Urban League of Pittsburgh at (412) 325-0749 to be referred to a food pantry in your neighborhood.

Produce to People distributes produce and other grocery items to at-need families monthly in the following neighborhoods of Allegheny County: Sto-Rox, Braddock, Homewood, North Side, McKeesport, Duquesne, and South Side. Regionally, we have distributions in Greene, Beaver, and Lawrence Counties.

Call the P2P hotline at (412) 460-3663 ext. 727 for information.

During June, July and August breakfast and lunch are available through local Summer Food Service Programs. Call 1-800-851-3838 for info.

JUST HARVEST

16 Terminal Way
Pittsburgh, PA 15219
412-431-8960
info@justharvest.org

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

26 & Smallman, Pittsburgh, PA 15201
(412) 338-0882

Services

- Food, clothing, laundry and shower facilities
- Assessment, counseling and crisis intervention
- Linkages with all needed services (shelter, permanent housing, jobs or job training, health care, rape crisis, domestic violence and legal services)
- Street outreach to identify and recruit youth in need of services from the Hub
- Aftercare and follow-up for all youth who can be contacted
- Linkages with the broad spectrum of services for youth and families at TRY

Entrance is not wheelchair accessible.

RESOURCES FOR CHILDREN

ALLEGHENY COUNTY HEALTH DEPARTMENT PEDIATRIC DENTISTRY

Frank B. Clack Health Center
3901 Penn Ave., Bldg. #1
Pittsburgh, Pa 15224-1318
Phone: (412) 578-8378
<http://www.achd.net/dental/dentistry.html>

The Allegheny County Health Department's Dental Program provides preventive and corrective treatment for children 1 - 20 years of age who cannot afford private care. These services include: examinations, cleanings, fluoride treatments, x-rays, fillings, extractions, and sealants. Approximately 12,000 patient visits are provided each year. Services are provided in four two-chair Clinics.

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<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.

SLIDING SCALE/FREE CLINICS

PRIMARY CARE HEALTH SERVICES (See facility listings below)

Our Sliding Fee Program allows for discounts in fees charged for services provided to you. Discounts are based on household income and family size.

For medical services, you may qualify to pay only \$60, \$40, or \$10, with in-house lab work and x-rays provided at

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no additional cost. Dental bills may be reduced by 33% or 50%.

An individual whose income does not allow for reduction to his/her medical bill will be charged a reduced flat fee of \$70 in addition to any lab and x-ray charges if the bill is paid at time of service.

Everyone is eligible to apply for the Sliding Fee program, even those with medical insurance. Once your eligibility is determined, your sliding fee will be in effect for a one year period.

Prescriptions are not covered under the Sliding Fee program, but completing the Sliding Fee application will help determine eligibility for prescription assistance programs.

Services include pediatric care, adult medical care, women's health care and podiatry.

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.

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.

Eligibility Requirements

You may qualify for care if you meet the following three criteria. **Eligibility is reevaluated annually.**

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

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.

HEALTH CARE FOR THE HOMELESS (HCH) PITTSBURGH

Health Care for the Homeless Pittsburgh supplies health care and social services to homeless people by coordinating with community health providers and social service agencies.

412-244-4775

- primary care
- dental care
- mental health care
- vision services
- substance abuse services
- pharmacy services
- referrals for necessary specialty and hospital services
- outreach informing of available services
- assistance establishing eligibility for housing and entitlement programs
- case management for adults, families and children

See the schedule here – there are many locations and times available to people:

<http://www.pchspitt.org/healthcare/homeless/schedule.php>

THE HUB OUTREACH CENTER CLINIC – Strip District

The Hub is an outreach and drop-in center for runaway and homeless youth.

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Smithfield United Church
620 Smithfield Street
Pittsburgh, PA 15222

Interested persons can call the SWES 24-hour information line at 412-779-1329 to determine if the shelter is open that evening.

The SWES operates between 7:00 p.m. and 7:00 a.m., between November 15 and March 15, when the following conditions exist :

- The temperature is predicted to be 25°F or less factoring in wind chill.
- Conditions of freezing rain, heavy snowfall, severe wind chill factor, etc.
- During a National Weather Service declared blizzard/emergency weather situation.

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, or see them on the Health Care for the Homeless schedule.

OPERATION SAFETY NET – Downtown

1518 Forbes Avenue
Pittsburgh PA 15219
Toll Free: 1-888-492-8950
lsheets@mercy.pmhs.org
jwithers@mercy.pmhs.org

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

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1. You have no coverage under any other health insurance plan for the service for which you are applying, **AND**
2. Your household income does not exceed 200% of the poverty level, based on Federal Poverty Guidelines (see income limits below), **AND**
3. You do not qualify for Medicaid, Medicare or other government supported programs such as CHIP.

Note: Some people with medical coverage may still be eligible for dental and/or vision services provided at the Free Health Care Center

Size of Family/Max Yearly Income:

- 1 \$21,660
- 2 \$29,140
- 3 \$36,620
- 4 \$44,100

Each additional family member \$7,480

PRIMARY CARE HEALTH SERVICES

(see above for services/fees)

HILL HOUSE HEALTH CENTER

1835 Centre Avenue, 15219
(412) 261-0937

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

Entrance wheelchair-accessible. Bathroom has handrails.

NORTH PITTSBURGH:

NORTH SIDE CHRISTIAN HEALTH CARE CENTER

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

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

Monday 8:30 – 5
 Tuesday 8:30 – 7
 Wednesday 8:30 – 7

Thursday 8:30 – 7
 Friday 10-5
 Saturday 8:30 – 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

Hours variable, call for appointment.

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.

PRIMARY CARE HEALTH SERVICES
 (see above for services/fees)

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include the Regent Square, Point Breeze, and Bloomfield neighborhoods in Pittsburgh, and Trafford. Hospital, facility, and home visits can be arranged.

Please contact individual practitioners for rates. Sliding scale rates are available, as is a discount if you mention Be Well! Pittsburgh. Visit our web site for more information about Reiki, KSR, and individual practitioners.

MING YIP CHINESE MEDICINE

412-281-4818
 2510 Penn Ave (in the Strip District, between 25th & 26th)
 M-F 9:30-4:30
 Sat 9:30-6:30
 Closed Tuesday

Initial consultation for herbal treatment is \$12.00.

Rear entrance is wheelchair-accessible. Bathroom does not have handrails.

NATIONAL CENTER FOR COMPLEMENTARY AND ALTERNATIVE MEDICINE CLEARINGHOUSE

(888) 644-6226
 (866) 464-3615 (TTY)
 8:30 a.m.–5:00 p.m., Monday–Friday, except Federal holidays (Eastern Time)

<http://nccam.nih.gov/>

National Institute of Health (governmental) informational website.

RESOURCES FOR HOMELESS PEOPLE

SEVERE WEATHER EMERGENCY SHELTER

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 BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

(412) 241-5155
<http://www.pghschmass.com>

Student Massage Clinic

“The Pittsburgh School of Massage Therapy offers student massage clinics to the public at our location on Laketon Road (3600 Laketon Rd, 15235). All massages are provided by advanced students of our school.

We are currently accepting clients for our intern student clinic. Please call the school for your appointment.

Only \$25.00 per hour appointment

For appointments and additional information, please email Marie at: marie@pghschmass.com or call: 412-241-5155.”

KEY STONE REIKI

(412) 727-1271
 (412) 805-6811

www.keystonereiki.com

REIKI (pronounced ray-key) is a holistic, natural, hands-on energy healing system that works to restore and balance a person’s natural life force energy at all levels: body, emotions, mind, and spirit. Developed in Japan during the last century, it is now taught and practiced world-wide.

REIKI: relieves pain; accelerates healing; reduces stress; produces deep relaxation; increases vitality; improves mental health; supports addiction withdrawal; enhances other treatments & therapies

KEY STONE REIKI (KSR) is an alliance of Reiki practitioners in the Usui System of Reiki Healing. We have offered Reiki healing and training services in the greater Pittsburgh area and beyond since 1994. Office locations

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MANCHESTER FAMILY HEALTH CENTER

1014 Sheffield Street, 15212
 (412) 231-6700

T-H 8:30-5

Entrance wheelchair accessible. Bathroom has handrails.

SOUTH PITTSBURGH:

THE BIRMINGHAM FREE CLINIC

Operated by the Program for Health Care to Underserved Populations, in partnership with The Salvation Army
 Clinic Location: 44 South 9th Street; entrance in the Salvation Army Thrift Store parking lot (please note, those coming to the clinic may NOT park in the Thrift Store parking lot please!)
 Pittsburgh, PA 15203

Information Line: 412-692-4706

Direct Clinic Line: 412-481-7900 extension 281

Monday 6:00 PM-9:00 PM

Wednesday 1:00 PM-4:00 PM

Saturday 10:00 AM-12:00 PM (Please note: interpreters are available only on Saturdays for Spanish-speaking patients)

The Birmingham Free Clinic operates on a walk-in, first come/first served basis only. We may see patients out of turn if there is an urgent issue as decided by the doctors or pharmacists. Please arrive 1 hour before the clinic’s start time as the clinic fills up very fast and we must limit the number of patients without giving notice, depending on the number of volunteer doctors, nurses and pharmacists who are on staff that day.

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

Because we are a true, free clinic, no patients are ever billed or charged for any service or medication dispensed. Because of this, we can NOT see patients who currently have any form of health insurance or who are eligible for Medicaid. Special cases may apply. Patients must be 18 or over. Patients will need to provide information about family size, monthly income and housing status, but this information is confidential and will never impact a patient's care in any way. We do not dispense or write prescriptions for ANY narcotics.

Basic primary care; chronic disease care and management; medication dispensed and counseling by a licensed pharmacist; health education; TB testing; smoking cessation program; a variety of specialty services are available on site (please call our info line for more information); referrals for other medical care and social services; full gynecological care by Adagio Health, Inc. on the second Thursday morning of every month (call 412-288-2140 to make an appointment – must ask to be seen AT Birmingham); SALUD Para Niños pediatric services on the 2nd Saturday of each month; pharmacy assistance programs; physical exams; some diagnostic testing available.

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 provide services to all ages regardless of insurance status.

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PITTSBURGH COMMUNITY ACUPUNCTURE

4111 Penn Avenue, Pittsburgh, PA 15224
(412) 253-0603
info@pittacupuncture.com
<http://www.pittacupuncture.com/>

HOURS:

Monday: 11:00am-5:00pm
Wed, Friday: 9:30am-2:00pm, 3:00pm-6:30pm
Tuesday & Thursday: 4:30pm-7:30pm
Saturday: Appointment Only
Sunday: Closed

Wheelchair-accessible, bathroom has handrails.

“Bringing health to all people! Pittsburgh Community Acupuncture is an affordable and accessible acupuncture clinic that provides a sliding scale acupuncture service of \$20-40/treatment with a one-time \$10 administrative fee (also look at the NADA & Detox) without any proof of income...

The purpose of the clinic is to allow the Pittsburgh community to have access to quality acupuncture and demonstrate its efficacy. With a facility consisting of a private consultation room as well as a large community acupuncture room with four zero-gravity chairs and two massage tables, people will enjoy an environment that provides a relaxing at the same time community oriented experience.

Also, we encourage people to also partake in our sliding scale Qigong/Meditation classes. So come make an appointment and explore the possibilities to your health!”

PITTSBURGH SCHOOL OF MASSAGE THERAPY

3600 Laketon Rd.
Pittsburgh, PA 15235

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BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

**SOUTHWESTERN SENIOR CARE
SOUTHWESTERN HUMAN SERVICES**

5167 Butler Street
Pittsburgh, PA 15201
412.781.3990
www.shs-pgh.org

Southwestern Senior Care services include:

Companion Services, Personal Assistance Service, Personal Care Services, Respite Care, and Counseling Services.

For more information, call Southwestern Senior Care at (412) 781-3990 to find out more about their Senior Care Services, or to discuss eligibility and how to access services.

Southwestern Senior Care, LLC provides services to all persons sixty years or older regardless of race, sex, sexual orientation, religious affiliation, ethnic origin, veteran status, economic status or physical disability.

ALTERNATIVE HEALTH CARE

VALERIE VOGEL MASSAGE

VKeepintouch@aol.com
(412) 687-8688 office
<http://www.valerievogelmassage.com/>

Swedish, Thai, geriatric, maternity and oncology massage for \$40 for 60 minutes. Hot stone massage for \$65 for 90 minutes. Short sessions of chair or foot massage (15 minutes) for just \$10.

Not wheelchair-accessible.

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

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

(see above for services/fees)

HAZELWOOD FAMILY HEALTH CENTER

4918 Second Avenue, 15207
(412) 422-9520

M-F 8-4:30

Entrance wheelchair accessible. Bathroom has handrails.

PRIMARY CARE HEALTH SERVICES (see above for services/fees)

STEEL VALLEY FAMILY HEALTH CENTER

1800 West Street, Suite 110, 15120
(412) 461-3863

M 10-6:30, closed for lunch 2-3pm
T-F 8:30-5, closed for lunch 1-2pm

Entrance wheelchair-accessible. Bathroom has handrails.

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>

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BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

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

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

Questions? Call UPMC's Financial Assistance Program at:

1-800-854-1745

UPMC BLOOMFIELD-GARFIELD FAMILY HEALTH CENTER

5475 Penn Avenue
Pittsburgh, PA 15206
(412) 361-7562

UPMC LATTERMAN HEALTH CENTER

2347 Fifth Avenue
McKeesport, PA 15132
(412) 673-5504

UPMC LAWRENCEVILLE FAMILY HEALTH CENTER

3937 Butler Street
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

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

with objective, easy-to-understand information about health insurance

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.

HILL HOUSE SENIOR SERVICES

412-392-4450

Center services, information and referral, outreach

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

PACC and Family Links are collaborating to create a Veterans Program.

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

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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 - 430 Monday through Friday
Evening hours are available.

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.

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

PRIMARY CARE HEALTH SERVICES (see above for services/fees) **HEADQUARTERS:**

ALMA ILLERY MEDICAL CENTER

7227 Hamilton Avenue, 15208
(412) 244-4700

M, W, H, F 8:30-5
T 10:30-7
1st Sat month 9-1

Entrance wheelchair accessible. Bathroom has handrails.

PRIMARY CARE HEALTH SERVICES (see above for services/fees)

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EAST END COMMUNITY HEALTH CENTER

117 N. Negley Avenue, 15206
(412) 404-4000

M-F 8-4:30

Entrance wheelchair accessible. Bathroom has handrails.

PRIMARY CARE HEALTH SERVICES (see above for services/fees)

WILKINSBURG FAMILY HEALTH CENTER

807 Wallace Avenue, 15221
(412) 247-5216

M 8:30-4:30

Entrance wheelchair-accessible. Bathroom has handrails.

PRIMARY CARE HEALTH SERVICES (see above for services/fees)

BRADDOCK FAMILY HEALTH CENTER

404 Braddock Avenue, 15104
(412) 351-6300

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

Entrance wheelchair-accessible. Bathroom has handrails.

PRIMARY CARE HEALTH SERVICES (see above for services/fees)

DUQUESNE FAMILY HEALTH CENTER

2 Duquesne Plaza, 15110
(412) 466-6300

M 10:30-7, closed for lunch 2-3pm
T-F 8:30-5, closed for lunch 1-2pm

Entrance wheelchair-accessible. Bathroom has handrails.

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

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

www.drnpa.org

PA CONNECTING COMMUNITIES

4401 Butler Street
Pittsburgh, PA 15201
412.621.6151

www.paconnectingcommunities.org

The Mission of PA Connecting Communities is to empower individuals with disabilities with opportunities to improve their quality of life.

They provide many services and host many social events and educational and advocacy activities. PACC provides 4 "Day Activity Centers" in Allegheny County, they offer companions and respite services for individuals that need special supports to live at home and within the community as independently as possible, and they also offer behavior consultations.

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

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 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

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

PRIMARY CARE HEALTH SERVICES (see above for services/fees)

MCKEESPORT FAMILY HEALTH CENTER

627 Lysle Boulevard, 15132

(412) 664-4112

M 11-7:30, closed for lunch 2-3pm

T-F 9-5:30, closed for lunch 1-2pm

Entrance wheelchair-accessible. Bathroom has handrails.

PRIMARY CARE HEALTH SERVICES (see above for services/fees)

RANKIN FAMILY HEALTH CENTER

300 Rankin Boulevard, 15104

(412) 351-4555

M 11-7, closed for lunch 3-4pm

T-F 9-5:30, closed for lunch 1-2pm

Entrance wheelchair-accessible. Bathroom has handrails.

EAST LIBERTY FAMILY HEALTH CARE

<http://www.elfhcc.com/>

East Liberty Location:

6023 Harvard St

Pittsburgh 15206

412-661-2802

Mon, Thurs, Fri, Sat: 8:30 AM to 4:30 PM

Tues: 8:30 AM to 7:00 PM

Wed: 10:00 AM to 4:30 PM

Entrance wheelchair-accessible. Bathroom does not have handrails.

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

Lincoln-Lemington Office

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

Mon, Thurs: 8:30 AM to 8:00 PM

Tues, Fri: 8:30 AM to 4:30 PM

Wed: 10:00 AM to 4:30 PM

Dental

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

Entrance wheelchair-accessible. Bathroom has handrails.

Hosanna House Wilksburg

(Dental Only)
807 Wallace Avenue
Pittsburgh, PA 15221
(412) 345-7730

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.

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

TRCIL offers 4 core services:

INDEPENDENT LIVING SKILLS TRAINING - Develop the skills needed to live independently.

INFORMATION AND REFERRAL – Provide referral for specific services offered by TRCIL or other agencies.

ADVOCACY (Individual and Systems Change) – Work to address discrimination issues and promote systems change.

PEER SUPPORT – Provide one-to-one informal support and advice.

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.

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.

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

Disabilities at Magee offers full access to women's health care services.

SERVICES WE OFFER

- pelvic exam
- pap testing
- mammogram
- women's wellness exam
- clinical breast exam
- birth control

REFERRALS

When it is necessary to refer women who visit our center to other physicians, we can refer our patients to physicians who also have accessible equipment for women with disabilities.

FEES/DISCOUNTS FOR UNINSURED PATIENTS: Sliding fee scale/ eligibility for services based on family size and income

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
412-371-7700

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

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

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 (SEE ABOVE FOR SERVICES/FEES), INC.

RANKIN FAMILY HEALTH FACILITY

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

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

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 Multi-Lingual staff and Language translation services. Wheel chair accessible facility and exam tables.

Hours (by appointment) : Monday – Thursday 9-5; Friday 8-4. Some evening and weekend hours available.

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

Income based sliding fee scale available for uninsured patients. All major insurances accepted.

WEST PITTSBURGH:

STO-ROX NEIGHBORHOOD FAMILY HEALTH CENTER

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

Monday and Wednesday, 8:30 a.m. to 8 p.m.
Tuesday, Thursday and Friday, 8:30 a.m. to 5 p.m.
Saturday, 9 a.m. to Noon

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.

WOMEN'S HEALTH CARE

SELECT PLAN FOR WOMEN

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

- Between the ages of 18-44
- Not pregnant or sterilized
- Income eligible (\$20,147/yr for individual, add \$7,067 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

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

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

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

OUR SPECIALIZED EQUIPMENT INCLUDES:

- scales for weighing women in wheelchairs
- universally accessible exam tables
- patient lifts
- padded hydraulic stirrups for comfort

SERVING YOUR NEEDS

Women with disabilities have the same woman-specific health care needs as all women. Health care needs associated with a woman's disability, however, often take precedence and woman-specific health care is neglected. To remedy this situation, the Center for Women with

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

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 an 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 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

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

- 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

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, <http://www.selectplanforwomen.com/>.

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 Adagio Health, 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.

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

- 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.

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.

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

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

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

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

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.

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.

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

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.adagiohealth.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

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

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
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

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

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.

Area Served: Anyone in need

Contact: Patient Representative, (412) 648-8616

Website: www.dental.pitt.edu

SPECIFIC ILLNESSES

THE PITTSBURGH AIDS TASK FORCE

Pittsburgh AIDS Task Force
5913 Penn Ave., Second Floor
Pittsburgh, PA 15206
<http://www.patf.org/>

The Pittsburgh AIDS Task Force offers the only free,
anonymous, community-based HIV testing in the region.
NO APPOINTMENT NECESSARY.

Call or email for testing hours and locations - 412-345-
7456, info@patf.org.

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

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

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

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

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

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

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

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

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
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

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

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.
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

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

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 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

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

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

FREE MAMMOGRAM VOUCHER PROGRAM

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

This program provides mammograms and follow-up diagnostic services to uninsured and underinsured women.

This program provides mammograms and follow-up diagnostic services for women and men in Central and Western Pennsylvania who qualify for:

- ◆ Screening Mammograms
- ◆ Diagnostic Mammograms
- ◆ Breast Sonograms
- ◆ Clinical Examination of the Breast
- ◆ Needle Aspirations and Biopsies
- ◆ Surgical Consultation

Eligibility Requirements

You may be eligible for the services listed above if you have no insurance or if you cannot meet your insurance co-pays or deductibles. Those who are symptomatic or

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

have a close relative (mother, sister, daughter) diagnosed as having premenopausal breast cancer, may also qualify for services through this program. You must reside in Central or Western Pennsylvania.

For more information, see if you qualify or to find a screening location near you, call 1-888-687-0505.

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.

EAST LIBERTY FAMILY HEALTH CENTER BIRTH CIRCLE PROGRAM

412-345-0419
birthcircleoffice@gmail.com

The Birth Circle is a community-based doula program providing pregnancy support and doula services to underserved women. Doulas visit women at their homes, meet with them at their medical appointments, and provide continuous support during labor and delivery. Services are offered free-of-charge to eligible women, including teens, first-time-mothers receiving their prenatal care at selected health care sites, and UPMC for You members.

Working with our community to build an integrated circle of care that addresses the needs of the childbearing family.

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

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
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

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

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.

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

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

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.

PHLP also has a quickscreen tool that you can use to estimate eligibility for medical assistance:

<http://www.phlp.org/quickscreen>

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 “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

LOST AdultBasic ?

From pahealthaccess.org:

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

If you were one of the thousands of folks who lost their coverage last month, we want to connect you with resources to help get you the care you need. Contact the Consumer Health Coalition in Pittsburgh at 412-456-1877 if you live in Altoona or parts West, and contact the Pennsylvania Health Law Project toll-free at: 1-800-274-3258 if you live in the East. We fought so hard for adultBasic because we know that right now, there really are no good options. But, these health care navigators will help you look for stopgap measures such as community health clinics, discount prescription drug programs, and help you determine whether or not you may qualify for another state program like Medical Assistance for Workers with Disabilities, Medicaid, or programs specifically for women.

(Or see resources listed in this booklet.)

CHIP – PA CHILDREN’S HEALTH INSURANCE PROGRAM

1-800-986-543

<http://www.chipcoverspakids.com/>

CHIP covers all uninsured kids and teens up to age 19 who are not eligible for Medical Assistance. No family makes too much money for CHIP because there is no income limit. Coverage is free for families that meet income requirements.

Income and premium table is here (or call number above for this info):

http://www.chipcoverspakids.com/assets/media/pdf/income_chart.pdf

Children of single parents who make under \$21,780 are eligible for free coverage, doctor’s visits, prescriptions, specialist and ER visits. Premiums where the parent/s make more than this generally range from \$43 to \$70 per month per child, with \$5 doctor visit copays, \$6-9 for prescription copays, \$25 for an ER visit copay.

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

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

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.

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

UPMC, Highmark, Value Options, Value Behavioral Health.
Unconditional care available.

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, 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

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

PA Fair Care

is Pennsylvania's health insurance program for uninsured people with pre-existing medical conditions. To be eligible, the federal Affordable Care Act says you must be uninsured for six months and have a pre-existing condition. This means you would be eligible for PA Fair Care in September if you are not covered by health insurance for the six months between February 28 (when adultBasic ends) and September 1, 2011. For information of PA Fair Care visit www.PAFairCare.com or call 1-888-767-7015.

Those interested in applying should do so, as space in the program may become limited.

Individuals who are eligible will have a monthly premium of \$283, plus \$1,000 annual deductible and copays.

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>

HIGHMARK BLUE CROSS BLUE SHIELD SPECIAL CARE

1-800-876-7639

Go to www.highmarkbcbs.com, click on Individuals and Families, then Programs Based on Income.

Low-cost, basic health coverage for those who meet income requirements. Call for information: 1-866-442-8235.

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

Family Size	Income
Family of One	\$21,780
Two	\$29,420

Monthly Premium	
One person	\$162.00
Two adults	\$241.30

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.

SpecialCare covered benefits include:

- 4 doctor visits each year for preventive care, illness or injury with a copayment per visit
- Emergency care with a copayment per visit
- 21 inpatient hospital days per benefit period (90 days must elapse before the benefit period resets and another 21 days are available)
- Outpatient surgery
- Maternity care
- Newborn care (first 31 days from birth*)
- Diagnostic testing and lab work
- Preventive care including annual routine mammogram, gynecological exam and Pap test, pediatric immunizations, pediatric care and adult care
- Vision exam once every 24 months and a 50% discount on eyewear

Call for additional info.

HEALTH CARE ADVOCACY ORGANIZATIONS

CONSUMER HEALTH COALITION

415 East Ohio Street, Suite 300

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

Unfortunately my office is not wheelchair accessible, although I do try to make alternate arrangements when possible.

JEWISH FAMILY AND CHILDREN'S SERVICES

5743 Bartlett Street

Pittsburgh PA 15217

Tel: 412-521-3800

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.

BALANCED HEART HEALING CENTER

Spiritually-centered holistic psychotherapy and health coaching for people of all faiths, or no faith. We focus on positive psychology, wellness care, prevention, and empowering you to make choices that serve you well. Adults, couples, teens, and children welcomed.

Katie McCorkle, Ph.D., Founder

3145 Scenic Drive

Mars, PA 16046 (near the intersection of I-79 and PA Turnpike)

724-776-5534

www.balancedheart.org

Hours: By appointment, closed weekends
Handicap accessible (entrance & bathroom, long entrance ramp from road)
Insurance accepted, in-network with Community Care,

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

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

PLANNED PARENTHOOD COUNSELING SERVICES

933 Liberty Ave.
Pittsburgh, PA 15222
412-434-8957
www.ppwp.org

Affordable professional and abortion counseling.

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.dug.edu/psychology-clinic/>) or call 412-396-6562 for more information.

ADRIA A. FREDERICKS, M.ED., LPC

1201 South Braddock Avenue
Second Floor
Pittsburgh, PA 15218
(412) 848-7391
Website: Listed under thecenterforcounselingarts.com

Flexible hours Tues.,Wed.,Thurs.

Negotiable fee for service only.

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

Pittsburgh, PA 15212
412-456-1877 x200

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.

“Consumer Health Coalition’s mission is to inspire a consumer movement to enhance access to quality, 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. Toward this end, PHLP

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BE WELL! WEBSITE AT WWW.BEWELLPGH.ORG**

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.

GLBTQ RESOURCES

PERSAD CENTER INC

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

<http://www.persadcenter.org/index.htm>

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

Pittsburgh, PA 15208
Located near Point Breeze, Homewood, and Wilkinsburg, Pa.

- **Telephone:** call any time and speak with a trained counselor at **1-888-7-YOU CAN (1-888-796-8226)**.
- **Mobile dispatch unit:** our trained crisis counselors will travel to where you are — anywhere in Allegheny County.
- **Walk in:** you don't need an appointment when you visit our North Braddock Avenue location, near Pittsburgh, Pa. Just walk in and talk about your concerns or those of a family member or friend.
- **Residential services:** accessible for individuals, ages 14 and older, whose crisis extends over a period of time. We provide up to 72 hours of residential services at our North Braddock Avenue location.

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 Call to get a referral to services, or search their website for services - www.unitedwaypittsburgh.org.

MILESTONE INC

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

Milestone offers residential services, day treatment services, vocational & employment services, outpatient clinical services, service coordination, consumer drop-in centers, senior services and school-based services.

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

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.

THE MIDWIFE CENTER

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

www.midwifecenter.org

Con Murejes

Un programa dirigido a mujeres que han encontrado obstáculos para recibir servicios ginecológicos de calidad

El Primer Viernes de Cada Mes desde las 1:00 – 4:30 P.M.
Sin Necesidad de Cita Previa

MENTAL HEALTH SERVICES**HOTLINES**

Allegheny County Peer Support Warmline Network (**1-866-661-9276**) and the

National Suicide Prevention Lifeline (**1-800-273-8255**).

UPMC re:SOLVE CRISIS NETWORK

re:solve Crisis Network
333 North Braddock Ave.

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

PITTSBURGH HEALTH BRIGADE

<http://pittsburghhealthbrigade.wordpress.com/>

Community-created provider directory and resource listings.

GLMA – Gay and Lesbian Medical Association

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

Has a provider directory, health care equity information and advocacy resources.

PATF, POSITIVE OUTLOOK CLINIC

HIV/AIDS testing and many support services, see listings under Specific Illnesses.

VETERANS' HEALTH CARE**VA Health Care Overview**

Veteran's Administration (VA) provides a Medical Benefits Package to all **enrolled** Veterans. This comprehensive plan provides a full range of preventive outpatient and inpatient services within VA health care system. Also, once you enroll in the VA's health care system, you can be seen at any VA facility across the country.

If you are a Veteran, or know of a Veteran, who lacks health insurance, please visit our website:

http://www4.va.gov/healtheligibility/Library/tools/Quick_Eligibility_Check/index.asp

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

or call toll free at **1-877-222-VETS (8387)**, Monday through Friday between 8:00 a.m. and 8:00 p.m. eastern time

If you are in crisis or emotional distress and need to talk to someone right away, call 24/7:

Veterans Suicide Prevention Hotline **1-800-273-TALK (8255)**, **Veterans Press 1**

Women Veterans

Women veterans may receive the full spectrum medical benefits package. They also receive the full continuum of comprehensive medical services including health promotion and disease prevention, primary care, women's gender-specific health care e.g., hormone replacement therapy, breast and gynecological care, maternity and limited infertility (excluding In-vitro fertilization), acute medical/surgical, emergency and substance abuse treatment, mental health, domiciliary, rehabilitation and long term care.

More information on the VA Programs for Women Veterans is available at:

<http://www.publichealth.va.gov/womenshealth>

PA CONNECTING COMMUNITIES

4401 Butler Street
Pittsburgh, PA 15201
412.621.6151

www.paconnectingcommunities.org

The Mission of PA Connecting Communities is to empower individuals with disabilities with opportunities to improve their quality of life.

They provide many services and host many social events and educational and advocacy activities. PACC provides 4

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

“Day Activity Centers” in Allegheny County, they offer companions and respite services for individuals that need special supports to live at home and within the community as independently as possible, and they also offer behavior consultations.

PACC and Family Links are collaborating to create a Veterans Program.

PARA LOS ALTAVOCES ESPANOLÉS – FOR SPANISH SPEAKERS

SALUD PARA NIÑOS

Telefonos y Lugares

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

Clínica Pediátrica y de Vacunación en español: Todos los martes por la mañana, Jueves después de las 5 p.m. y Viernes en la mañana en el Primary Care Center de Children's Hospital de Pittsburgh en Oakland (**cita previa y seguro de salud son necesarios**), 3420 Fifth Avenue Pittsburgh, PA

Clínica Pediátrica y de Vacunación en español: Todos los segundos Sábados de cada mes en la clínica Birmingham South Side (**no se necesita cita previa ni seguro de salud**), 54 S. 9th Street Pittsburgh, PA SALUD

Tel: 412-692-4706

Email: saludpgh@yahoo.com

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.

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