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

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
Check Your Blood Pressure
Get your children immunized

United Way • AIRS 2-1-1
Get Connected. Get Answers.
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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
What is a medical home and why do I need one?

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.
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

<table>
<thead>
<tr>
<th>Clinic Name and Phone Number</th>
<th>Address</th>
<th>Accepts Primary Care</th>
<th>Hours</th>
<th>Accepts Medicare Medicaid</th>
<th>Accepts Private Insurance</th>
<th>Specialty Services</th>
<th>Other Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>HealthCore Clinic 691-0249</td>
<td>2707 E 21st St. (67214)</td>
<td>✓</td>
<td>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.</td>
<td>✓</td>
<td>✓</td>
<td>OB/Prenatal Care; Pediatrics; Substance Abuse; Mental Health; Chronic Disease Management; Early Detection Works; HIV Testing; Lab Services; Prevention and Wellness</td>
<td>DCF Outstation site; Medication Assistance Program; 340B Program; Project Access; Anger Management Program; Smart Start Program; Healthy Steps; Strengthening Families Program; Health Homes</td>
</tr>
<tr>
<td>E.C. Tyree Health Clinic 681-2545</td>
<td>1525 N. Lorraine (67214)</td>
<td>✓</td>
<td>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.</td>
<td>✓</td>
<td>✓</td>
<td>Hypertension &amp; Diabetes Mgmt; Pediatric through Adult services; Free/low-cost in-house medications; free HIV Testing; ACA Insurance Navigator</td>
<td>Evening and Saturday Hours; Migrant Farm Worker program; Project Access; Early Detection Works; Prescription Assistance; Behavioral Health</td>
</tr>
<tr>
<td>GraceMed Good Samaritan Clinic 866-2000</td>
<td>3701 E 13th St. (67208)</td>
<td>✓</td>
<td>Mon-Fri 8 a.m. to 5 p.m.</td>
<td>✓</td>
<td>✓</td>
<td>Optometry, pediatrics, podiatry, primary medical services, and preventive and restorative dental care</td>
<td>KanCare Enrollment; SRS Outstation Site</td>
</tr>
<tr>
<td>GraceMed Helen Galloway Family Clinic 866-2000</td>
<td>1122 N. Topeka (67214)</td>
<td>✓</td>
<td>Medical and Dental: Mon-Fri 8 a.m. to 5 p.m.</td>
<td>✓</td>
<td>✓</td>
<td>Primary Medical Care, Prenatal Care, Pediatrics</td>
<td>Project Access; KanCare Enrollment; Rx Assistance; Early Detection Works; Migrant Farmworker Program; SRS Outstation Site</td>
</tr>
<tr>
<td>GraceMed Dodge Family Clinic 866-2000</td>
<td>4910 W. 1st St (67212)</td>
<td>✓</td>
<td>Medical and Dental: Mon-Fri 8 a.m. to 5 p.m.</td>
<td>✓</td>
<td>✓</td>
<td>Primary medical care, pediatrics, preventive dental care</td>
<td>Project Access; KanCare Enrollment; Rx Assistance; Early Detection Works; Migrant Farmworker Program; SRS Outstation Site</td>
</tr>
<tr>
<td>Clinic Name and Phone Number</td>
<td>Address</td>
<td>Provide Primary Care</td>
<td>Hours</td>
<td>Accept Medicare/Medicaid</td>
<td>Accept Private Insurance</td>
<td>Specialty Services</td>
<td>Other Information</td>
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<tr>
<td>GraceMed Healthy Family Clinic</td>
<td>1905 S. Laura (67211)</td>
<td>✔</td>
<td>Mon-Fri 8 a.m. to 5 p.m.</td>
<td>✔</td>
<td>✔</td>
<td>Pediatrics, primary medical care and preventive dental care</td>
<td>KanCare Enrollment</td>
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<td>866-2000</td>
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<tr>
<td>GraceMed Evergreen Family Clinic</td>
<td>1125 W. 26th St. N. (67204)</td>
<td>✔</td>
<td>Mon-Fri 8 a.m. to 5 p.m.</td>
<td>✔</td>
<td>✔</td>
<td>Pediatrics, primary medical care and preventive dental care</td>
<td>KanCare Enrollment</td>
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<td>866-2000</td>
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<tr>
<td>GraceMed Downing Family Clinic</td>
<td>2201 E. 25th St. N., Bldg. 200 (67219)</td>
<td>✔</td>
<td>Mon-Fri 8 a.m. to 5 p.m.</td>
<td>✔</td>
<td>✔</td>
<td>Pediatrics, primary medical care and preventive dental care</td>
<td>KanCare Enrollment</td>
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<td>866-2000</td>
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<tr>
<td>GraceMed Jardine Family Clinic</td>
<td>3610 E. Ross Parkway (67210)</td>
<td>✔</td>
<td>Mon-Fri 8 a.m. to 5 p.m.</td>
<td>✔</td>
<td>✔</td>
<td>Pediatrics, primary medical care and preventive dental care</td>
<td>KanCare Enrollment</td>
</tr>
<tr>
<td>GraceMed Meyer Family Clinic (at West High, opening January 2016)</td>
<td>755 W. Lincoln (67213)</td>
<td>✔</td>
<td>Mon-Fri 8 a.m. to 5 p.m.</td>
<td>✔</td>
<td>✔</td>
<td>Pediatrics, primary medical care and preventive dental care</td>
<td>KanCare Enrollment</td>
</tr>
<tr>
<td>866-2000</td>
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<tr>
<td>GraceMed Mother Mary Anne Clinic</td>
<td>1131 South Clifton (67218)</td>
<td>✔</td>
<td>Mon-Fri 8 a.m. to 7 p.m.</td>
<td>✔</td>
<td>✔</td>
<td>Immediate care, pediatric &amp; adult medical care, and immediate dental care</td>
<td>Non-emergency primary care as an alternative to emergency room use in the evening hours</td>
</tr>
<tr>
<td>866-2000</td>
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</tr>
<tr>
<td>GraceMed Oaklawn Family Clinic</td>
<td>5000 S. Clifton Ave., Suite 200 (67216)</td>
<td>✔</td>
<td>Mon. - Fri 8 a.m. to 5 p.m.</td>
<td>✔</td>
<td>✔</td>
<td>Pediatrics, primary medical care, preventive dental care</td>
<td></td>
</tr>
<tr>
<td>GraceMed Oaklawn Family Clinic</td>
<td>5000 S. Clifton Ave., Suite 200 (67216)</td>
<td>✔</td>
<td>Mon. - Fri 8 a.m. to 5 p.m.</td>
<td>✔</td>
<td>✔</td>
<td>Pediatrics, primary medical care, preventive dental care</td>
<td></td>
</tr>
<tr>
<td>Guadalupe Clinic So. Hillside</td>
<td>2825 S. Hillside (67216)</td>
<td>✔</td>
<td>Mon, Fri 8:30 a.m. to noon 1 p.m. to 4:40 p.m., Tues–Thurs 1 to 4:30 p.m.</td>
<td>✔</td>
<td>✔</td>
<td>Primary Medical Care</td>
<td>$5 donation requested, but no one is turned away</td>
</tr>
<tr>
<td>Clinic Name and Phone Number</td>
<td>Address</td>
<td>Provide Primary Care</td>
<td>Hours</td>
<td>Accept Medicare/Medicaid</td>
<td>Accept Private Insurance</td>
<td>Specialty Services</td>
<td>Other Information</td>
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</tr>
<tr>
<td>Guadalupe Clinic So. St. Francis 264-8974</td>
<td>940 S St. Francis (67211)</td>
<td>✓</td>
<td>Mon 8:30 a.m. to noon, 1 to 6:30 p.m.</td>
<td>✓</td>
<td>✓</td>
<td>Wellness and Prevention Services; Treadmill testing for heart evaluation, health screenings, smoking cessation, pregnancy tests, lab testing/X-rays Speciality Care: Allergy, cardiology/pulmonary care, dermatology, disease &amp; 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</td>
<td>$5 donation requested, but no one is turned away</td>
</tr>
<tr>
<td>Guadalupe Clinic N. Broadway 264-8974</td>
<td>841 N Broadway (67214)</td>
<td>✓</td>
<td>Thursdays 5:30-8:30 p.m.</td>
<td>✓</td>
<td>✓</td>
<td>Primary Medical Care</td>
<td>$5 donation requested, but no one is turned away</td>
</tr>
<tr>
<td>Hunter Health Main Clinic 262-3611 Admin</td>
<td>2318 E Central (67214)</td>
<td>✓</td>
<td>Mon-Fri 8:30 a.m. -10 p.m.</td>
<td>✓</td>
<td>✓</td>
<td>OB/Prenatal Care; Minor Surgery; Pediatrics; Diabetes Care; High Complexity Lab; HIV, Hep A, B and C Testing Site; Dental</td>
<td>Community Health Center, Homeless Health Care; Urban Indian Health Clinic; Healthwave Enrollment; DCF Outstation Site</td>
</tr>
<tr>
<td>Hunter Health Brookside Satellite 652-0152</td>
<td>2750 S. Roosevelt (67210)</td>
<td>✓</td>
<td>Mon-Fri 8:30 a.m. -5 p.m.</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td>Same as Hunter Health Main Clinic</td>
</tr>
<tr>
<td>Hunter Health Interfaith Ministries 858-1151</td>
<td>935 N. Market (67214)</td>
<td>✓</td>
<td>Mon-Thurs 8:30 a.m. to 5 p.m.</td>
<td>✓</td>
<td>✓</td>
<td>Primary Medical Care OB/Prenatal care</td>
<td>Same as Hunter Health Main Clinic</td>
</tr>
</tbody>
</table>
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.

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

<table>
<thead>
<tr>
<th>Clinic Name and Phone Number</th>
<th>Address</th>
<th>Hours</th>
<th>Accept Medicare/Medicaid</th>
<th>Accept Private Insurance</th>
<th>Services Provided</th>
<th>Other Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wichita Child Guidance Center 686-6671</strong></td>
<td>415 N. Poplar (67214)</td>
<td>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.</td>
<td>✓</td>
<td>✓</td>
<td>Mental Health for children and families. Therapy and medication management.</td>
<td>Includes Early childhood mental health (0-5 y/o).</td>
</tr>
<tr>
<td><strong>COMCARE First Appointment Intake and Assessment Center 660-7540</strong></td>
<td>940 N. Waco (67203)</td>
<td>Mon-Fri 8 a.m. to 5 p.m. with exceptions listed.</td>
<td>✓</td>
<td>✓</td>
<td>Mental health and addiction services</td>
<td>Mental Health Services for Adults Who have a serious mental illness</td>
</tr>
<tr>
<td><strong>COMCARE Community Support Services 660-7700</strong></td>
<td>1929 W 21st St. N. (67203)</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Center City (Homeless Program) 660-7800</strong></td>
<td>402 E. 2nd St. Suite B (67202)</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Community Crisis Center 660-7500</strong></td>
<td>635 N. Main (67203)</td>
<td>24/7</td>
<td>✓</td>
<td>✓</td>
<td>Suicide Prevention</td>
<td></td>
</tr>
<tr>
<td><strong>Adult Outpatient Services 660-7675</strong></td>
<td>1919 N. Amidon, Suite 130 (67203)</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Children’s Services 660-9600</strong></td>
<td>350 S. Broadway (67202)</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td></td>
<td>Focus on children with serious emotional disturbances</td>
</tr>
<tr>
<td><strong>Addiction Treatment Services 660-7550</strong></td>
<td>940 N. Waco (67203)</td>
<td>Mon-Thurs 8 a.m. to 9 p.m., Fri 8 a.m. to 5 p.m.</td>
<td>✓</td>
<td>✓</td>
<td>Substance Use Outpatient Treatment for Adults</td>
<td></td>
</tr>
<tr>
<td><strong>Sedgwick County Offender Assessment Program 660-1900</strong></td>
<td>1720 E. Morris, Suite 101 (67211)</td>
<td>24/7</td>
<td>✓</td>
<td>✓</td>
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</tbody>
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*Exercise 20 minutes a day. Eat 8 glasses of water a day.*

*Cover Your Cough. Use Sanitizer. Get Your Flu Shot.*

*Your Health is in Your Hands.*

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.

**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 treatments, seals, simple extractions, fillings, oral hygiene instructions, and diet information  
**Hours:** Mon.-Fri., 8 a.m. to 5 p.m., by appointment only

**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)

**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

**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.)

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
Need help with prescription costs?

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.

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.
Careington’s MyCountyCares The One Card Benefits Program
Sedgwick County partners with Careington International Corporation, a Discount Medical Plan Organization and PPO Dental Network Administrator, to provide access to quality dental, health care, and lifestyle services at reduced rates. The program provides discounts on prescriptions, vision, LASIK, imaging, hearing, and more on one convenient card; to residents who are who are uninsured, underinsured, older residents, and pet owners in the County. Residents can save on healthcare and wellness expenses.

Sedgwick County Health Navigators distribute the Careington’s MyCountyCares The One Card to the residents of Sedgwick County. Take-away brochures can be found in various facilities throughout Sedgwick County including but not limited to our Community Health Clinics, local government buildings, and USD school nurses offices. To receive more information about these discount cards, please call 316-660-7673.

Partnership for Prescription Assistance - 1-888-4PPA-NOW
The Partnership for Prescription Assistance brings together America’s pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying uninsured patients get the medicines they need. Many are covered for free or nearly free. Partnership for Prescription Assistance’s mission is to increase awareness of patient assistance programs and boost enrollment of those who are eligible. The Partnership for Prescription Assistance offers a single point of access to more than 475 public and private patient assistance programs, including more than 180 programs offered by pharmaceutical companies.

$4 Prescriptions!
Some retail stores (including K-Mart, Target, Dillons and Wal-Mart) are now offering many common prescriptions for just $4 for a 30-day supply. Check stores for a listing of prescriptions and dosage that apply.
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.
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

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**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

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**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

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**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

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# 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

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# 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 mucus
- Pain in the forehead, cheeks and teeth

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# 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