Underinsured or Uninsured?

Guide to Health Care Resources in Allegheny County

April 2017

The most up-to-date version of this guide is available online:

http://www.achd.net or
http://www.alleghenycounty.us/dhs/insurance.aspx
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Question: What is next for the Affordable Care Act?

Congress failed in March to muster the votes to repeal Affordable Care Act (ACA) of 2010. For the time being, the Affordable Care Act (also known as Obamacare) remains in effect. The following portions of the ACA continue to remain in place:

- Strong protections for people who have already existing medical conditions like diabetes, cancer and other illnesses. They could not be denied coverage or singled out for extremely high premiums unrelated to their age.
- Continued coverage for young adults until age 26 under their parent’s health insurance plan.
- Health insurance plans required to cover recommended, preventive services such as annual flu shots, mammograms, abdominal aortic aneurysm screening for men of a certain age who smoked, etc. at no cost to the policy holder and their dependents.
- A ban on insurance companies setting a yearly dollar limit on what they spend for coverage, known as Yearly Limits. Insurance companies also banned from setting a dollar limit on what they spend on essential health benefits for care during the entire time someone is enrolled in that plan, known as Lifetime Limits.

The Open Enrollment period for this year ended on January 31, 2017. However, it is important to note that there are still opportunities to enroll for health insurance under the ACA if one of the following situations happens:

- You qualify for Medicaid (Medical Assistance) or CHIP (Children’s Health Insurance Plan) based on your income (example: income is less than $16,242 for a single person; less than $33,465 for a household of four). (These incomes guidelines increase every year with the cost of living.)
- You are losing your health insurance
- You experience a life change such as:
  o moving to a new area
  o a change in family size (through marriage, birth, adoption, death)
  o becoming a citizen
  o leaving a correctional facility
  o other exceptional circumstances

*You have 60 days before or after one of these events to sign up for health insurance. *You can apply for Medicaid (Medical Assistance) or CHIP any time, all year.
The Affordable Care Act requires insurance plans to provide coverage of recommended, preventive health screenings at no cost (no co-pay and deductible). It is important to take advantage of these recommended preventive services while the Affordable Care Act remains in effect.

Schedule a checkup now to discuss with your medical provider which of the following recommended, preventive health services is suitable for you. Make appointments now to use these services, if you haven’t already.

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**Young Adult Coverage**

Young adults under 26 years old may be able to get insured under a parent’s plan. Young adults under 26 can join, remain, or return to a parent’s plan even if they are:

- Married
- Not living with your parents
- Attending school
- Financially independent
- Eligible to enroll in your employer’s plan

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**Free Preventive Services Available under ACA Marketplace Health Insurance Plans**

All health insurance plans under the Marketplace and many other plans must cover the following list of preventive services without charging a copayment or coinsurance. This is true even if you haven’t met your plan’s yearly deductible. **Please be aware that this applies only when a provider in your plan’s network delivers these services.**

1. Abdominal Aortic Aneurysm one-time screening for men of specified ages who smoke or have smoked in the past
2. Alcohol Misuse screening and counseling
3. Aspirin use to prevent cardiovascular disease for men and women of certain ages
4. Blood Pressure screening for all adults
5. Cholesterol screening for adults of certain ages or at higher risk
6. Colorectal Cancer screening for adults over 50
7. Depression screening for adults
8. Diabetes (Type 2) screening for adults with high blood pressure
9. **Diet counseling** for adults at higher risk for chronic disease

10. **Hepatitis B screening** for people at high risk, including people in countries with 2% or more Hepatitis B prevalence, and U.S.-born people not vaccinated as infants and with at least one parent born in a region with 8% or more Hepatitis B prevalence.

11. **Hepatitis C screening** for adults at increased risk, and one time for everyone born 1945 - 1965

12. **HIV screening** for everyone ages 15 to 65, and other ages at increased risk

13. **Certain Immunization vaccines** for adults — doses, recommended ages, and recommended populations for these vaccines may vary:
   - Hepatitis A
   - Hepatitis B
   - Herpes Zoster
   - Human Papillomavirus
   - Tetanus, Diphtheria, Pertussis
   - Varicella
   - Influenza (Flu Shot)
   - Measles, Mumps, Rubella
   - Meningococcal
   - Pneumococcal

14. **Lung cancer screening** for adults 55 - 80 at high risk for lung cancer because they’re heavy smokers or have quit in the past 15 years.

15. **Obesity screening and counseling** for all adults at risk

16. **Sexually Transmitted Infection (STI) prevention counseling** for adults at higher risk

17. **Syphilis screening** for all adults at higher risk

18. **Tobacco Use screening** for all adults and cessation interventions for tobacco users
Preventive Services for Women

All Marketplace health plans and many other plans must cover the following list of preventive services for women without charging a copayment or coinsurance. This is true even if yearly deductible has not been met. **Please note this applies only when these services are delivered by an in-network provider.**

1. **Anemia screening** on a routine basis for pregnant women
2. **Breast Cancer Genetic Test Counseling (BRCA)** for women at higher risk for breast cancer
3. **Breast Cancer Mammography screenings** every 1 to 2 years for women over 40
4. **Breast Cancer Chemoprevention counseling** for women at higher risk
5. **Breastfeeding comprehensive support and counseling** from trained providers for pregnant and nursing women, and access to breastfeeding supplies (this can include a breast pump for women returning to jobs)
6. **Cervical Cancer screening** for sexually active women
7. **Chlamydia Infection screening** for younger women and other women at higher risk
8. **Contraception:** Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling, as prescribed by a health care provider for women with reproductive capacity (not including abortifacient drugs). This does not apply to health plans sponsored by certain exempt “religious employers.”
9. **Domestic and interpersonal violence screening and counseling** for all women
10. **Folic Acid** supplements for women who may become pregnant
11. **Gestational diabetes screening** for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
12. **Gonorrhea screening** for all women at higher risk
13. **Hepatitis B screening** for pregnant women at their first prenatal visit
14. **HIV screening and counseling** for sexually active women
15. **Human Papillomavirus (HPV) DNA Test** every 3 years for women with normal cytology results who are 30 or older
16. **Osteoporosis screening** for women over age 60 depending on risk factors
17. **Rh Incompatibility screening** for all pregnant women and follow-up testing for women at higher risk
18. **Sexually Transmitted Infections counseling** for sexually active women
19. **Syphilis screening** for all pregnant women or other women at increased risk
20. **Tobacco Use screening and interventions** for all women, and expanded counseling for pregnant tobacco users

21. **Urinary tract or other infection screening** for pregnant women

22. **Well-woman visits** to get recommended services for women under 65

Here is a list of local organizations that can help you apply for Medicaid (Medical Assistance), CHIP, or health insurance under the ACA marketplace in the case of one of the special situations discussed on page 9.

**Consumer Health Coalition (CHC)** is a local non-profit organization that works to increase access to quality, affordable health care. You can call their Helpline at **412-456-1877** to get assistance or schedule an appointment. Their Health Care Navigators are available for appointments Monday through Saturday to assist consumers with the application process for Medical Assistance, CHIP, the Health Insurance Marketplace, and other free and low-cost programs. [http://consumerhealthcoalition.org/](http://consumerhealthcoalition.org/)

**Healthy Together** — This coalition — consisting of the City of Pittsburgh, Allegheny County Health Department, Allies for Children and the Consumer Health Coalition is committed to enrolling all Pittsburgh children and teens in quality, no- to low-cost healthcare programs, like Medicaid and CHIP. For more information: [http://www.getenrolledpgh.com/](http://www.getenrolledpgh.com/)

Or call 2-1-1 to ask for help with the enrollment process. For those who speak Spanish, help is available in Spanish at **412-456-1877 x 205**

**YWCA of Greater Pittsburgh** has trained Health Care Navigators who can guide people through the process of applying for Medicaid Expansion and Special Enrollment through the Health Insurance Marketplace. For more information: [http://www.ywcapgh.org/programs/health-education-and-equity/health-insurance-enrollment](http://www.ywcapgh.org/programs/health-education-and-equity/health-insurance-enrollment)

Or call 2-1-1 to schedule an appointment with a trained YWCA Health Care Navigator.

**Other Sources of Help with Applying for Health Insurance - Health Care Centers and Clinics** - Many of the Health Care Centers and Clinics listed in this guide have trained staff who can help you apply for Medicaid (Medical Assistance). This may be a better and more convenient choice if the Health Care Center is close to you. Call the Health Center or Clinic to ask if they have someone who can meet with you to help you with applying for Medicaid (Medical Assistance).
Question: I have health insurance, but how do I figure out the best ways to use my insurance to improve my health?

Having health insurance isn’t only important when you are sick, it can help you from becoming sick by providing coverage for exams and screening procedures. Click the link below which takes you to a guide that explains what health coverage is and how to use it to get the primary care and preventive services to help you and your family live long, healthy lives.

http://www.hhs.gov/healthcare/prevention/

Question: I don’t understand all the words that my health care provider uses. What can I do?

Some health care providers do not realize that they are using words that are not clear to the average person. Ask them to put what they are saying in easier to understand words. Take a note pad or paper with you and ask them to print the names of your medical condition and medications so that you can have this information for yourself and share it with loved ones and/or your pharmacist.

A good place to check on the meaning of many medical terms is this glossary that is put out by a government agency http://www.ahrq.gov/patients-consumers/patient-involvement/ask-your-doctor/tips-and-tools/glossary.html

The Regional Health Literacy Coalition has free materials to help consumers get the best use of their health insurance and their visits to health care providers. They can be reached at 1-800-704-8434. Their address is:

Regional Health Literacy Coalition
c/o Hospital Council of Western PA
500 Commonwealth Drive
Warrendale, PA 15086

Or email: kevin@ahealthyunderstanding.org

A good source of information about how to get the most out of your visit to a health care provider is the tool kit put together by the Regional Health Literacy Coalition: http://www.ahealthyunderstanding.org/consumers/toolkit

Check Your Local Library

Libraries are also a good place to get help with understanding medical terms and health conditions. Librarians are very helpful with finding the best and most current information about specific health care issues.
Question: I have health insurance, but the annual deductible (the amount that must be paid first out of pocket) is very high. What can I do?

You have health insurance under the Affordable Care Act, but the annual deductible (the amount that must be paid before you can get coverage for medical visits) is very high. Perhaps you need help with diabetes (or another chronic condition), but can’t afford to pay this amount out of your own pocket first. What can you do? Where can you turn?

Those who have high deductible insurance through the Market Place may be able to apply for financial assistance for office visits using a sliding scale based on income and number of people in household at Federally Qualified Health Centers (FQHCs). Most of the clinics and health centers listed in this guide serve people without health insurance or who face high deductibles before their health plan begins to cover office visits.

Question: How can I get the most out of my office visit?

Here are some tips for when you go to your medical provider:

1. **Make a list of your concerns.**
   
   Write down and bring a list of your top three problems or concerns for the visit. You may get nervous and forget to ask about something that has been bothering you.

2. **Bring your insurance card and I.D., if you have one.**
   
   This will save you time and potential delays when you check in to see the doctor. Again, more information is better.

3. **Know and write down your health history.**
   
   Include things like any surgeries you had, such as having an appendix removed as well as any tests or procedures. In addition, write down conditions your parents, grandparents, and siblings have had. Many diseases and conditions are passed down through your family so your doctor needs to know if a disease is common in your family.

4. **Bring in a list of medications you are currently taking.**
   
   This should include any vitamins you take, over-the-counter medications, and prescribed medications. Prescription drug names can be hard to remember, so if you have them written down, you’ll be prepared.

5. **Don’t be afraid to ask questions when you don’t understand.**
   
   If you do not understand something the medical provider is telling you, ask him or her to repeat it or explain it in different words. Try to repeat what he or she has said to you in
different words. If the medical provider is talking too fast, ask him or her to slow down. Ask them to print names of medications that they are prescribing, tests that are being suggest, or the condition they think you have. Keep this paper.

6. **Ask for your own copies of blood work or results of tests after the visit**
   
   You have a legal right to have copies of any of your medical record.

7. **Check that test results and notes are sent to specialist appointments.**

   If your medical provider sends you to a specialist for follow-up care, make sure that your medical records from your medical provider are sent to this specialist doctor before the scheduled visit. This may help to prevent confusion or extra, unnecessary tests. More information is always better.
Clinic Listings

Only a small number of the clinics and centers listed in this guide are walk-in facilities. Most health centers require an appointment to be seen, so a call is necessary to make an appointment and check hours of operation. Due to the rising need for services, some clinics have seen increased demand, so it may take up to a month or longer to get an appointment as a new patient. Once you are established as a patient, then you may be able to get appointments much faster.

To help with the process of getting reduced cost care such as the sliding scale fee, ask what documentation is needed to complete the application for assistance, as well as how much money is requested for the first visit.

Some providers listed in the following section offer assistance with behavioral health issues. For a more comprehensive listing of resources devoted to mental health and substance abuse services, see the Mental Health and Substance Abuse Resources section (page 33), call 412-350-4457 or visit the Department of Human Services website:

http://www.allegHENYcounty.us/dhs/mhservices.aspx or
http://www.allegHENYcounty.us/dhs/substanceabuse.aspx

Downtown

Allegheny County Health Department - Immunization Clinic-Infectious Diseases Program

Note! New location. Clinic has moved out of Oakland.

425 First Ave. 4th Floor
Hartley Rose Building - Entrance is on Cherry Way
Pittsburgh, PA 15219
412-578-8060

http://www.achd.net/infectd/clinic.html

Services: Walk-in clinic provides federally funded childhood immunizations at no cost to children through 18 years of age who are Medicaid eligible, uninsured, underinsured, American Indian or Alaska Native. No appointment needed. A parent or legal guardian must accompany the minor to the clinic. Please try to bring the child’s immunization records for each visit. WIC screening services free of charge. Adult immunizations such as flu and pneumonia vaccines are provided for a fee. Additionally, some anti-body screenings for many diseases are offered for a fee. Foreign travel consultation is free, but there are charges for appropriate
travel vaccines. For more information about clinic hours, services and fees, call or go to the website.

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**Catholic Charities Free Health Care Center**

212 Ninth Street, floor 2 and 3  
Pittsburgh, PA 15222  
412-456-6910  
[https://www.freecarepgh.com/](https://www.freecarepgh.com/)

**Insurance:** Serves those without health insurance and who are not eligible for public or private insurance programs such as Medicare or Medicaid.

**Assistance:** Individuals may be eligible for free services if household income does not exceed 250% of federal poverty guidelines. Examples of income documentation may include recent pay stubs, W2 form, recent tax return, benefit letter from Social Security, denial letter from Medical Assistance, verification of wages from employer, or Profit/Loss Statement for self-employed.

**Services Available:** Adults only - no services for children under 19. **No walk-in services** - appointments are needed for medical services. Care offered includes primary care, health screenings, chronic care management, women’s health and medication assistance. Dental services provided include exams, teeth cleanings, x-rays, extractions and limited restorations. **- Note, some people with health insurance coverage may still be eligible for the center’s dental and/or vision services. Call for appointment, current health center’s hours and information about what documentation to bring for application.**

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**Hill District**

**FOCUS + Pittsburgh Free Clinic**

2228 Centre Ave.  
Pittsburgh, PA 15219  
412-502-5024  
[https://focuspghcommunications.wordpress.com/](https://focuspghcommunications.wordpress.com/)

**Assistance:** Adults only. Volunteers operate this free clinic, which is for people who
are uninsured, do qualify for Medicaid, and household income does not exceed 200% of the poverty level, based on Federal Poverty Guidelines. **Please Note! This is not a walk-in clinic.** Appointments are necessary for medical services. Assistance with applications for medical assistance is offered.

**Services Available:** Medical services include primary care, including blood pressure and diabetes screening, medication review, mental health services including counseling and psychiatric care, gynecological care, and care of chronic conditions. Some dental services are also available. Call for appointment and information about services. Messages are returned.

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**Hill House Health Center - Primary Care Health Services, Inc.**

1835 Centre Avenue, Suite 190
Pittsburgh, PA 15219
412-261-0937

[http://www.pchspitt.org](http://www.pchspitt.org)

**Insurance:** Most insurance plans accepted.

**Assistance:** Sliding fee program based on household income and family size. For first visit, clients are asked to bring at least $10 and proof of income and family size. For a visit to the dental clinic, bring $25.

**Services Available:** Comprehensive primary medical care, pregnancy testing, minor surgery, laboratory services, family health, gynecological care, physical exams, pediatrics, including early screening and immunizations, mental health, and access to pharmacy, social services. Dental care is available at their Dental Clinic, which is open Mondays and Wednesdays. Must bring a minimum of $25 for each dental visit.

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**Bethlehem Haven**

Fifth Avenue Commons
905 Watson St.
Pittsburgh, PA 15219
412-391-1348 ext. 100

[https://www.bethlehemhaven.org/](https://www.bethlehemhaven.org/)

**Assistance:** Services are only for homeless individuals without insurance.
Services Available: Basic primary care, mental health, and dental, STD & TB screenings and treatment, social services, health information and education.

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Strip District

The Midwife Center

2825 Penn Avenue

Pittsburgh, PA 15222

412-321-6880

https://midwifecenter.org/

Insurance: Most insurance plans accepted for prenatal-OB care. Medical assistance plans generally accepted. Clients with commercial insurance are responsible to check with their insurance carrier to confirm covered services prior to care.

Assistance: For uninsured clients, a contract with Adagio Health provides gynecological care and family planning on a sliding scale fee based on monthly income and family size.

Services Available: Services only for women. Appointments for prenatal services or gynecological care. Walk-in program called With Woman Fridays is available every Friday 12:30 p.m. - 5:00 p.m. for gynecological services only such as pelvic exams, contraceptives, STI/vaginal infection screening and treatment, pregnancy testing, mammography referrals, etc. Con Mujeres, a walk-in service for Spanish speaking women, is available the first Friday of every month from 12:30 p.m. - 5:00 p.m.
North

North Side Christian Health Center
816 Middle St.
Pittsburgh, PA 15212
412-321-4001
http://www.nschc.org

Insurance: Accepts most health insurance plans including Medical Assistance.
Assistance: We serve all patients regardless of ability to pay. Discounts for essential services are offered depending on family size and income. Call for further information.

Services Available: Physicals, immunizations, gynecological exams, blood work, cancer screenings, pediatric services, well child appointments, pharmacy services, and mental health services are referred to a cooperating provider, and after-hours access through an on-call physician. Dental services are also available. Call for details and to make an appointment.

North Side Christian Health Care Center at Northview Heights
525 Mount Pleasant Rd.
Pittsburgh, PA 15214
412-322-7500
http://www.nschc.org

Insurance: Accepts most health insurance plans including Medical Assistance.
Assistance: We serve all patients regardless of ability to pay. Discounts for essential services are offered depending on family size and income. Call for further information.

Services Available: Physicals, immunizations, gynecological exams, blood work, cancer screenings, well child appointments, and mental health services are referred to a cooperating provider pharmacy services, and after-hours access to through an on-call physician.
East

Bloomfield/Garfield

Bloomfield/Garfield Family Health Center
5475 Penn Avenue
Pittsburgh, PA 15206
412-361-7562
http://www.upmc.com/locations/community/family-health-centers/Pages/bloomfield-garfield.aspx

Insurance: Most insurance plans accepted.
Assistance: For patients already established at this health center who lose health insurance coverage, a social worker can help patients apply for financial assistance with documented proof of income, household size, assets, housing costs, etc. This process must be done every six months. Gynecological services are available for people without insurance through Adagio Health Services

Services Available: Prenatal care, pediatric services, diabetes education and diabetes prevention, mental health assessments and referrals (including adolescent), heart disease and diabetes management, immunizations for children and adults, social work services, gynecological services in partnership with Adagio Health Services, medication management with onsite pharmacist. Nutrition counseling available on site or through referral.

Braddock

Braddock Family Health Center- Primary Care Health Services, Inc.
404 Braddock Avenue
Braddock, PA 15104
412-351-6300
http://www.pchspitt.org

Insurance: Most insurance plans accepted.
Assistance: Sliding fee program based on household income and family size. For first visit, clients are asked to bring at least $10 and proof of income and family size.
Services Available: Comprehensive primary medical care, pregnancy testing, podiatry, EKGs, laboratory services, adult medicine, physical exams, pediatrics, including early screening and immunizations, mental health services, access to pharmacy, social services.

Braddock Free Clinic
415 6th Street
Braddock, PA 15104
412-723-2086
Hours of operation: Saturday - 10 am to 2 pm (last patient seen at 1:30 pm)
Sunday - 10 am to 2 pm (last patient seen at 1:30 pm)
Services: Only for people without any form of insurance. Clients must be 18 or older. Care is provided by medical volunteers.

Urgent Care Center Braddock
501 Braddock Ave.
Braddock, PA 15104
412-636-5050
https://www.ahn.org/location-detail?name=Allegheny_Health_Network_Urgent_Care_Center_Braddock&type=Outpatient_Care_Center

This center has physicians and nurses on site to handle a variety of urgent health needs such as minor fracture, sprains and strains, small cuts needing stitches, physicals, TB skin testing, X-rays, and other services. No appointment is needed. Open Mon-Friday from 9 am to 9 pm, Saturday and Sunday 9 am to 7 pm. Will accept most insurance plans. If you do not have insurance, you must have some cash or a credit card with you to be seen. A payment plan may be worked out for the balance of the bill.
Clairton

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


Insurance: Most insurance plans accepted.
Assistance: Programs available for those with low or no income or no insurance.

Services Available: Walk-in pregnancy testing, family planning and emergency contraception, teen health care, prenatal care, routine gynecological care, breast cancer screening, STD screening and treatment, social services, health information and education. Transportation can be provided.
East Liberty

East Liberty Family Health Care Center - Christian Ministry of Whole Person Healthcare
6023 Harvard Street
Pittsburgh, PA 15206
412-661-2802
http://www.elfhcc.com/

Insurance: Most insurance plans accepted, including Medical Assistance. Call to confirm.

Assistance: People without insurance are asked to meet with the social worker to determine eligibility for Medical Assistance and other programs. If not eligible, a sliding scale fee for services is based on household size and income.

Services Available: Patient Centered Medical Care, which includes general family practice, pediatrics, lab services, routine women’s care, well-child care, OB and prenatal care, home care visits for homebound elderly who are current patients, immunizations, asthma, blood pressure and diabetes control programs, drug/alcohol outreach/relapse prevention, limited mental health services. Podiatry is offered one day a month.

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East End Community Health Care Center – Primary Care Health Services, Inc.
117 N. Negley Avenue
Pittsburgh, PA 15206
412-404-4000
http://www.pchspitt.org

Insurance: Most insurance plans accepted, including Medical Assistance. Call to confirm.

Assistance: Sliding fee program based on household income and family size. For first visit, clients are asked to bring at least $10 and proof of income and family size.

Services Available: Comprehensive primary medical care, pregnancy testing, family planning, minor surgery, EKGs, laboratory services, adult medicine, physical exams, pediatrics, including early screening and immunizations, mental health services, access to pharmacy, social services. Refer out for mental health services.
Pittsburgh Aids Task Force – Medical Clinic
5913 Penn Ave.
Pittsburgh, PA 15206
412-248-0550
http://www.patf.org/medical-clinic

Insurance: Most insurance plans accepted. Call to confirm.
Assistance: Screening services are free. For follow up treatment and care, patients may be referred to a counselor to fill out an application for health insurance or medical assistance.

Services Available: Free confidential community-based rapid HIV testing. PATF also offers rapid Hepatitis C, rapid Syphilis, and Chlamydia and Gonorrhea testing. NO APPOINTMENT NECESSARY for screening times listed below. However, for follow up treatment and care, appointments are needed for the PATF Medical clinic.

For HIV and/or STD screenings, here are the schedules.

(East Liberty location at 5913 Penn Ave.)
Sunday: Noon to 3:30 p.m.
Monday: 9 a.m. to 4:30 p.m.
Tuesday: 9 a.m. to 4:30 p.m.
Wednesday: 9 a.m. to 6:30 p.m.
Thursday: 9 a.m. to 4:30 p.m.
Friday: 9 a.m. to 4:30 p.m.

PATF now has a medical clinic that provides follow up and treatment for sexually transmitted infections (STIs) for the community, regardless of HIV status. An onsite phlebotomist is available for confirmatory HIV and STI testing. Health Advocates provide a comforting and stigma-free zone for patients to discuss transmission risk behaviors openly and honestly.

A key feature of the new medical capabilities is a Pre-Exposure Prophylaxis (PrEP) Clinic. A powerful new tool in preventing the spread of HIV, PrEP entails taking the medication Truvada—long used to treat HIV—and is over 90 percent effective at preventing HIV infection.

Besides providing specialized HIV/AIDS medical care, the physician will also be able to act as a primary care provider for clients and attend to a myriad of other medical needs.
Hazelwood

Hazelwood Family Health Center
4918 Second Avenue
Pittsburgh, PA 15207
412-422-9520
http://www.pchspitt.org

Insurance: Most insurance plans accepted
Assistance: Sliding fee program based on household income and family size. For first client visit, clients are asked to bring at least $10 and proof of income and family size.

Services Available: Comprehensive primary medical care, pregnancy testing, family planning, podiatry, minor surgery, EKGs, laboratory services, adult medicine, physical exams, pediatrics, including early screening and immunizations, refer out to mental health services, access to pharmacy, social services.

Homewood-Brushton

Alma Illery Medical Center – Primary Care Health Services, Inc.
7227 Hamilton Avenue
Pittsburgh, PA 15208
412-244-4700
http://www.pchspitt.org

Insurance: Most insurance plans accepted
Assistance: Sliding fee program based on household income and family size. For first client visit, clients are asked to bring at least $10 and proof of income and family size.

Services Available: Comprehensive primary medical care, 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 services, pharmacy, social services, health education, individual and group counseling, group therapy/education, skill development and transportation in selected cases.
**Lawrenceville**

**Allegheny County Health Department**

Tuberculosis Clinic and Program

3901 Penn Ave. 1st Fl. (Building 1)

Pittsburgh, PA 15224

412-578-8084

[http://www.achd.net/infectd/tbclinic.html](http://www.achd.net/infectd/tbclinic.html)

This clinic provides walk-in Mantoux tuberculin skin testing (screening) for a fee of $25 on Mondays, Tuesdays and Fridays from 9 am to 3:30 pm. Medical evaluation, diagnostic testing and follow-up treatment, if needed, are available by appointment for positive skin tests. Directly Observed Therapy (DOT) when indicated. For information on clinic hours, services and how to make referrals, call or go to their website.

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**Lincoln-Lemington**

**Lincoln-Lemington Office of the East Liberty Family Health Care Center - Christian Ministry of Whole Person Healthcare**

7171 Churchland Street

Pittsburgh, PA 15206

412-361-8284


**Insurance:** Most insurance plans accepted including Medical Assistance. Call to confirm.

**Assistance:** People without insurance are asked to meet with the social worker to determine eligibility for Medical Assistance and other programs. If not eligible, a sliding scale fee for services is based on household size and income.

**Services Available:** General family practice, dental services for adults and children, lab services, obstetric-gynecological care & prenatal care for patients who elect to have East Liberty Family Health Care Center as their PCP, pediatrics, well-child care, drug/alcohol outreach/relapse prevention, immunizations, hearing/vision screening, asthma, blood pressure, and diabetes control programs.
McKeesport

McKeesport 9th Street Clinic
The Common Ground Building
410 Ninth Ave.
McKeesport, PA 15132
412-664-4304
Dr. William Markle, Medical Director

Insurance: No insurance needed. Patients with insurance may be referred to community health centers if necessary.

Assistance: Information about income may be requested to determine eligibility for certain assistance programs.

Services Available: Free primary health care for people without insurance. No appointments needed, but staff may limit the number of patients accepted depending on how busy the clinic is. Blood pressure & blood glucose screenings, physicals for jobs, housing, driver’s licenses, flu shots, tuberculosis skin testing (PPD), basic primary care, limited blood work, limited pharmacy, etc. Assistance with medical applications. Referrals for other services.

Clinic Hours: Thursdays 1 p.m. - 7 p.m.

McKeesport Family Health Center - Primary Care Health Services, Inc.
627 Lyle Blvd.
McKeesport, PA 15132
412-664-4112
www.pchspitt.org

Insurance: Most insurance plans accepted.

Assistance: Sliding fee program based on household income and family size. For first visit, clients are asked to bring at least $10 and proof of income and family size.

Services Available: Comprehensive primary medical care, pregnancy testing, podiatry, minor surgery, EKGs, laboratory services, adult medicine, physical exams, pediatrics, including early screening and immunizations, youth mental health counseling for existing patients, access to pharmacy and social services. Dental Services are available Wednesday through Friday from 9 am - 5 pm.
UPMC McKeesport

Latterman Family Health Center
2347 Fifth Ave.
McKeesport, PA 15132
412-673-5504


Insurance: Call ahead to find out what is accepted.
Assistance: Care for people without insurance is referred to the 9th St. Clinic, which is listed above. Gynecological services for underinsured and uninsured are provided on sliding scale through a contract with Adagio.

Services Available: Certified Patient Centered Medical Home includes primary care across the lifespan. Family planning services for both men and women through Adagio Health and are obtainable through a sliding fee scale.

Monroeville

Magee-Womens Hospital of UPMC at Monroeville
Magee Womancare Center-Monroeville
Corporate One Office Park, Building II, Suite 330
4075 Monroeville Blvd.
Monroeville, PA 15146
412-641-6722


Insurance: Most insurance plans accepted.
Assistance: Programs available for those with low or no income or no insurance.

Services Available: Walk-in pregnancy testing, family planning and emergency contraception, teen health care, prenatal care, routine gynecological care, breast cancer screening, STD screening and treatment, social services, health information & education.
**Sheep Inc. Health Care Center**

Monroeville Assembly of God  
4561 William Penn Highway  
Monroeville, PA 15146  
Phone: 412-310-0062  
Dr. Robert Beasley, Medical Director

**Insurance:**  
No insurance needed.

**Assistance:**  
Services are for those without insurance and who are not eligible for public or private insurance programs such as Medicare and Medicaid.

**Services Available:**  
Free primary health care. No appointment needed. Staff may limit the number of patients accepted depending on how busy the clinic is. Chronic disease management, Blood pressure and blood glucose screenings, physical exams for jobs, driver’s licenses, sports, etc.

**Clinic Hours:**  
Thursdays 5:45 p.m. - 8:30 p.m.

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**Oakland**

**Allegheny County Health Department - Immunization Clinic-Infectious Diseases Program**

Note! New location. Clinic has moved out of Oakland.

425 First Ave. 4th Floor  
Hartley Rose Building - Entrance is on Cherry Way  
Pittsburgh, PA 15219  
412-578-8060  
[http://www.achd.net/infectd/clinic.html](http://www.achd.net/infectd/clinic.html)

**Services:**  
Walk-in clinic provides federally funded childhood immunizations at no cost to children through 18 years of age who are Medicaid eligible, uninsured, underinsured, American Indian or Alaska Native. No appointment needed. A parent or legal guardian must accompany the minor to the clinic. Please try to bring the child’s immunization records for each visit. WIC screening services free of charge. Adult immunizations such as flu and pneumonia vaccines are provided for a fee. Additionally, some anti-body screenings for many diseases are offered for a fee. Foreign travel consultation is free, but there are charges for appropriate travel vaccines. For more information about clinic hours, services and fees, call or go to the website.
**Allegheny County Health Department - Sexually Transmitted Diseases Clinic and Program**

3441 Forbes Ave., 1st Floor (STD) & 2nd Floor (HIV)  
Pittsburgh, PA 15213  
412-578-8081  
[http://www.achd.net/std/index.html](http://www.achd.net/std/index.html)

**Services:** This walk-in clinic provides free, confidential exams and treatment. For more information on clinic hours and services, call or go to the website. Please bring photo I.D.

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**Community Human Services Corp. - The Health Station**

370 Lawn Street  
Pittsburgh, PA 15213  
412-246-1614  
[http://www.chscorp.org](http://www.chscorp.org)

**Insurance:** Usually not needed.  
**Assistance:** You will not be billed for any services.  

**Services Available:** Free nursing services available to walk-ins on a part-time basis. Services are limited to Pittsburgh residents. Please call ahead to confirm the days and hours that the nurse is present. Mental health services have been added. Please call to find out more details. In addition, In-Home services are available for individuals aged 18-59 who are living in their own home with a disability. Call 412-246-1612 for details about the In-Home program.
Magee-Womens Hospital of UPMC - Oakland

300 Halket St. - Zero Level
Pittsburgh, PA 15213-3180
412-641-4455


Insurance: Most insurance plans accepted.
Assistance: Programs available for those with low or no income or no insurance.

Services Available: Pregnancy testing, family planning and emergency contraception, teen health care, prenatal care, routine gynecological care, breast cancer screening, STD screening and treatment, social services, health information & education.

Matilda Theiss Health Center - UPMC Health System

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

http://www.familymedicine.pitt.edu/content.asp?id=1509&subid=2128

Insurance: Most insurance plans accepted except for United Healthcare for Families, and Aetna for Better Health.
Assistance: For those without insurance, proof of income and household size are required for sliding scale fee application. Payment of small fee for each visit is expected. Please bring photo I.D.

Services Available: Primary care across the lifespan. Comprehensive family medicine including prenatal care, pediatrics and social services. Routine dental care is limited to established patients. Some labs and discounted medications may be available.
Squirrel Hill/Greenfield

**Squirrel Hill Health Center**
4516 Brownsville Rd.
Pittsburgh, PA 15217
412-422-7442

**Insurance:** Accepts many insurance plans, but please call ahead to find out about whether your plan is accepted.

**Assistance:** Sliding payment scale available for those without insurance with documentation of income and household size.

**Services Available:** Primary care across the lifespan including prenatal and pediatrics, mental and behavioral health services, tobacco cessation, health education and support groups. Affiliated Dental Clinic next door. Call 412-697-7997 for information.

Swissvale (Edgewood Town Center)

**Metro Community Health Center**
1789 S. Braddock Ave. Suite 410
Pittsburgh, PA 15218
412-247-2310
[http://www.metrofamilypractice.org](http://www.metrofamilypractice.org)

**Insurance:** All accepted.

**Assistance:** Financial aid application required with proof of income to determine eligibility for reduced fees for services and prescriptions.

**Services Available:** Comprehensive primary care across the lifespan including well child, adult, and geriatric care as well as care for chronic illnesses including HIV/AIDS. Individual counseling and smoking cessation help available for our patients. Also provides care for LGBT population.
Wilkinsburg

Magee-Womens Hospital of UPMC at Wilkinsburg
720 Penn Ave.
Wilkinsburg, PA 15221
412-731-3091
http://www.upmc.com/HospitalsFacilities/Hospitals/Magee/Pages/Home.aspx

Insurance: Most insurance plans accepted.
Assistance: Programs available for those with low or no income or no insurance.
Services Available: Walk-in pregnancy testing, family planning and emergency contraception, teen health care, prenatal care, routine gynecological care, STD screening and treatment, social services, health information and education.

Hosanna House

Wilkinsburg Family Health Center
807 Wallace Avenue, 2nd Floor, Suite 203
Wilkinsburg, PA 15221
412-247-5216
www.pchspitt.org

Insurance: Most insurance plans accepted.
Assistance: Application for sliding scale fee with documentation of income and family size. For first visit, clients are asked to bring at least $10 and proof of income and family size.

Services Available: Hours are limited at this site, so it is very important to call to confirm days and hours of operations. Comprehensive medical care including pediatrics, free WIC certification with appointment, pregnancy tests for patients, and gynecological care.
South

South Side

Birmingham Free Clinic—The Program for Health Care to the Underserved
44 South 9th St
Pittsburgh, PA 15203
412-481-7900 Ext. 281
412-692-4706 Mary Herbert, Clinical Outreach Coordinator
http://www.dept-med.pitt.edu/dgim/phcup/clinics.html

Insurance: Services are solely for medically indigent (those without any health insurance). Patients with insurance, including Medical Assistance, will be referred to community health centers.

Assistance: Information about income and housing status is requested at visit.

Policies: No appointments needed for the Walk-in Clinic hours of operation, but staff can limit the number of patients accepted, depending on how busy the clinic is. Visits by appointment are now being offered on Tuesdays and Wednesdays. Please see below. Patients must be 18 or over and are advised to come as early as one hour prior to the opening of the Walk-in clinic.

Services Available: Basic primary care, blood pressure and blood glucose screening, smoking cessation, physicals for jobs, housing, driver’s licenses, etc. Patients must bring necessary forms. Specialized care including dermatology, pulmonology, endocrinology, and smoking cessation may be available. Pediatric care provided for children without health insurance the second Saturday of every month. Mental health referrals. Prescriptions will NOT be written for ANY narcotics, nor will any be dispensed. No X-rays or blood work on site. No drug screens/testing performed.

Staff available for Spanish speaking clients at all times.

Walk-in Clinic Hours: Monday 6 p.m.-9 p.m., Wednesday 1 p.m.-4 p.m., Saturday 10 a.m.-1 p.m. Clients may not park in the Salvation Army Thrift Store parking lot. Registration begins one hour prior to clinic hours. Patients are seen on a first come first serve basis.

Appointment: Tuesday 1-4 pm

Hours: Wednesday 8:30 am - 11:30 am
Brentwood

Brentwood location of the Squirrel Hill Health Center

Brentwood Towne Square
103 Town Square Way
Pittsburgh, PA 15227

412-422-7442 (ask about being seen at the Brentwood site)

http://www.squirrelhillhealthcenter.org/

**Insurance:** Accepts many insurance plans, but please call ahead to find out about whether your plan is accepted.

**Assistance:** Sliding payment scale available for those without insurance with documentation of income and household size.

**Services Available:** Medical care including OB/GYN and behavioral health services.

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Homestead

**Steel Valley Health Center - Primary Care Health Services, Inc.**

1800 West Street, Suite 110
Homestead, PA 15120

412-461-3863

www.pchspitt.org

**Insurance:** Most insurance plans accepted except for Elder Health.

**Assistance:** Sliding fee program based on household income and family size. For first visit, clients are asked to bring at least $10, proof of income and family size.

**Services Available:** Comprehensive primary medical care, pregnancy testing for current patients, referrals for X-rays, EKGs, laboratory services, adult medicine, physical exams, access to pharmacy, and referrals for social services.
Allentown/Mount Washington

Hilltop Community Healthcare Center (affiliated with Sto-Rox Family Health Center)
151 Ruth St. (located within the old South Hills High School)
Pittsburgh, PA 15211
412-431-3520
http://www.storoxfqhc.org/

Insurance: Most insurance plans accepted.
Assistance: Sliding payment scale for uninsured based on documentation of household income and size.

Services Available: Primary care across the lifespan, including: family health, adult vaccines, pediatrics, immunizations, routine gynecological care, pregnancy testing, referrals for dental services (if qualified), acupuncture/laser therapy, veterans’ health services (PATH), podiatry, behavioral health, and nutrition education.

Mt. Oliver

Magee-Womens Hospital of UPMC at Mt. Oliver
1630 Arlington Ave.
Pittsburgh, PA 15210
412-488-2690
http://www.upmc.com/HospitalsFacilities/Hospitals/Magee/Pages/Home.aspx

Insurance: Most insurance plans accepted.
Assistance: Programs available for those with low or no income or no insurance.

Services Available: Walk-in pregnancy testing, family planning and emergency contraception, teen health care, prenatal care, routine gynecological care, breast cancer screening, STD screening and treatment, social services, health information and education.
West

McKees Rocks

Sto-Rox Family Health Center
710 Thompson Avenue
McKees Rocks, PA 15136
412-771-6462
http://www.storoxfqhc.org/

**Insurance:** Most insurance plans accepted.

**Assistance:** Sliding payment scale for uninsured based on documentation of household income and size.

**Services Available:** Primary care across the lifespan, family health and dental care including family medicine, pediatrics, ophthalmology, podiatry, social services, obstetrics/gynecology, nutrition services, individual counseling, drug and alcohol recovery services.

West End Health Center - Primary Care Health Services, Inc.
415 Neptune St.
Pittsburgh, PA 15220
412-921-7200
http://www.pchspitt.org

**Insurance:** Most insurance plans accepted except for Aetna, Cigna, and Elder Health.

**Assistance:** Sliding fee program based on household income and family size. For first visit, clients are asked to bring at least $10, proof of income and family size.

**Services Available:** Comprehensive primary medical care, pregnancy testing, obstetrics, podiatry, EKGs, laboratory services, adult medicine, physical exams, pediatrics, including early screening and immunizations, Dental services provided at Manchester-West End Family Dental Center nearby at 441 S. Main St.
Mental Health Resources

Some of the Health Care Centers and Health Clinics already listed may provide mental health services and counseling at their facilities or may refer to other providers. However, all residents of Allegheny County may obtain help through:

Allegheny County Department of Human Services, Office of Behavioral Health

For information about services for adults:
http://www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Mental-Health/Services-For-Adults.aspx

For information on services for children and youth under 18:
http://www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Mental-Health/Services-For-Persons-Under-18.aspx

Services: The Allegheny County Department of Human Services, Office of Behavioral Health contracts and monitors many community-based agencies, which provide an array of services designed to meet the mental health and substance abuse service needs of county residents. Round-the-clock telephone crisis intervention and mobile behavioral health crisis intervention services are available for all Allegheny County residents. (See page 34) Insurance coverage is not required for services. In addition, the Office of Behavioral Health “OBH Where to Call” booklet lists providers of mental health services in Allegheny County.

For those who qualify, the county also provides help with psychiatric prescription medication. See: Assistance with Psychiatric Prescription Medication on page 39.

If you need someone to talk with who has been where you are Peer Supported Advocacy Network (PSAN) Warmline: 1-866-661-9276.

Pittsburgh Coalition for Dynamic Psychotherapy/Clinic without Walls
http://www.pghpsa.org/clinic-without-walls/

412-661-5270

Services: PCDP/CWW is a nonprofit organization offering reduced-fee, psychodynamic oriented psychotherapy to adults, adolescents and children. Medical doctors who are doing their residency in psychiatry at Allegheny General Hospital and Western Psychiatric Institute and Clinic provide the therapy. Psychodynamic psychotherapy is long term therapy and is best suited for individuals with recurrent anxiety and/or depression, for those having difficulty with change and transition and for those with relationship issues. The reduced fee of $25 per session can be further reduced if necessary. No insurance accepted.
SAMHSA—Substance Abuse and Mental Health Services Administration

This is an agency within the U.S Department of Health and Human resources that leads public health efforts to advance the behavioral health of the nation. They provide information and support for prevention, treatment and recovery services. SAMHSA Strategic Initiatives help provide treatment and services for people with mental and substance use disorders, support the families of people with mental and substance use disorders, build strong and supportive communities, prevent costly behavioral health problems, and promote better health for all Americans. For more information about programs call 877-726-4727 or click http://www.samhsa.gov/

24-Hour Crisis Hotlines

re:solve Crisis Network

1-888-7-YOU-CAN (1-888-796-8226)

Services: Callers are put in touch with mental health and addiction counselors to receive immediate confidential crisis counseling and emergency support and may be referred for ongoing help regardless of ability to pay. In addition, a mobile crisis team is available to come to the site of the crisis. Walk-in services and short-term overnight services are also available. Specialized teams are available for child, adolescent and family interventions. re:solve is made possible through the partnership of Allegheny County Department of Human Services and Western Psychiatric Institute and Clinic (WPIC) of UPMC. Walk-in at 333 N. Braddock Ave. (North Point Breeze) Pittsburgh, PA 15208.

Behavioral Health Emergency Service – Involuntary Commitment

http://www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Mental-Health/Involuntary-Commitment.aspx

412-350-4457 or call 911

Services: This number answers 24-hours-a-day, seven-days-a-week and puts callers in touch with Allegheny County staff who can authorize and coordinate involuntary Emergency Examination and Treatment, (sometimes referred to as a “302”) when needed. Involuntary commitment is intended for individuals who are in imminent danger of harming themselves or others due to a serious mental illness.
Drug and Alcohol Services

Allegheny County Department of Human Services – Offices of Behavioral Health – Bureau of Drug and Alcohol Services

One Smithfield Street
Pittsburgh, PA 15222
(412) 350-3328

Services: The Allegheny County Bureau of Drug and Alcohol Services offers information about support and resources available through a variety of community-based agencies and recovery-oriented services designed to prevent and treat substance abuse and addiction. Free, anonymous, alcohol-use screenings offered.

General Information about Drugs and Alcohol Questions
412-350-3328, TTY/TDD 412-350-3467
Weekdays 8:00 a.m. - 4:00 p.m.

Overdose Prevention Project

Allegheny County Health Department (ACHD) has partnered with several county agencies and community organizations to create the Overdose Prevention Project. The purpose of this collaborative project is provide information, education and resources to reduce and prevent overdoses in our community and opportunities for training on overdose prevention and how to respond to individuals at risk of drug overdose. In May 2015, ACHD Director Dr. Karen Hacker issued a county-wide standing order citing PA ACT 139 allowing licensed pharmacies (that choose to participate) to dispense naloxone to individuals at risk of a heroin or opioid-related overdose, or those who may witness one. ACT 139 provides access to an opioid overdose reversal medicine that can save lives and hopefully lead an individual toward the substance abuse treatment they need. The link below offers information and resources for residents, pharmacies, first responders and healthcare professionals who can help in the efforts to confront this public health crisis.

http://www.achd.net/overdoseprevention/index.html
**Persons on medical Assistance in Allegheny County** who need information on drug and alcohol resources can contact:

**Community Care Behavioral Health**
One Chatham Center
112 Washington Place
Pittsburgh, PA 15219
1-800-553-7499

**After Hours Access to Drug and Alcohol Services**

**Community Care Behavioral Health**
Call 1-800-553-7499

Toll-free number is staffed by professional behavioral health counselors who can assist with accessing drug and alcohol services 24 hours/day, 7 days/week. Community Care Behavioral Health is the behavioral health managed care organization for Allegheny County Medical Assistance

**re:solve Crisis Network**
Call 1-888-7-YOU-CAN (1-888-796-8226):

This toll-free number will access around-the-clock telephone crisis counseling, emergency care, and referrals for individuals in crisis situations. When indicated, mobile crisis services can be provided at home, at the crisis site, or at a provider’s office.
Information on Clinics Outside of Allegheny County

Pennsylvania Association for Community Health Centers
1035 Mumma Rd. Suite 1
Wormleysburg, PA 17043
1-866-944-CARE (2273)
http://www.pachc.org/health_center.html

These centers and other similar providers are located in underserved areas throughout the Commonwealth. The Pennsylvania Association for Community Health Centers has a directory of clinics organized by county, which can be accessed on their website. For people without access to computers, information can be obtained by calling the toll-free number listed above. For example, someone residing in the upper northeast corner of Allegheny County, who does not have health insurance and needs non-hospital care, may consider the Community Health Clinic in New Kensington, which is listed under Westmoreland County.

U. S. Dept. of Health and Human Services –
Health Resources and Services Administration (HRSA)
http://findahealthcenter.hrsa.gov/

HRSA maintains a national database of the federally funded health centers around the country that provide care to individuals without health insurance. Most have sliding scale fees based on household income. To find a health center in other states, click on the above link, which will ask for a zip code of the area where you are looking for health services. It will locate the closest federally funded health centers and give the information about them.

U.S. Department Of Veterans Affairs
VA Health System
1-800-827-1000
http://www.va.gov/healtheligibility/

For information about health benefits plan that emphasizes preventative and primary care for eligible veterans, call toll free number or go to their website.
Help with Medications and Prescriptions

Low Cost Prescriptions at Wal-Mart, Giant Eagle, and others.

Both nationally and locally, certain grocery stores and retail operations offer certain generic prescription medications at low cost (usually around $4 for a month of medication or $10 for 3 months). The medications offered under these programs can vary slightly from one company to another. It may be necessary to check different retail outlets’ list of medications and available dosages to locate a particular drug. Usually there are no income guidelines or restrictions regarding insurance coverage. Talk to the store’s pharmacy to learn more or go to the store’s website.

K-Mart is now offering a membership program called Pharmacy Savings Plus for a yearly fee of $10 for an individual or $15 for a household. This program gives you access to 10 drugs that can purchased at $3/month and a discount on other prescriptions, which may be helpful if you lack coverage for prescription medications. For more information, click on:

https://pharmacy.kmart.com/newrx-pharmacy-savings-plus

GoodRx

https://www.goodrx.com/

GoodRx gathers current prices and discounts to help you find the lowest cost pharmacy for your prescriptions.

GoodRx is 100% free. No personal information required. Information only; no drugs are sold.

- **Prices for prescription drugs vary widely between pharmacies.**
  Most Americans assume that drug prices are regulated or fixed. That’s simply not true. Prices vary wildly in drugstores that are literally across the street from each other, especially when filling generic medications (which make up about 80% of the prescription fills in America).

- **Uninsured? It’s easy to get a better price.**
  Prices for most drugs at most pharmacies are very high for the uninsured patient. However, there are many ways to save 80% or more - coupons, savings tips, pharmacy discounts, manufacturer discounts, cheaper alternative drugs or even just asking for a better price! Sadly, there’s never been an easy way to find these discounts and know the fair price for your drug.
**RxAssist**

[http://www.rxassist.org](http://www.rxassist.org)

This website is operated by a nonprofit resource center and is free of ads unlike the NeedyMeds site below. RxAssist offers a comprehensive listing of all pharmaceutical patient assistance programs which is searchable by both drug name and company name. There is useful information about eligibility criteria, delivery times and refill policies.

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**Rx Outreach**

Discount mail order prescription service that provides FDA approved generic medications for asthma, blood pressure, diabetes, heart disease and other health conditions for individuals or families up to 300% of Federal Poverty Level and no exclusion for those enrolled in other discount prescription plans. No cost to join program and no contracts. Prices vary, but may be as low as $20 for a six-month supply (180 days). Application must be completed, along with prescription and credit card information, check or money order. Application and the list of covered medications can be found at [http://www.rxoutreach.com/](http://www.rxoutreach.com/) or call: **1-800-769-3880**.

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**NeedyMeds**

This is a national web-based clearinghouse of information about various pharmaceutical patient assistance programs, state and local prescription assistance programs and disease specific programs. A good place to research what is available. For information, click on: [http://www.needymeds.org/](http://www.needymeds.org/)

Helpline **1-800-503-6897**

or contact them at NeedyMeds, P.O. Box 219, Gloucester, MA 01931.
Patient Access Network Foundation

The Patient Access Network (PAN) Foundation is a national 501c(3) organization dedicated to helping federally and commercially insured people living with chronic, critical and rare diseases with the out-of-pocket costs for their prescribed medications. Through its partnerships, PAN can provide access to medications and treatments that the underinsured need to best manage their conditions and focus on improving their quality of life. For more information about the program and eligibility guidelines go to https://www.panfoundation.org/

Or call 1-866-316-7263

Pennsylvania Patient Assistance Program (PAP)

This is a state program under the Pennsylvania Department of Aging that helps people navigate the various pharmaceutical assistance programs. To qualify you must be at least 18 years old, a Pennsylvania resident and have limited or no prescription coverage. The staff assists clients with the application process and the required documentation needed to establish financial and medical eligibility for the appropriate pharmaceutical assistance program. Call 1-800-955-0989, leave your name, and phone number. A program representative will call back to assess eligibility and begin the enrollment process.

Partnership for Prescription Assistance (PPARx)

PPARx is a program that connects qualified, low-income people with discount prescription drugs, direct from the pharmaceutical manufacturer. For more information, go to: https://www.pparx.org/

or call their toll free phone number 1-888-477-2669.

Discount Drug Cards

These cards might be an option for those who do not qualify for pharmaceutical patient assistance programs. The savings on particular medications and supplies and which pharmacies participate can vary with these cards, so it may be necessary to look at each card to find the one that is most worthwhile. Please see below.
Familywise

Discount prescription card with no membership fee or eligibility requirements. For more information go to www.familywize.org or call 1-800-222-2818.

Pennsylvania Drug Card

Free discount prescription card with no membership or income requirements. The card is available at http://www.padrugcard.com/index.php

If unable to print a card from the website, pharmacies such Giant Eagle, CVS, Walgreens, and others can process prescriptions through the program. For more information, call 1-877-321-6755.

Low cost diabetic insulin syringes

Care Mark is a distributor for BD (Becton Dickinson) insulin syringes. They have a patient assistance program for low-income individuals without health insurance. Necessary documentation includes a copy of the latest tax return and a current prescription from a medical provider. If eligibility requirements are met, a 90-day supply of insulin syringes may be $15 or more. To find out more about the program, income guidelines, how to apply and submit the required documentation, call: 1-866-818-6906 Option 1.
Dental Care

The clinics listed below have dental services at lower cost. Please call to make an appointment. Walk-ins are not generally accepted. Be aware that some clinics below may have waiting lists.

Allegheny County Health Department - Pediatric and Adolescent Dental Services

http://www.achd.net/dental/index.html

The Allegheny County Health Department Dental Program is available free of charge to all Allegheny County children 1-20 years of age who cannot afford private dental care. Medical assistance is accepted. Services provided include exams, oral hygiene instructions, cleaning of teeth, screening evaluations, fluoride treatments, x-rays, fillings, extractions, space maintainers, and sealants.

ACHD Pediatric Dental Services Locations

Center City - ACHD Pediatric Dental Services

Hill House
1835 Centre Avenue
Pittsburgh, PA 15219
412-392-4441
http://www.achd.net/dental/index.html

McKeesport - ACHD Pediatric Dental Services

Wander Building
339 5th Avenue
McKeesport, PA 15132
412-664-8858
http://www.achd.net/dental/index.html
Mt. Oliver - ACHD Pediatric Dental Services
Mt. Oliver Family Health Center
1630 Arlington Ave.
Pittsburgh, PA 15210
412-432-1620
http://www.achd.net/dental/index.html

Pittsburgh - Center

Catholic Charities Free Health Center – Dental services
212 Ninth Street, Suite 301
Pittsburgh, PA 15222
412-456-6911
http://www.freecarepgh.com
Dental services are open to the public. Call first for appointment.

Assistance policy: Sometimes there may be a waiting list for dental services. Individuals may be eligible for free services if household income does not exceed 250% of federal poverty guidelines. Examples of income documentation include recent pay stubs, W2 form, recent tax return, benefit letter from Social Security, denial letter from Medical Assistance, verification of wages from employer, or Profit/Loss Statement for self-employed.

Ages served: Catholic Charities does not treat children under the age of 19.

Hill House Dental Services – Primary Care Health Services
1835 Centre Avenue
Pittsburgh, PA 15219
412-697-4698
Dental Services are open to the public

Insurance: Most dental insurance plans accepted. Call first for appointment.

Assistance policy: Dental services are provided at reduced cost and appointments are necessary. Documentation of household income is required to establish eligibility for a sliding fee program prior to service. All patients are
expected to pay a $25 fee for each visit, then billed for the balance (if there is one) of the treatment. For more information about the kinds of dental services provided and how to apply for sliding fee program, call the number above.

Ages served: Ages 3 and older
Clinic Hours: Mondays 10:30 a.m. - 7 p.m. (Lunch is 2 - 3 p.m.) Wednesdays 9 a.m. - 5:30 p.m. (Lunch is 1 - 2 p.m.)

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**North**

**North Side Christian Health Center**
816 Middle St.
Pittsburgh, PA 15212
412-321-4001
[http://www.nschc.org](http://www.nschc.org)

**Assistance:** Discounts for essential dental services are offered based on documentation of family size and income. For example, a new patient visit that includes exam, cleaning and x-rays is a minimum of $60. For fillings, the fee may be in the range of $20-$35. **Call first for appointment or more information.**

**Services Available:** Exams, cleaning, fillings and other basic dental care for children through adults. No sedation.

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**East**

**Homewood-Brushton**

**Alma Illery Medical Center Dental - Primary Care Health Services, Inc.**
7227 Hamilton Avenue
Pittsburgh, PA 15208
412-244-4700
[www.pchspitt.org](http://www.pchspitt.org)

Dental Services are open to the public. **Call first for appointment.**

**Insurance:** Most dental insurance plans accepted.
**Assistance policy:** Dental services are provided at reduced cost and appointments are necessary. Documentation of household income is required to establish eligibility for a sliding fee program prior to service. All patients are expected to pay a $25 fee for each visit, then billed for the balance (if there is one) of the treatment. For more information about the kinds of dental services provided and how to apply for sliding fee program, call the number above.

**Ages served:** Ages 3 and older

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**McKeesport**

**McKeesport Family Health Center Dental - Primary Care Health Services, Inc.**

627 Lyle Blvd.

McKeesport, PA 15132

412-664-4112

[www.pchspitt.org](http://www.pchspitt.org)

Dental services are open to the public. **Call first for appointment.**

**Insurance:** All dental insurance plans accepted.

**Assistance policy:** Dental services are provided at reduced cost and appointments are necessary. Documentation of household income is required to establish eligibility for a sliding fee program prior to service. All patients are expected to pay $25 fee for each visit, then billed for the balance of the treatment. For more information about the kinds of dental services provided and how to apply for the sliding fee program, call the number above.

**Ages served:** Ages 3 and older

Dental care is available Wednesdays through Fridays 9 am to 5 pm

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**Oakland**

**University of Pittsburgh School of Dental Medicine Student Dental Clinic**

3501 Terrace Street, Salk Hall

Pittsburgh, PA 15261

412-648-8616
http://www.dental.pitt.edu

University of Pittsburgh School of Dental Medicine clinic provides a range of services from routine exams and cleaning to more involved procedures such as root canals and crowns. Appointments are necessary, but care can sometimes be arranged for dental emergencies. Fees for services are required and clients will see a financial counselor to discuss insurance and payment options. For more information, call or go to their website.

University of Pittsburgh Center for Patients with Special Needs

This clinic is devoted to providing dental care to those with special needs. Care is done by experienced students under the close supervision of dentist faculty. Medical Assistance accepted as are most dental plans. For more information about scheduling, the screening process and insurance and payment options, call 412-648-3039.

Lincoln-Lemington

Lincoln-Lemington Office of the East Liberty Family Health Care Center – Dental

7171 Churchland Street
Pittsburgh, PA 15206
412-345-0400
http://www.elfhcc.com/

Dental services are open to all. Call first for appointment.

Insurance: Most insurance plans accepted including Medical Assistance. Call to confirm.

Assistance policy: Must meet with the Benefits Eligibility Counselor. Sliding fee scale is available for those who do not have dental insurance. A dental visit is a minimum of $25. It may be more depending on income and household size.

Ages served: This clinic provides dental services to both adults and children.

Services Available: Oral health exams, cleanings, fluoride treatments, sealants, fillings, extractions, dentures or partial dentures.
**Squirrel Hill**

**Squirrel Hill Health Center - Dental Office**

4516 Browns Hill Road  
Pittsburgh, PA 15217  
412-697-7997  

**Insurance:** Most dental insurance plans accepted, including Medical Assistance.

**Assistance policy:** A minimum of $25 per visit for dental services. Sliding fee scale is available for those who do not have dental insurance. An application with proof of income and household size must be submitted in advance of treatment.

**Services:** It is not required to be a patient of the adjoining Squirrel Hill Health Center to be a patient at the Dental Office. All dental services and procedures are offered except for braces and implants.

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**Wilkinsburg**

**East Liberty Family Health Care Center - Christian Ministry of Whole Person Healthcare Dental Clinic**

412-361-8284  
807 Wallace Ave. Suite 201  
Wilkinsburg, PA 15221  
412-345-7730  
[http://www.elfhcc.com](http://www.elfhcc.com)

Dental services are open to all. Call first for appointment.

**Assistance policy:** Must meet with the Benefits Eligibility Counselor. Sliding fee scale is available for those who do not have dental insurance. A dental visit is a minimum of $25. It may be more depending on income and household size.

**Ages served:** This clinic provides dental services to both adults and children.

**Services Available:** Oral health exams, cleanings, fluoride treatments, sealants, fillings, extractions, dentures or partial dentures.
**West**

**McKees Rocks**

**Sto-Rox Family Health Center Dental Services**
710 Thompson Avenue
McKees Rocks, PA 15136
412-771-6460


**Insurance:** Dental services are open to the public. Most insurance plans accepted.

**Assistance:** For a sliding payment scale, must provide documentation of household income and size. Some services may be $10. Other services requiring complex care or use of offsite lab may be more money.

**Services Available:** Most routine dental care. No implants.

**Ages served:** Ages 2 and older

**West End**

**West End - Manchester Family Dental Center**
441 S. Main St.
Pittsburgh, PA 15233

[www.pchspitt.org](http://www.pchspitt.org)

(412) 922-5636

Dental services are open to the public. **Call first for appointment.**

**Assistance policy:** All dental insurance plans accepted.

**Assistance policy:** Dental services are provided at reduced cost and appointments are necessary. Documentation of household income is required to establish eligibility for a sliding fee program prior to service. All patients are expected to pay $25 fee for each visit, then billed for the balance of the treatment. For more information about the kinds of dental services provided and how to apply for the sliding fee program, call the number above.

**Ages served:** Ages 3 and older - Dental care is available on Mondays 11:00 am - 7:00 pm and Tuesdays 9:00 am - 5:00 pm
Donated Dental Services

A Dental Lifeline Network Program
http://dentallifeline.org/pennsylvania/

Volunteer dentists around Pennsylvania work with Donated Dental Services to provide comprehensive dental treatment to eligible patients. Please note that these volunteer dentists do not provide emergency dental services.

Eligibility for the program:
Applicants must provide documentation of inadequate income to pay for dental care and also meet one of the following conditions below:

- Have a permanent disability, or
- Are elderly: age 65 or older, or
- Qualify as medically fragile

An application must be completed and submitted as part of the eligibility consideration process. Because this is a program operated by dentists who are volunteering their time, please be aware that there is a wait list for services. An application may be downloaded from the website listed above and faxed to (1)717-776-3268. To have an application mailed to you, please call or email the Donated Dental Services Coordinator listed below for that request.

Tammy Shumaker, DDS Coordinator
717.776.3262 or tshumaker@DentalLifeline.org
717.776.3268 (fax)

A completed application maybe mailed to the address listed below:

Dental Lifeline Network • Pennsylvania
P.O. Box 205
Newville, PA 17241
Vision Services

EyeCare America
1-877-887-6327

https://www.aao.org/eyecare-america

This is a public service foundation of the American Academy of Ophthalmology. Participating doctors provide comprehensive eye exams and care up to one year to eligible, low-income candidates who are 65 or older, sometimes with no out of pocket expense. Individuals who are at increased risk for glaucoma, determined by age, race and family history, may be eligible for glaucoma eye exams at no cost if uninsured.

For more information about income eligibility guidelines, enrollment procedures and participating doctors, call the number above. Note, this program does not cover eye glass prescriptions or the cost of glasses.

New Eyes for the Needy
1-973-376-4903

https://www.new-eyes.org/

New Eyes for the Needy purchases new prescription eyeglasses for low-income individuals in the U.S. through a voucher program. Individuals can not apply for themselves. The online application is only accessible to social service agencies who apply on their client’s behalf. To be eligible for our program, applicants must:

- Meet the U.S. Poverty guidelines.
- Have had a recent eye exam. New Eyes does not pay for eye exams. Contact us if you need assistance in locating a source of free or low-cost eye exams
- Have no other resources available to them to pay for glasses, including federal or state programs or assistance from local charitable organizations.

Sight for Students
1-888-290-4964

http://www.sightforstudents.org/

This is a Vision Service Plan (VSP) program that provides free eye exams and glasses to children 18 years and younger who are not covered by any vision care insurance and whose families are at or fall below 200% Federal Poverty Guidelines. This program operates through cooperating partners. For more information about eligibility guidelines and to find local partners, call the number above or click on the website.
Vision USA
1-800-766-4466
http://www.aoafoundation.org/vision-usa/

Qualified low-income workers without private or government insurance, including Medicare or Medicaid. Must be a US citizen or legal resident. Matched to doctors of optometry in their area for free eye care. Both children and adults can participate in the program. Individuals requesting service must not have had an eye exam within the past two years. ALL APPLICATIONS “MUST” BE SUBMITTED ONLINE BY REFERRAL AGENCY. SEE “REFERRAL AGENCIES” SECTION TO FIND A REFERRAL AGENCY OR BECOME A REFERRAL AGENCY. optometrists, call 1-800-766-4466.
Health Insurance Options

Medical Assistance for Workers with Disabilities (MAWD)

This program may provide health insurance for individuals with illness or disability. In some situations, recipients of Social Security Disability or those with medical records showing disability may qualify for this program, which can cover the gap between the end of employer sponsored health insurance and the beginning of Medicare. Call Consumer Health Coalition (412-456-1877) for more information about eligibility criteria or for help with the application process.

Charity Care

Pittsburgh area hospitals and their affiliated practices have a limited amount of charity care available. If you are hospitalized without health insurance, make sure to ask to speak to a Social Worker about financial assistance as soon as possible. As a rule, applicants are required to apply for Medical Assistance first and provide documentation of income and household size before they can be considered for charity care. For those seeking charity care, consulting one of the organizations listed under the heading Consumer Health Care Advocacy Organizations (page 54) may help with the application process.
Private Walk-in Clinics and Care Centers

Private Retail Clinics

Pharmacies such as Walgreens and CVS have opened walk-in clinics that are open seven days a week in some locations. These clinics are usually staffed by certified nurse practitioners or physician assistants who can provide care for minor conditions such as ear infections, pink eye and so on. They can perform physicals for camp and employment. As a rule, they do not treat children less than 18 months.

In addition, they may not do stitches for wounds. These clinics take most insurance plans. For those who do not have insurance, the fees can range around $60 and up, with additional fees for lab work, if needed. Payment in the form of a credit card or cash must be provided before service. There is no sliding scale based on income and household size.

For example, these clinics might be an option for a mildly sick child on a weekend when private medical practices or the clinics listed earlier in this guide are not open. Going to one of these retail clinics might avoid the large fees or co-pays that are usually required for an Emergency Room visit, thereby saving the time and huge expense involved with an E.R. visit. For people who need ongoing care for a chronic condition such as diabetes, they would be better served by becoming patients at one of the clinics listed earlier in this guide. For more information, call or visit:

- Walgreens - Take Care Clinics 1-866-Take-Care (825-3227) or [http://www.takecarehealth.com](http://www.takecarehealth.com).

Urgent Care Centers

These following centers can provide care under certain circumstances to children less than 18 months of age and offer services such as stitches for small wounds, which the retail clinics listed above, may not do. Treatment at one of these facilities may be far less expensive and time consuming than visiting an emergency room. Often they will accept most health insurance plans. For people without health insurance, payment is expected at time of service. Please note, someone with a serious, possibly life-threatening, injury or illness should go to an emergency room.

Concentra Urgent Care - These walk-in centers have a medical doctor on site and can offer care for a range of illness and injuries. Payment in the form of cash, check or credit card is required prior to service. To check on center locations, what care can be provided, what insurance is accepted, and fees, go to [http://www.ConcentraUrgentCare.com](http://www.ConcentraUrgentCare.com) or call 1-866-944-6046.
**MedExpress** - These urgent care centers provide walk-in care seven days a week for illnesses and injuries. They have medical doctors on site and can do lab work and x-rays. Payment in the form of cash, check or credit card is required prior to service. Medical assistance is not accepted. To find out about center locations, what care can be provided, what insurance is accepted, and fees, call 1-304-225-2500 or go to [https://www.medexpress.com](https://www.medexpress.com/)

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**Steel Valley Express Care**

4630 Browns Hill Road

Pittsburgh, PA 15217

312-421-1000


Steel Valley Express Care is open seven days a week from 8 am to 8 pm except for Thanksgiving and Christmas. They offer a variety of services from cuts and fracture treatment, physicals, drug screens, x-rays, lab work and more. No appointment needed, but people can check in via smart phone.

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**Urgent Care Center Braddock**

501 Braddock Ave.

Braddock, PA 15104

412-636-5050

[https://www.ahn.org/location-detail?name=Allegheny_Health_Network_Urgent_Care_Center_Braddock&type=Outpatient_Care_Center](https://www.ahn.org/location-detail?name=Allegheny_Health_Network_Urgent_Care_Center_Braddock&type=Outpatient_Care_Center)

This center has physicians and nurse on site to handle a variety of urgent health needs such as minor fracture, sprains and strains, small cuts needing stitches, physicals, TB skin testing, X-rays, and other services. No appointment is needed. Open Mon-Friday from 9 am to 9 pm, Saturday and Sunday 9 am to 7 pm. Will accept most insurance plans. For those without insurance, payment is expected, but a payment plan may be worked out.
Consumer Health Care Advocacy Organizations

Consumer Health Coalition
415 East Ohio St. Suite 300
Pittsburgh, PA 15212
412-456-1877
Fax: 412-456-1096
http://www.consumerhealthcoalition.org/

Consumer Health Coalition (CHC) is a non-profit organization that works to increase access to quality, affordable health care. They operate a free helpline to assist individuals and families with applying for free and low-cost health care programs and have a Health Committee for People with Disabilities that meets monthly.

Pennsylvania Health Law Project - Pittsburgh Office
The Hollander Building
415 East Ohio St. Suite 325
Pittsburgh, PA 15212
412-434-5779
Toll Free Helpline 1-800-274-3258 -operates Mon.-Fri. 9 a.m. - 5 p.m.
http://www.phlp.org/

Pennsylvania Health Law Project (PHLP) is a statewide legal center whose mission is to provide legal advice, assistance and representation to low income, elderly and persons with disabilities having problems with obtaining health insurance or accessing healthcare.
**Immigrant Resources and Services**

All the health centers listed above, as well as Women, Infants and Children (WIC), Allegheny County Health Department (ACHD) Immunization Clinic, ACHD Pediatric Dental Services and other ACHD clinical services, provide services to immigrants regardless of their current immigration status. All that may be required is proof of income and household size to determine financial eligibility for sliding scale fees. There is no need to bring immigration papers to access these services. Below is a listing of organizations that provide assistance to immigrants and refugees coming to Allegheny County.

**Allegheny County Department of Human Services**

The Immigrants & Internationals Advisory Council

The Immigrants & Internationals (I&I) Initiative was established by the Allegheny County Department of Human Services (DHS) in 2007 to further the DHS vision of creating an accessible, culturally competent and comprehensive human services system for all residents of Allegheny County. The Council is a diverse, representative group of immigrant leaders, service providers, and other stakeholders who identify issues of concern and important changes in the needs of immigrant and international communities to support DHS’s mission to be culturally competent and inclusive. Administrative coordination for the Council is facilitated by the DHS Immigrants & Internationals (I&I) Initiative. Barbara Murock serves as the Manager of the Initiative and can be reached at 412-350-5835.

**AJAPO (Acculturation for Justice, Access and Peace Outreach)**

Its mission is to provide a continuum of care to empower refugees and immigrants residing in Allegheny County to become self-sufficient and better integrated into our communities. Services include refugee resettlement, employment and workforce development, immigration processing, youth development and intensive case management. Acculturation, leadership, and employment trainings are also provided. Our clients, in addition, are provided with supportive referrals and service coordination for housing, education, health care, legal assistance, benefits and more.


Administrative office:  
2900 Bedford Ave.  
Pittsburgh, PA 15219  
412-391-4985

Program Office:  
1835 Center Avenue  
Pittsburgh, PA 15219  
1-878-999-2932/ 1878 999 2938
**Bhutanese Community Association of Pittsburgh**

4150 Saw Mill Run Blvd  
Pittsburgh, PA 15227  
412-668-3197  
[https://www.bcap.us/](https://www.bcap.us/)  

The Bhutanese Community Association (BCAP) is a nonprofit organization that provides services and support to youth, seniors, and families of the Bhutanese community through a variety of programs. BCAP assists the integration of Bhutanese community members into American society through culturally-informed services and activities that includes civic education, women's leadership, youth empowerment, mental health support, and more. Call for more information about programs and activities.

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**Casa San Jose**  
933 Brookline Blvd.  
Pittsburgh, PA 15226  
412-343-3111  

A community resource center that advocates for and empowers Latinos by promoting integration and self-sufficiency. Services offered include information about benefits, doctors, schools, and support, as well as housing, medical care, legal assistance, and family issues. Advocacy provided for immigrant rights and immigration reform. Bilingual staff gives guidance and assists with applications for work and social benefits. Contact them by phone # listed above or [office@casasanjose.org](mailto:office@casasanjose.org) Casa San Jose is part of the Immigrant Services and Connections (ISAC) network. See below.

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**Greater Pittsburgh Literacy Council**  
411 Seventh Ave. Suite 550  
Pittsburgh, PA 15219  
412-393-7600  
[https://www.gplc.org/](https://www.gplc.org/)  

**English as a Second Language Program**  

Offer classes in conversational English for adults from foreign countries who will be staying in this country permanently, which can range from refugees from war-torn countries to businessmen and women who have immigrated to this country. In addition to developing English listening, reading, and writing skills, instructors also focus on teaching about American culture. (This program is not intended for visitors to the U.S. or those with an F1 Visa.)
Call for more information about programs and locations. This organization collaborates closely with Immigrant Services and Connections organization. See below.

**Immigrant Services and Connections (ISAC)**

Immigrant Services and connections is a multi-agency partnership offered by Jewish Family & Children’s Service in collaboration with Casa San Jose, Greater Pittsburgh Literacy Council, Latino Family Center, Northern Area Multi-Service Center and the South Hills Interfaith Movement.

Its mission is to provide information and referrals, bi-lingual navigators to teach refugees and immigrants how to access resources, service coordination for more complex needs, and a multi-lingual central telephone line. ISAC is NOT a direct service provider or interpretation service. However, it can make referral to interpreters. For more information, call 412-742-4200 or email isac@jfcspgh.org

**Latin American Cultural Union (LACU)**

This is a volunteer-based 501 (c) (3) non-profit organization in Pittsburgh that promotes Latin American and Caribbean cultures and creates strategies to increases the visibility of these communities in the region. The organization offers information on resources including health services, jobs, scholarships and social events.

[www.lacunet.org](http://www.lacunet.org)
P.O. Box 19403
Pittsburgh PA, 15213
info@lacunet.org
412-301-5228
[www.twitter.com/LACUPGH](http://www.twitter.com/LACUPGH)
[www.facebook.com/LatinAmericanCulturalUnion](http://www.facebook.com/LatinAmericanCulturalUnion)

**Latino Family Center**

5450 Second Avenue 2nd Floor
Pittsburgh, PA 15207 (Hazelwood)
412-325-8111

This Family Support Center provides services to Latino families such as parenting support, classes on nutrition, prenatal and postpartum care, literacy activities, family fun nights, assistance with translation/interpretation of documents, English as a Second Language classes for adults, referrals to medical, legal and mental health services, and much more. Their primary focus is on families with children ages 0-5. Call for more information. The Center is part of the Immigrant Services and Connections (ISAC) network.
Northern Area Multi-Service Center - Community Assistance and Refugee Resettlement (CARR)
412-781-1175 ext. 2248

As the largest resettlement program in the Pittsburgh area, Community Assistance and Refugee Resettlement (CARR) welcomes and assists these refugees as they arrive and resettle in our region. This agency works closely with Immigrant Services and Connections. See above. Call for more information about services. CARR is part of the Immigrant Services and Connections (ISAC) network.

http://buildingindependence.org/nams/community-assistance-and-refugee-resettlement/

South Hills Interfaith Movement (SHIM) – Prospect Park Family Center
1450 Maple Drive # 6
Pittsburgh, PA 15227
412-885-0284

http://shimcares.org/venue/prospect-park-family-center/

This Family Center, which is operated by the South Hill Interfaith Movement (SHIM), operates an Early Childhood Program and Family Support Center, provides parenting classes, homework help and mentoring for students, food pantry, and other services. Interpreters are available to enhance communication. SHIM is part of the Immigrant Services and Connections (ISAC) network. Call for more information about services.

Vibrant Pittsburgh
707 Grant Street, Suite 2305
Pittsburgh, PA 15219
412- 281-8600

http://vibrantpittsburgh.org/

Vibrant Pittsburgh’s mission is to embrace inclusion, to ensure the Pittsburgh region’s growth by attracting, retaining and elevating a diversity of talent, and to promote the region nationally and internationally as a diverse, welcoming region of opportunities. Among its many initiatives, Vibrant Pittsburgh has collaborated with the University of Pittsburgh, School of Law to create a new community asset, the Immigration Law Clinic, to serve immigrants and internationals as well as the service providers who serve the region’s “New Americans”.

Transportation

Community Auto

A Program of North Hills Community Outreach

11490 Perry Hwy. Suite 7
Wexford, PA 15090
724-443-8300

This program helps to make vehicle ownership affordable for low-income working individuals and families. For more information about their guidelines and policies go to http://communityauto.org/ or call the number listed above.

Free Rides for Seniors

A partnership of North Hills Community Outreach, St. Margaret Foundation and Allegheny County Economic Development

Ten-passenger Free Rides for Seniors shuttles provide transportation at no charge to those 60 and older. One shuttle provides transportation every day for seniors living in Blawnox, Sharpsburg, Aspinwall, Fox Chapel and O’Hara along or near Freeport Road. This volunteer-staffed shuttle provides door-to-door shuttle service each weekday from 10 a.m. to 4 p.m., taking seniors to medical appointments, grocery stores, UPMC St. Margaret, banks, pharmacies and many other destinations of critical importance to seniors. Seniors older than 60 can call 412-782-2001 after 9:45 a.m. on the day they need a ride.

A second free shuttle services seniors in Etna, Millvale, Sharpsburg, Tarentum, Natrona Heights, Cheswick, Brackenridge, Oakmont, and Verona on various days of the week. It will pick up seniors at designated high rises to take them to UPMC appointments.

Free Rides for Seniors office is located at UPMC Lighthouse Pointe in O’Hara Township.

For more information about Free Rides for Seniors, contact Kerry at 412-449-0151 or click on the link below.

http://nhco.org/get-help/for-seniors/free-rides-for-seniors/

Heritage Community Transportation

http://www.heritageserves.org/heritage-transportation.html

Heritage Community Transportation serves 13 communities in the Mon Valley. For a complete list of areas served, see: service schedule and route map. Braddock service has been reinstated. There are stops at the Walmart (North Versailles), Miracle Mile Shopping
Center in Monroeville, and many other new destinations. There are more connections to the Port Authority of Allegheny County. Please note that fare is now being charged. $0.25 - Adults and children 12 years and older; $0.10 - Children 6-11 years and Persons with Disabilities; FREE - Children 5 years and under and Adults 65 and older.

Please have exact change for the drivers. Cut your cost by up to 70% with an annual pass. The Annual Gold Card is only $40. This includes unlimited rides all year. An Annual Silver Card is $60, but allows you to pay in four quarterly payments.

The Heritage Community Transportation office processes applications Monday-Friday, 8:30 am-5:00 pm. Please email ride@heritageserves.org or call 412.351.2200 if you have any questions.

Travelers Aid
412-281-5474
www.travelersaidpgh.org

Travelers Aid is a non-profit, United Way agency providing social service programs to people in need of public transportation. A select listing of their transportation assistance program follows. For more information on their services click on their website or call their number.

Mobile Moms

Travelers Aid Mobile Moms can provide the important link between soon-to-be mothers and prenatal care.

What: Public transportation to prenatal care at local medical facilities. Eligible appointments include checkups related to pregnancy, required trips for medical testing and Women, Infants and Children (WIC) appointments, as well as certain appointments after your baby is born.

Who: Low-income women receiving prenatal care.

How: Apply at one of the participating healthcare providers or, for those that do not attend a program provider, through the main office.

Contact (412) 281-5474 for a list of providers or for more information.
**Trips for Tots**

A child’s health in their early years is crucial for proper development. Travelers Aid Trips for Tots gives every child the opportunity for immunization and sick visits so they can grow up great.

**What:** Public transportation for moms to take babies to immunization or sick visits.

**Who:** Newborn babies up to the age of 18 months, as well as siblings.

**How:** Apply at one of the participating healthcare providers. Contact (412) 281-5474 for a list of providers or for more information.

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**Behavioral Health Transportation Program**

Therapy and treatment are crucial to the growth and wellbeing of individuals with mental health and dependency issues. The BHTP is a valuable service that gives consumers of such programs the opportunity to be well.

**What:** Public transportation for those in need of assistance to various mental health and drug/alcohol rehabilitative services in Allegheny County.

**Who:** Participants must be in need of public transportation and reside in Allegheny County. They must be referred to the Behavioral Health Transportation Program by a participating agency and use transportation to attend at least 3 destinations per week listed in a participant’s service plan. In addition, participants must live at least ½ mile from at least 1 of the 3 required trips per week.

**How:** Contact Travelers Aid at (412) 281-5474 for an updated list of agencies participating in the Behavioral Health Transportation Program.

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**Transportation Resources**

Information about transportation assistance programs for non-emergency medical transportation in Allegheny County and surrounding areas. Toll free number 1-888-547-6287 or local, call 412-350-4484 or go to the link below for information about the different programs and eligibility criteria.

[http://www.county.allegheny.pa.us/dhs/matp.aspx](http://www.county.allegheny.pa.us/dhs/matp.aspx)
**Ways to Work / Keys to Success**

Family Services of Western Pennsylvania

Transportation Loan Program

6401 Penn Avenue 2\textsuperscript{nd} Floor

Pittsburgh, PA. 15206

1-866-965-5929 (toll free)

http://www.pawaystowork.org/

Ways to Work is a proven vehicle loan program that provides small loans to low-income parents who cannot get loans elsewhere. The purpose of the loan is to pay for a car or a repair that makes it possible to keep a job or stay in school.

Here is how the program works:

- Complete an application online at [http://www.pawaystowork.org/](http://www.pawaystowork.org/)
  or by calling the number listed above.
- A loan coordinator will guide you through the loan application process by helping you complete the necessary paperwork.
- You must participate in a financial literacy class where you’ll learn about budgeting, credit and debt management.
- Low-interest loans in amounts of up to $8,000 are available for the purchase of a pre-owned car, or up to $1,000 to repair a vehicle you already own.
- Monthly loan payments vary from six (6) to thirty (30) months, depending on how much you borrow and your ability to make payments.
- Monthly loan payment history is reported to the credit bureau. Making payments on time, every month can raise your credit score.
Additional Resources

Apprise

Apprise is a free health insurance counseling service for those on Medicare. Specially trained volunteers can help answer questions about Medicare coverage and Medicare Supplemental Insurance over the phone or in person by appointment. Some counselors are trained to assist with questions on PACE, Low Income Subsidy Program, Medicaid and Long Term Care Insurance. All information is kept confidential. For more information or to talk to a counselor, call 412-661-1438. The statewide Apprise hotline is 1-800-783-7067.

Breast and Cervical Cancer Prevention and Treatment Program

This is a program for low-income women who need breast and cervical services. It can provide quality screening care and treatment to women who meet the eligibility criteria. For more information, call the Healthy Woman Program at 1-800-215-7494 or visit: http://www.health.pa.gov/My%20Health/Womens%20Health/HealthyWomen/Pages/Healthy%20Woman.aspx#.WNVnstIrLcs

Cancer Caring Center

4117 Liberty Ave.
Pittsburgh, PA 15224
412-622-1212
http://www.cancercaring.org/

The Cancer Caring Center provides free emotional support services to patients and loved ones of all ages. Their support groups are provided in a variety of locations across Pittsburgh. Other free services include individual counseling, pet therapy for kids, art therapy, a food bank, live well programs, and more. Visit their website or call for more details.

Clinical Research Studies

http://www.researchregistry.pitt.edu/

Clinical research studies provide a scientific way to develop or improve methods of health care. Some studies are clinical trials to test new medicines, devices or treatments. Other studies use interviews or surveys to understand health or behavior problems. Some studies need healthy people while other studies need people with chronic diseases or certain medical conditions. Whether it is appropriate to enroll in a study is an individual decision. This may be a question to discuss with your medical provider. Read the consent form carefully before signing up for any study. For more information about research studies contact: Office of Clinical Research, Health Sciences at 1-866-438-8230.
Compulsive Gambling Resources

Gamblers Anonymous

Gamblers Anonymous is a national organization devoted to helping people with problem gambling behavior. Call 412-281-7484 for information about local meetings and activities or go to http://www.gamblersanonymous.org for more information such as the 20 question screening survey and other resources.

PA Department of Health Gambling Addiction 24-Hour Hotline

For help with compulsive gambling, call 1-877-565-2112 or visit http://www.paproblemgambling.com/
Free Health Screenings - The Spirit of Health Mobile Wellness Van

The Duquesne University Mylan School of Pharmacy facilitates the Spirit of Health Mobile Wellness Initiative, which provides free health screenings periodically in various communities. Screenings include blood pressure, blood glucose, body composition, and carbon monoxide testing for smokers. Medication information is also available. Treatment for medical conditions is not available, but assistance is provided with referrals. Adult immunizations are offered, too.

From time to time, the Spirit of Health initiative is present at the Greater Pittsburgh Community Food Bank (see listing below) Produce to People distributions to offer screenings, immunizations, and health counseling. Occasionally the Spirit of Health Van goes to schools to offer asthma screenings, treatment, and management services. In addition, the initiative collaborates with Tobacco Free Allegheny to provide screenings and referrals for tobacco users in different communities. For more information about the Spirit of Health Mobile Wellness Van, please call 412-396-2053.

Greater Pittsburgh Community Food Bank

1 N. Linden St.
Duquesne PA 15110
412-460-FOOD (3663)

www.pittsburghfoodbank.org

For more information about where to get help with food assistance, call 412-460-3663 ext. 304. In the case of a food emergency, call 211.
Homeless Health Resources

Health Care for the Homeless

Health care for the homeless provides medical care, dental care, vision services, mental health and substance abuse services, and pharmacy services at homeless shelters, soup kitchens, and homeless congregate locations throughout Pittsburgh and Allegheny County. For schedules, detailed information or referrals please visit the website at:

http://www.pchspitt.org/healthcare-services/health-care-for-the-homeless/

Call: 412-244-4775

Operation Safety Net

Operation Safety Net, part of the Pittsburgh Mercy Health System and Trinity Health, sponsored by the Sisters of Mercy, touches the lives of hundreds of men and women living on the streets in Pittsburgh by providing them with access to health care, hope, and dignity. They utilize a mobile medical van that is sent out to provide medical services to indigent folks. To learn more about their services and/or the van services, please contact them.

903 Watson Street
Pittsburgh, PA 15219
Call: 412-232-5739 or Toll Free 1-888-492-8950
https://www.pmhs.org/operation-safety-net/

Library for the Blind and Physically Handicapped

Pennsylvania residents who are unable to read standard sized newsprint, unable to hold a book or turn pages, or who have a physically-based reading disability may be eligible for services through Carnegie Library of Pittsburgh’s Library for the Blind and Physically Handicapped (LBPH). LBPH provides a wide range of lendable resources at no cost to qualified patrons. Our print and electronic collections include:

- Large print books
- Audio described DVDs
- Audio books and magazines with playback equipment
- Downloadable audio through Braille and Audio Reading Download (BARD), which can be used with our playback devices or with an iOS device such as an iPhone or iPad
- Downloadable electronic Braille, also through BARD
• Physical Braille books, which can be borrowed via interlibrary loan through our partner the Free Library of Philadelphia’s Library for the Blind and Physically Handicapped. Once enrolled, materials are sent to and from patrons through US mail in postage-free containers. Click here to learn about our easy application process.

The staff of CLP-LBPH, which is a network library of the Library of Congress National Library Service for the Blind and Physically Handicapped, can answer reference questions about anything from the weather to accessible technology. Staff is also available to discuss the latest best sellers, favorite authors, and suggest new titles you might enjoy. For more information, call 412.687.2440 or click www.carnegielibrary.org/lbph.

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Mercy Parish Nurse and Health Ministry Program
Mercy Health Center
1515 Locust St. Suite 705
Pittsburgh, PA 15219
412-232-7997 or 412-232-5815
Email: Parishnurse@mercy.pmhs.org
http://www.pmhs.org/parish-nurse-program/

The Mercy Parish Nurse and Health Ministry Program, part of the Pittsburgh Mercy Health System and sponsored by the Sisters of Mercy, assists churches in establishing volunteer parish nurse and health ministry programs that will thrive and serve the congregation. The program also provides consultation, support and mentoring, ideas and materials for health ministries, information about community resources, and continuing education opportunities.

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Neighborhood Legal Services Association
928 Penn Ave.
Pittsburgh, PA 15222
412-255-6700 or toll-free 1-866-761-6572
Telephone hours are Mon. - Fri. 9 a.m.-11:30 am. and 1 p.m.-2:30 p.m.

Neighborhood Legal Services Association provides free civil legal services for low-income residents of Allegheny County, as well as Beaver, Butler, and Lawrence Counties. Services may include direct representation, advice, or referral depending upon the case. Legal issues include family law (Protection from Abuse, some custody matters and referrals on divorce and support), consumer and bankruptcy problems, public benefits (SSI, TANF, and Medicaid), housing problems, elder law, and employment law. Criminal matters are not handled. Non-
English language assistance is available. Clients will be asked to provide financial information and have documents concerning their situation handy at the time of the call. Visit their website at http://www.nlsa.us/.

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**North Hills Community Outreach**

1975 Ferguson Road  
Allison Park, PA 15101  
412-487-6316  

An interfaith, nonprofit organization that addresses the spiritual, emotional, physical and material needs of people in crisis, hardship and poverty. This organization serves individuals and families in northern Allegheny County, outside the city of Pittsburgh. For more information, call or go to their website.

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**Our Clubhouse**

2816 Smallman St.  
Pittsburgh, PA 15222  
412-338-1919  
[www.ourclubhouse.org](http://www.ourclubhouse.org)  

Our Clubhouse mission is to create welcoming communities of FREE support for everyone living with cancer and their families and friends. They offer programs that complement medical care and provide networking, education and support activities. For more information about their programs and to see a calendar of activities, call or visit their website.
Tobacco Cessation Assistance

Tobacco Free Allegheny
412-322-8321, 1-800-QUIT NOW or 1-800-784-8669
http://www.tobaccofreeallegheny.org/

Information, education and assistance with smoking cessation programs throughout Allegheny County.

Free Pennsylvania Tobacco Quitline
1-800-784-8669 (1-800-QUIT-NOW)
1-855-335-3569 (1-855-DEJELO-YA)

WIC (Women, Infants, Children)

Allegheny County Health Department – WIC Program
412-350-5801
http://www.achd.net/wic/index.html

WIC program serves income eligible and medically or nutritionally at-risk pregnant women, breastfeeding mothers, infants and children under five.
Resources/Websites

Dial 2-1-1

This is a 24-hour professionally staffed hotline sponsored by United Way that provides help, information and referrals for all kinds of human services.

Just Harvest

http://www.justharvest.org

This website is sponsored by Just Harvest, which is an advocacy organization devoted to hunger and poverty issues. This link also provides information on free tax assistance for low-income individuals and families. Or call them at 412-431-8960 ext. 602.

Live Well Allegheny

http://www.livewellallegheny.com

Live Well Allegheny is a county-wide campaign that aims to improve the health and wellness of ALL county residents. It is a collaborative effort between the health department, local municipalities, schools, business partners and residents with a shared vision of creating America’s healthiest County — a goal that can only be achieved through collective action. The website’s interactive Events calendar provides information and dates for a wealth of healthy activities and events for residents of all ages.
For More Information

CALL: 412-247-7816 or 412-687-ACHD (2243) or visit our website: http://www.achd.net/

If information in this guide has changed, please submit updates in the following format:

Name of facility or organization: _______________________________________________
Current address: ________________________________
Organization phone number: ________________________________
Website (if available): ____________________________________________
Organization Email: ____________________________________________
Insurance (information): ____________________________________________
Assistance (policy): ____________________________________________
Services Available: ____________________________________________
Name of person (submitting update): __________________________________________
Your Phone number: ____________________________________________
Your Email: ____________________________________________

All updates may be mailed to:

Lorraine Starsky, BSN, RN
Public Health Nurse
Allegheny County Health Department, Chronic Diseases Prevention
807 Wallace Ave., 2nd Floor
Pittsburgh, PA 15221

Or they can be emailed to lorraine.starsky@alleghenycounty.us
Chronic Diseases Prevention Program
807 Wallace Ave., 2nd Floor
(Hosanna House)
Pittsburgh, PA 15221