

●=Spanish, ◆=Chinese, ■=Laotian
 ◀=Spanish at variable times
 ▲=Legal resident, citizen required

Dental

1-800-DENTIST 1-800-Dentist
 Provides referrals to dentists with discounted services and/or payment plan; must request at time of call ●●

Brookside Community Health Center
 Richmond..... 510-215-5001
 San Pablo 510-215-9092
 Provides dental services; West County resident; Sliding scale for uninsured, Medi-Cal, Healthy Families, other insurances ●■

Contra Costa Health Services Dental Clinics 1-877-905-4545
 Bay Point, Martinez, Pittsburg, Richmond; Medi-Cal, CCHP ●▲ Children 21 and under, Medi-Cal/Denti-Cal, Basic Health Care for children 14 and under ●

La Clínica Pittsburg Dental Clinic 925-431-1250

La Clínica Monument..... 925-363-2000
 Provides dental services for children less than 18; registration fee new clients: \$25, \$10 to renew expired cards; sliding scale for services; Medi-Cal, Healthy Families, most dental insurance accepted ●◆

Dental Hygiene Clinic 925-685-1230 (Diablo Valley College).....Ext.2534
 Provides dental cleaning, x-rays, fluoride treatment; ages 5+, screening exam required; if paying with check, need to show proper identification; adults \$25-\$55, children \$10, Medi-Cal. Services are closed during summer. ◀

University California San Francisco Dental School415-476-1891
 Provides low-cost dental services adults, and children; \$11 assessment fee; Photo ID required ●◆

University of the Pacific Dental School - SF 415-929-6501
 Union City510-489-5200
 Provides low-cost dental services for adults and children; initial fee; most insurance accepted; flexible payment plans; accepts cash, checks, Visa & MasterCard.

Denti-Cal/Medi-Cal Dental Program 1-800-322-6384
 Provides referrals to Medi-Cal dentists for children (adult dental services not covered by Medi-Cal as of 7/1/2009) ▲

Eye Exam/Glasses

California Vision Project 1-800-877-5738
 Provides free eye exam and low-cost glasses; California resident, at least one adult in the household must be employed, low-income; must not have any insurance that covers vision services ●

Lions Center for Visually Impaired 925-432-3013
 Provides eye exam and glasses at low cost or no cost for individuals with no vision insurance coverage; call number to locate service provider in area ●

University California Berkeley Eye Care Center 510-642-2020
 Provides low-cost eye services; fee must be paid at time of service ◀

Hearing Aids

Hear NOW 1-800-648-4327
 Provides hearing aids; eligibility based on income; must be US citizen ▲

Lions Hearing Foundation, East Bay 925-687-3883
 Provides donated hearing aids to low income, US or legal immigrant; donation of \$150 per hearing aid; call to locate service provider in area ▲

Medical Care

BAART Healthcare East 925-522-0124
BAART Healthcare West 510-232-0874
 Provides primary health care for adults; Medi-Cal, sliding scale ◀

Berkeley Free Clinic.... 1-800-625-4642
 Provides free general medical services for adults by appointment only; homeless: call at 5:30pm, others call at 5:45pm; appointments from 7pm-8:45pm ◀

Brookside Community Health Center
 Richmond 510-215-5001
 San Pablo 510-215-9092
 Provides primary health care; West Contra Costa resident; Sliding scale for uninsured persons, Medi-Cal, Medicare, Healthy Families, private insurance ●■

Charlotte Maxwell Complimentary Clinic (Oakland) 510-601-7660
 Provides acupuncture, homeopathy, massage therapy for low income women with cancer diagnosis ●◆

Contra Costa County Health Services Health Centers1-877-905-4545
 Antioch, Bay Point, Brentwood, Concord, Martinez, Pittsburg, Richmond ●▲

Healthcare for Homeless Mobile Van
 Call for locations/day/time 211
 Provides free general medical services for homeless individuals ●

La Clínica Monument.....925-363-2000
La Clínica Pittsburg 925-431-1230
 Provides primary health care; fee for new clients is \$25; \$10 to renew expired cards; sliding scale for services; Medi-Cal, Medicare, CCHP, Family Pact, CHDP, BCEDP, private insurance, uninsured ●

Mobile Health Clinic..... 925-513-3107
 Provides general medical services; some Saturdays monthly at Village Resource Center, Brentwood, 9-12:30; call to verify dates/times; for individuals without health insurance or unable to pay ●

Operation Access415-733-0052
 Free outpatient surgery; uninsured, ineligible for Medi-Cal, Medicare, Healthy Families, possess less than \$2,000 in savings; referred by a doctor ●◆

Planned Parenthood..1-800-230-PLAN
 Antioch, Concord, Hilltop, San Ramon, Richmond, Walnut Creek; provides health services including birth control, emergency contraception, testing/treatment of sexually transmitted disease, HIV testing/counseling, pregnancy tests, prenatal care & other health services; CCHP, MediCal and credit cards accepted. If individual does not qualify for FPACT coverage there is a sliding fee scale. No checks accepted. ●

RotaCare Clinic
 Cambridge Elementary School, Concord 925-429-6409
 Provides free urgent care clinic for low-income, uninsured; Appointments: Thursdays, 1-3pm, Clinic, 5pm-9pm; **Must** have appointment, no walk-ins ●

Sutter Delta Charity Care
 Antioch..... 925-779-3676
 Provides care for minor health problems, prescription refills; low income, uninsured; call when clinic is open for identification required; sliding scale, \$20 minimum; Sunday-Friday, 6pm-10pm drop-in Urgent Care Clinic. ●

Medical Equipment

Economy Medical 925-671-4800
 Used wheelchairs starting at \$250

Home CARES 510-251-2273
 Free used home healthcare and medical equipment and supplies

Lioness Hospital Equipment Lending
 Martinez residents only..... 925-228-0724
 Loans medical equipment (walkers, etc.)

Healthcare Option Assistance

Health Access Line 1-877-503-9350
Helps individuals find health insurance for county health care services ●▲

US Uninsured Help Line 1-800-234-1317
Provides health care options dependent on income, legal status for individuals, families, children, pregnant women; www.coverageforall.org ●

Medical Insurance - Adults

AIM (Prenatal care)..... 1-800-433-2611
Prenatal medical care + 60 days after delivery; infant is enrolled in Healthy Families Program up to age 1; low income; legal immigration status ●▲

Basic Health Care (BHC) 1-800-771-4270
Provides temporary health coverage for Contra Costa adults who can show proof of legal residency, do not have any medical insurance and meet income guidelines; covers medical services at the county hospital /clinics ●▲

Health Coverage Initiative
..... 1-800-771-4270
Offers health care for uninsured Contra Costa residents; meet income guidelines, ineligible Medi-Cal or other insurance, no insurance 3 months prior, ages 19-64 ●▲

Medi-Cal 1-800-709-8348
Offers health, dental, vision, prescription coverage; Full-scope Medi-Cal: citizen/legal immigrant; income eligibility ●▲
Prenatal care for pregnant women and emergency care regardless of legal status ●

Medical Insurance—Children 0-18

Basic Health Care (BHC) 1-800-771-4270
Provides temporary health coverage for Contra Costa children age 21 and under who do not have any medical insurance and meet income guidelines; covers medical services at the county hospital /clinics, no proof of legal residency required for children●▲

Child Health & Disability Prevention (CHDP) 1-800-696-9644
Provides health assessments, referrals; no medical coverage, meet income guideline, ages 0-18 ●

Contra Costa Health Plan Options For Kids Only 1-800-211-8040
Offers health, dental, vision, and prescription coverage; children 0-18;; no income or citizenship requirements ●

Healthy Families 1-800-880-5305
Offers health, dental, vision, and prescription coverage; children 0-18, must be ineligible for no-cost Medi-Cal or employer-based coverage; California residents and legal immigrants, starting July 17, 2009 there is a waitlist for enrollment. ●▲

Kaiser Child Health Plan 1-800-255-5053
Offers a health, dental, vision, and prescription plan with hospitalization; children 0-18; low income, no citizenship requirements ●

Prescription Payment Help

Stores with low-cost generic drugs
Rite Aid: \$9/30 days; \$16 for 90 days; 500 generics

Target Stores: \$4/30 day, \$10/90 days; 300 generics

Walgreens: \$12/90 days, 400 generics; \$20 enrollment

Walmart: \$4/30 day, \$10/90 days; 300 generics

NeedyMeds www.needymeds.org
Provides information on medicine and healthcare assistance programs based on needs; income/legal status varies by provider; Internet only

Partnership for Prescription Assistance / Rx Help for Californians
..... 1-888-477-2669
Provides prescription assistance to individuals by directing them to drug companies that provide their medications free or low-cost; income/legal status varies by drug provider; www.pparx.org ●

Rx Assist www.rxassist.org
Provides a list of drug companies that provide expense assistance; income/legal status varies by drug provider, Internet only

Rx Outreach 1-800-769-3880
Provides information on resources for mail-order prescription assistance; income/legal status varies by drug provider; www.rxoutreach.com ●

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Need help and don't know where to go?

Call 211
24/7 Spanish & English

For more resource information, go to:
www.211database.org

211 in Contra Costa is operated by the Contra Costa Crisis Center.

Need Medical Advice?
Contra Costa Health Plan's Advice Nurse
1-877-661-6230
Open to the public, don't need to be a CCHP member (or have legal status) ●

This resource guide is a collaborative effort of the Contra Costa Crisis Center and Contra Costa Health Services.

 **CONTRA COSTA CRISIS CENTER**



Changes: 211database@crisis-center.org