

drink 8 glasses of water a day
eat 5 fruits & vegetables each day

Cover Your Cough

Use seat belts

use car seats for infants and children

Brush and floss at least 2 times a day

Eat Healthy

Check for diabetes

Get Your Flu Shot



www.sedgwickcounty.org

Your Health *is in* Your Hands



if you need help finding a medical home or learning more about affordable health coverage options call 2-1-1

Wash Your Hands Often

Cover Your Sneeze

Rest when you're sick

Exercise 20 minutes a day

get mammograms

Check Your Blood Pressure

stay away from sick people

Get your children immunized



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working for you

United Way • AIRS

2-1-1

Get Connected. Get Answers.

Check for diabetes
 Exercise 20 minutes a day
 get mammograms
 Cover Your Blood Pressure
 Cover Your Cough
 use car seats for infants and children
 drink 8 glasses of water a day
 Cover Your Sneeze
 stay away from sick people
 Rest when you're sick

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If you need help finding a medical home or
 learning more about affordable health coverage,
 call 2-1-1 or visit www.sedgwickcounty.org

Last updated April 2016



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Your Health is in Your Hands

A medical home:

- Is the source of medical care chosen by the patient.
- Provides health care services focused on the patient.
- Is accessible and long-term.

A medical home is important because:

- “Minor health issues” won’t become a “major health issues” due to preventative care and check ups.
- When you connect to a medical home, they have access to your records and your medical history — information needed to best treat you.
- It results in savings; you can avoid costly trips to the Emergency Room.

To find a medical home, refer to the “Community Clinics...if you need a medical home” pages or call 2-1-1. The United Way of the Plains offers 2-1-1 for free, 24 hours a day, 7 days a week, to assist you in getting the help you need. The Sedgwick County Health Department Web site can also provide you with a list of community health clinics. Go to www.sedgwickcounty.org.

Need information about affordable health coverage?

There are many people who do not have health care coverage — but there are low-cost coverage options available. Unfortunately, many people don’t know who to call or where to turn for help.

If you need help finding affordable health coverage, call 2-1-1 or visit the Sedgwick County Health Department online at www.sedgwickcounty.org. To see if you or your children are eligible for public health coverage (Medicaid and Healthwave), call 1-800-792-4884. Some private insurance companies also offer low-cost options.

When should you see a doctor?

You can probably take care of 80% of your health issues yourself — minor health issues, like a cold, a fever, a sore throat, a minor cut or a sprain. For these instances, you can treat yourself with some simple “self-care” information. Self-care helps you to recognize your symptoms, determine how you can treat them on your own, and when you might need to seek medical attention.

For online “self-care information” for the most common illnesses and injuries, visit the Sedgwick County Health Department at www.sedgwickcounty.org.

If you need help finding a medical home or learning more about affordable health coverage options, call 2-1-1 or visit www.sedgwickcounty.org



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Community Clinics ... if you need a health care home

The following **primary care and medical home providers** are available for uninsured, low-income, Medicaid, and Medicare clients. Most services are available on a sliding scale. Call to make an

Clinic Name and Phone Number	Address	Provide Primary Care	Hours	Accepts Medicare Medicaid	Accepts Private Insurance	Specialty Services	Other Info
HealthCore Clinic 691-0249	2707 E 21 st St. (67214)	✓	Medical: Mon-Fri 8 a.m. - 6 p.m. Saturday 9 a.m. - 5 p.m. Substance Abuse: Mon-Fri 8 a.m. - 9 p.m. Mental Health: Mon-Fri 8 a.m. - 6 p.m. Saturday 9 a.m. - 5 p.m.	✓	✓	OB/Prenatal Care; Pediatrics; Substance Abuse; Mental Health; Chronic Disease Management; Early Detection Works; HIV Testing; Lab Services; Prevention and Wellness	DCF Outstation site; Medication Assistance Program; 340B Program; Project Access; Anger Management Program; Smart Start Program; Healthy Steps; Strengthening Families Program; Health Homes
E.C. Tyree Health Clinic 681-2545	1525 N. Lorraine (67214)	✓	Mon-Thurs 9 a.m. to 8 p.m. Fri 9 a.m. to 1 p.m. Sat 9 a.m. to 1 p.m.	✓	✓	Hypertension & Diabetes Mgmt; Pediatric through Adult services; Free/low-cost in-house medications; free HIV Testing; ACA Insurance Navigator	Evening and Saturday Hours; Migrant Farm Worker program; Project Access; Early Detection Works; Prescription Assistance; Behavioral Health
GraceMed Good Samaritan Clinic 866-2000	3701 E 13 th St. (67208)	✓	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Primary Medical Care, Prenatal Care, Pediatrics	KanCare Enrollment; SRS Outstation Site
GraceMed Helen Galloway Family Clinic 866-2000	1122 N. Topeka (67214)	✓	Medical and Dental: Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Optometry, pediatrics, podiatry, primary medical services, and preventive and restorative dental care	Project Access; KanCare Enrollment; Rx Assistance; Early Detection Works; Migrant Farmworker Program; SRS Outstation Site
GraceMed Dodge Family Clinic 866-2000	4910 W. 1st St (67212)	✓	Medical and Dental: Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Primary medical care, pediatrics, preventive dental care	Project Access; KanCare Enrollment; Rx Assistance; Early Detection Works; Migrant Farmworker Program; SRS Outstation Site



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 get mammograms
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 Rest when you're sick
 Stay away from sick people
 Cover Your Sneeze

Clinic Name and Phone Number	Address	Provide Primary Care	Hours	Accept Medi-care/Medicaid	Accept Private Insurance	Specialty Services	Other Information
GraceMed Healthy Family Clinic 866-2000	1905 S. Laura (67211)	✓	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Pediatrics, primary medical care and preventive dental care	KanCare Enrollment
GraceMed Evergreen Family Clinic 866-2000	1125 W. 26th St. N. (67204)	✓	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Pediatrics, primary medical care and preventive dental care	KanCare Enrollment
GraceMed Downing Family Clinic 866-2000	2201 E. 25th St. N., Bldg. 200 (67219)	✓	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Pediatrics, primary medical care and preventive dental care	KanCare Enrollment
GraceMed Jardine Family Clinic	3610 E. Ross Parkway (67210)	✓	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Pediatrics, primary medical care and preventive dental care	KanCare Enrollment
GraceMed Meyer Family Clinic (at West High, opening January 2016)	755 W. Lincoln (67213)	✓	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Pediatrics, primary medical care and preventive dental care	KanCare Enrollment
GraceMed Mother Mary Anne Clinic 866-2000	1131 South Clifton (67218)	✓	Mon-Fri 8 a.m. to 7 p.m.	✓	✓	Immediate care, pediatric & adult medical care, and immediate dental care	Non-emergency primary care as an alternative to emergency room use in the evening hours
GraceMed Oaklawn Family Clinic	5000 S. Clifton Ave., Suite 200 (67216)	✓	Mon. - Fri 8 a.m. to 5 p.m.	✓	✓	Pediatrics, primary medical care, preventive dental care	
Guadalupe Clinic So. Hillside 201-1986	2825 S. Hillside (67216)	✓	Mon, Fri 8:30 a.m. to noon 1 p.m. to 4:40 p.m. Tues—Thurs 1 to 4:30 p.m.			Primary Medical Care	\$5 donation requested, but no one is turned away

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More Community Clinics...if you need a health care home 6

Clinic Name and Phone Number	Address	Provide Primary Care	Hours	Accept Medicare/Medicaid	Accept Private Insurance	Specialty Services	Other Information
Guadalupe Clinic So. St. Francis 264-8974	940 S St. Francis (67211)	✓	Mon 8:30 a.m. to noon, 1 to 6:30 p.m. Tues, Thurs, Fri 8:30 a.m. to noon, 1 to 4:30 p.m. Wed 1 to 6:30 p.m. Sat 9 a.m. to noon			Wellness and Prevention Services: Treadmill testing for heart evaluation, health screenings, smoking cessation, pregnancy tests, lab testing/X-rays Specialty Care: Allergy, cardiology/pulmonary care, dermatology, disease & chronic illness management Project Access Women's Health and Wellness Clinic: Early detection clinic, screenings for breast and cervical cancer, mammograms, pap smears, pelvic exams Diabetic Clinic: Education and Services	\$5 donation requested, but no one is turned away
Guadalupe Clinic N. Broadway 264-8974	841 N Broadway (67214)	✓	Thursdays 5:30-8:30 p.m.			Primary Medical Care	\$5 donation requested, but no one is turned away
Hunter Health Main Clinic 262-3611 Admin	2318 E Central (67214)	✓	Mon-Fri 8:30 a.m. -10 p.m.	✓	✓	OB/Prenatal Care; Minor Surgery; Pediatrics; Diabetes Care; High Complexity Lab; HIV, Hep A, B and C Testing Site; Dental	Community Health Center, Homeless Health Care; Urban Indian Health Clinic; Healthwave Enrollment; DCF Outstation Site
Hunter Health Brookside Satellite 652-0152	2750 S. Roosevelt (67210)	✓	Mon-Fri 8:30 a.m. -5 p.m.	✓	✓		Same as Hunter Health Main Clinic
Hunter Health Interfaith Ministries 858-1151	935 N. Market (67214)	✓	Mon-Thurs 8:30 a.m. to 5 p.m.	✓	✓	Primary Medical Care OB/Prenatal care	Same as Hunter Health Main Clinic



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Limited Medical Service Clinics

The providers listed below serve specific populations, provide specialized services, or offer service during non-traditional hours. These services are provided for uninsured, low-income, Medicaid, and Medicare clients. Most services are available on a sliding scale.

Clinic Name and Phone Number	Address	Hours	Accept Medicare/Medicaid	Accept Private Insurance	Services Provided	Other Information
Via Christi Family Medicine	707 N. Emporia 421 S. Clifton	Mon-Fri 8 a.m. to 5 p.m.	✓	✓	Primary medical; prenatal care	
Wesley Family Medicine Center 962-3070	850 N. Hillside (67214)	Mon-Fri 8 a.m. to 5 p.m. (except for holidays)	✓	✓	Offers wide variety of services—call for a complete list.	Behavioral health counseling for children, adolescents and adults.
Mayflower Clinic 558-3991	209 E. William, Suite #104 (67202)	Weekends 1 to 5 p.m. (Please call for appointments)				Non emergency primary care as an alternative to emergency room use on the weekend.
Sedgwick County Health Department 660-7300	2716 W. Central (67203)	Mon-Wed 8 a.m. to 5 p.m. Thurs noon to 5 p.m. Fri 8-11:30 a.m.	✓	✓	Immunizations, family planning, prenatal care, STD care, early detection works (breast and cervical cancer detection), Lab Services	
World Impact Mobile Clinic 682-4075	Services are provided throughout the city of Wichita Monday through Thursday; please call 682-4075 for location information	Mon-Thurs Clinics begin at 5:30 p.m.				Non-emergency primary care. Alternative to urgent care. (no x-ray services)



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More Limited Medical Service Clinics

Clinic Name and Phone Number	Address	Hours	Accept Medicare/Medicaid	Accept Private Insurance	Services Provided	Other Information
Wichita Child Guidance Center 686-6671	415 N. Poplar (67214)	Mon-Wed 8 a.m. to 7 p.m. Thurs. 8 a.m. to 8 p.m. Fri 8 a.m. to 2 p.m.	✓	✓	Mental Health for children and families. Therapy and medication management.	Includes Early childhood mental health (0-5 y/o).
COMCARE First Appointment Intake and Assessment Center 660-7540	940 N. Waco (67203)	Mon-Fri 8 a.m. to 5 p.m. with exceptions listed.	✓	✓		
COMCARE Community Support Services 660-7700	1929 W 21st St. N. (67203)		✓	✓	Mental health and addiction services	Mental Health Services for Adults Who have a serious mental illness
Center City (Homeless Program) 660-7800	402 E. 2nd St. Suite B (67202)		✓	✓		
Community Crisis Center 660-7500 Crisis Admin 660-7525	635 N. Main (67203)	24/7	✓	✓		Suicide Prevention
Adult Outpatient Services 660-7675	1919 N. Amidon, Suite 130 (67203)		✓	✓		
Children's Services 660-9600	350 S. Broadway (67202)		✓	✓		Focus on children with serious emotional disturbances
Addiction Treatment Services 660-7550	940 N. Waco (67203)	Mon-Thurs 8 a.m. to 9 p.m. Fri 8 a.m. to 5 p.m.	✓	✓		Substance Use Outpatient Treatment for Adults
Sedgwick County Offender Assessment Program 660-1900	1720 E. Morris, Suite 101 (67211)	24/7	✓	✓		

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The following dental providers are available for uninsured, low income, Medicaid, and Medicare clients. Most services are available on a sliding scale. Call to make an appointment or ask about their sliding fees. Hours and services subject to change. Information listed provided by individual clinics.

E.C. Tyree Dental Clinic

Address: 1525 N. Lorraine (67214)
Phone: 316-681-2545
Patients: Children and adults
Services: Cleanings, fillings, dentures, partials, whitening, sealants, fluoride, extractions, crowns, root canals, bridges and education.
Hours: Mon. and Wed., 9 a.m. to 5:30 p.m.
 Tue. and Thurs. 9 a.m. to 7 p.m.
 Fri. and Sat. 9 a.m. to 1 p.m.

GraceMed Clinics

Phone: 316-866-2000
Patients: Children and adults
Services: Cleanings, x-rays, sealants, fluoride, extractions, root canals, fillings, crowns, dentures, partials and bridges.
Hours: Mon.-Fri. 8 a.m. to 5 p.m.

- **Dodge Family Clinic**, 4910 W. 1st St. (67212)
- **Downing Children's Clinic**, 2201 E. 25th N. (67219)
- **Evergreen Family Clinic**, 2700 N. Woodland (67204)
- **Good Samaritan Clinic**, 3701 E. 13th St. Bldg. 400 (67208)
- **Healthy Family Clinic**, 1233 S Emporia (67211)
- **Helen Galloway Family Clinic**, 1122 N. Topeka (67214)
- **Jardine Family Clinic**, 3610 E. Ross Parkway (67210)
- **Mother Mary Anne Clinic**, 1131 S. Clifton (67218)
Services: Urgent Dental Care
Hours: Mon.-Fri., 5-9 p.m.
 Sat., 1-9 p.m.
- **Oaklawn Family Clinic**, 5000 S. Clifton Ave. Ste 200 (67216)

Hunter Health Clinic

Address: 2318 E Central (67214)
Phone: 316-269-0677
Patients: Children and adults
Services: Comprehensive exams, cleanings, extractions, x-rays, root canals, dentures, partials, bridges sealants and fillings
Hours: Mon.-Thurs. 8:30 a.m. to 5 p.m.
 Fri., 8:30 a.m. to 1 p.m.
 (Emergency Walk-Ins, Mon.-Fri., 7:30 a.m.)

Sedgwick County Health Department

Address: 1900 E 9th (67214)
Phone: 316-660-7317
Patients: Children, ages 5 (in kindergarten) to 15 years old, who meet the eligibility requirements
Services: Cleanings, x-rays, fluoride treatment, sealants, simple extractions, fillings, oral hygiene instructions and diet information
Hours: Mon.-Fri., 8 a.m. to 5 p.m., by appointment only

Delta Dental of Kansas Foundation Dental Hygiene Clinic at Wichita State University

Address: WSU Campus, 2nd Floor of Ahlberg Hall, Room 207
Phone: (316) 978-3603
Patients: Children and adults
Services: Preventive dental care: cleanings, sealants, x-rays, fluoride, dental exams, scaling, and root planing
Hours: Mon.-Thurs. Call for times and appointments (open late August to early June).

Advanced Education in General Dentistry Dental Clinic at Wichita State University

Address: 2838 N. Oliver - WSU Metroplex Campus, AEGD Building
Phone: (316) 978-8350
Patients: Children and adults
Services: Comprehensive dental care: cleanings, fillings, dentures, partials, whitening, sealants, fluoride, patient education, extractions, root canals, crowns, bridges, implants, all-digital x-rays, panoramic x-rays
Hours: Mon.-Fri. 9 a.m. to 5 p.m., call for appointments

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If you are uninsured, have health insurance that does not provide a prescription benefit, or have Medicare with no supplemental prescription drug coverage, you may benefit from prescription discount programs. There are several options available in Sedgwick County:

Medical Service Bureau Program Services

The Voucher Program: limited emergency financial assistance in the form of a voucher for the purchase of mainly generic prescription medications, diabetic supplies, prescription eyeglasses, and provides referrals for low-cost eye exams. We also assist the Medicare Part D beneficiaries with the prescription co-pays and/or purchasing their medications while they are in the “donut-hole”.

The Pharmaceutical Drug Program (PDP): helps clients who qualify through guidelines established by the pharmaceutical companies to access brand name prescription medications for chronic illnesses for free or at a low-cost. The Medicare Part D Prescription Drug Program decreased the number of clients we served due to constant changes place by the Pharmaceutical Companies.

Agency Requirements

Proof of Household Income: Must be within the previous 30 days for each working member in the household. For those who have no income at all must have a referral letter from a community agency or health care provider. MSB has referral forms available, if needed please call.

Proof of Identification: Must bring documentation for every person living in the household.

Proof of Address: Must bring something mailed in your name within the previous 30 days.

Proof of Insurance: Must bring insurance card for everyone in the household if you have coverage.

Address:

1530 S. Oliver, Suite 110-130
Wichita, KS 67218

Phone:

316.683.7559

Hours of Operation:

Monday through Thursday: 8:30 to 11 a.m. and 1 to 4 p.m.

Friday: 8:30 a.m. to 11 a.m.

For more information about prescription drug assistance, visit the Sedgwick County Health Department online at www.sedgwickcounty.org.

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Help your doctor help you:

1. **To save time and prevent delays; 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. More information is better.
2. **Bring in a list of medications that you are currently taking.** This should include any vitamins you take as well as over-the-counter and prescribed medications. Prescription drug names can be hard to remember, so if you have it written down, you'll be prepared.
3. **Make a list of your health concerns.** Write down and bring a list of your top three concerns for each visit. You may get nervous and forget to ask about something that has been bothering you.
4. **Know and write down any recent allergic reactions and ongoing allergies.**
5. **Know and write down your medical history.** Include things like any major surgeries you had, such as having an appendix removed. Also, 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.
6. **Communicate: Ask for clarification.** If you do not understand something the doctor is telling you, ask them to repeat it or explain it in different words. Try to repeat back what they have said to you in different words. If the doctor is going too fast, ask him or her to slow down because you want to be sure you understand what is going on.
7. **Share other health factors.** It is best to let your doctor know of other factors that could affect your condition, such as smoking, alcohol, and/or drug use.
8. **Insist your doctors communicate with each other.** If you are referred to a specialist for care, bring in the results from your other doctor. Again, more information is always better.

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Sore Throat

Symptoms

- Sore throat; red, irritated throat
- Neck feels swollen
- Difficulty swallowing

Self-Care Treatment

- Drink fluids
- Gargle with warm salt water
- Use cough drops

When to get medical care

- Fever 101 or higher
- White spots in your throat
- Difficulty breathing
- Rash

Cuts & Scrapes

Symptoms

- Minor cut or scrape of the skin with little bleeding

Self-Care Treatment

- Apply pressure 15 minutes to stop bleeding
- Prevent infection by cleaning with soap and water and hydrogen peroxide
- Antibacterial cream to help prevent infection
- Cover with bandage

When to get medical care

- Uncontrolled bleeding
- Large, deep cut
- Numbness
- Signs of infection (pus, swelling, pain, fever, redness, streaks)
- Can't hold edges of cut together

Earache

Symptoms

- Ears feel stuffy
- You can't hear well
- Itching
- Pain, redness or swelling

Self-Care Treatment

- Try to remove ear wax with "ear wax remover"
- Use decongestants, antihistamines, vaporizers
- Do NOT use cotton swabs in your ears

When to get medical care

- Fever 102 or higher
- Severe ear pain
- Pus or bloody discharge
- Ringing in the ears, dizziness
- Recent head trauma

Fever

Symptoms

- Hot and sweaty
- May have chills
- Body aches

Self-Care Treatment

- Drink fluids to prevent dehydration
- Take lukewarm bath or sponge bath
- Take anti-fever medicine (aspirin/aspirin substitute)

When to get medical care

- Fever 103 or higher
- Fever with rash, stiff neck, severe headache, confusion
- Painful urination
- Severe back or abdominal pain

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Headache

Symptoms

- Head throbs
- Nausea
- Tension in the head, neck and shoulders
- Sinus pain

Self-Care Treatment

- Rest and massage sore muscles in your shoulders and neck
- Use ice packs to your neck and forehead
- Use heat on your sinus pain
- Take aspirin/aspirin substitute

When to get medical care

- Unusually severe head pain
- Fever 102 or higher
- Slurred speech, changes in vision
- Weakness in arms or legs

Cough

Symptoms

- Dry cough or mucus-producing cough
- Coughing can be caused by a cold, allergy or some irritant (like smoke)

Self-Care Treatment

- Drink fluids
- Use a vaporizer
- Use cough drops
- Use a cough syrup with “expectorant”
- Don’t smoke

When to get medical care

- Fever 102 or higher
- Shortness of breath
- Severe chest pains
- Bloody, brown or green mucus

Stuffy Nose

Symptoms

- Can’t breathe through your nose
- Stuffy feeling in your nose
- May have runny nose
- May have colored discharge from your nose
- Pressure or pain above or below eyes

Self-Care Treatment

- Drink fluids
- Use a vaporizer or heat pack on your cheekbones and forehead
- Use nasal sprays and decongestants

When to get medical care

- Fever of 102 or higher
- Bloody, brown or green discharge
- Pain in the forehead, cheeks and teeth

Low Back Pain

Symptoms

- Back aches
- Hurts to move

Self-Care Treatment

- Drink fluids to prevent dehydration
- Take lukewarm bath or sponge bath
- Take anti-fever medicine (aspirin/aspirin substitute)

When to get medical care

- Fever 103 or higher
- Fever with rash, stiff neck, severe headache, confusion
- Painful urination
- Severe back or abdominal pain

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Non-Emergencies

- An earache
- Cold and flu symptoms
- Sunburn
- Minor cut (bleeding under control)
- Insect bites (with no breathing troubles)
- A fever (without convulsions)
- A skin rash
- A muscle strain

Treat with “self-care” or call your doctor for advice.

Emergencies

Require immediate medical attention!

- Severe bleeding that does not stop after 15 minutes of direct pressure
- Severe chest pain with: sweating, shortness of breath, dizziness, throwing up, and sick to your stomach
- Difficulty breathing
- Blacking out (fainting)
- Choking
- Swallowing poison
- Broken bone

For children:

- Breathing trouble
- Ongoing vomiting
- Bloody diarrhea
- Stiff neck with fever or headache
- High fever (do NOT give children aspirin)

Important Information to Carry in Your Wallet or Purse

- Name and number of your doctor; health plan information
- Name and number of relative or friend in case of emergency
- List of allergies
- List of medical problems (ex. diabetes, high blood pressure)
- List of prescriptions and dose you take

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