

HEALTH RESOURCES

2017

| Name & Location | Phone Number | Days/Hours | Services Provided |
|--|----------------------------------|--|---|
| BASIC HEALTH CARE SERVICES | | | |
| Community Health Free Clinic 947 14 th Ave SE Cedar Rapids, IA 52401 | 363-0416 | <u>Clinic Hours:</u> Monday from 8:00 AM to 2:00 PM Tuesday, Wednesday, Thursday and Friday from 8:00 am to 10:30 am CLOSED on major holidays and severe weather. | Free medical care and community resources for uninsured and under-insured patients. Specialty clinics include internal medicine, eye care, orthopedic, otolaryngology and physical therapy. Prescription Assistance Clinics for long-term medication needs. Must provide proof of income to be seen in Prescription Assistance Clinic. [Patients: Please do not leave messages regarding questions about prescriptions, lab results or dental appointments. Bring all medications to clinic if you are seeing a doctor.] www.communityhfc.org |
| Eastern Iowa Health Center (formerly Linn Community Care) 1201 3 rd Avenue SE Cedar Rapids IA 52403 Eastern Iowa Women's Health Center 4251 River Center Court NE Cedar Rapids, IA 52403 | 730-7300 Call for appointment | Monday through Friday from 8:00 AM to 5:00 PM. Phone answered 24/7. <u>Pediatric/Family Clinic:</u> Tuesday, Wednesday and Thursday from 8:00 AM to 7:00 PM <u>OB-GYN:</u> Monday, Wednesday, Thursday and Friday from 8:00 AM to 5:00 PM. Tuesday from 8:00 AM to 7:00 PM | Offers full family practice, pediatric and OB/GYN services. Additional resources available include medical social workers, health coach, homeless outreach social worker, interpretation services, assistance signing up for health insurance, transportation assistance, and referral assistance. A free book is given at all well child visits (through at 5) with the Reach Out and Read program. Financial assistance programs (including the Sliding Fee Scale program and the 340B Drug Discount program) are available for eligible patients. Please call for more information. www.easterniowahealthcenter.com |
| His Hands Ministry/His Hands Free Clinic 400 12th St SE Cedar Rapids, IA 52403 | 862-2636 | <u>Medical Clinic:</u> Wednesday and Thursday from 10:00 AM to 2:00 PM; Tuesday and Thursday evenings from 5:00 PM to 7:00 PM. <u>Chiropractic Services:</u> Monday through Thursday from 9:00 AM to 4:00 PM; Friday from 9:00 AM to 12:00 PM. | His Hands Free Clinic meets the physical, emotional and spiritual needs of those without adequate resources. His Hands provides medical, dental, chiropractic, mental health, women's health, physical therapy, spiritual care and limited pharmacy assistance to the underinsured and uninsured. This is an appointment only clinic. www.hishandsclinic.org |

For more information regarding community resources, contact United Way 2-1-1 by phone at 2-1-1, 319-739-4211, or 1-866-469-2211.

You may also choose to search the new United Way 2-1-1 website for resources at www.firstcallforhelpiowa.org.

To obtain a copy of the Resource Charts, go to www.linncounty.org/communityservices or contact Linn County Community Services at 892-5600.

For questions about the Resource Charts, contact Linn County Community Services at 892-5600.

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| Linn County Public Health 501 13 th Street NW Cedar Rapids, IA 52405 | 892-6000 Office 892-6093 Clinic | Monday through Friday from 8:00 AM to 4:30 PM. Clinic - appointments are preferred but walk-ins are welcome. | Free or reduced hepatitis, STD, HIV and pregnancy testing (to those who qualify) and educational brochures. TB testing. Communicable disease investigations. Immunizations for adults & children. Free condoms available. Certified Applications Counselors are on staff to assist with insurance enrollment. Appointments are required. Home visits and education for children & teens with asthma. Healthy Home Assessments, housing related health and safety issues. |
| Planned Parenthood of the Heartland 3425 1 st Avenue SE, Suite 100 Cedar Rapids, IA 52402 Or 850 Orchard St Iowa City, IA 52246 | (877) 811-PLAN (7526) Call for appointment Walk-ins welcome | Monday and Wednesday from 9:00 AM to 5:00 PM; Tuesday from 11:00 AM to 7:00 PM; Thursday from 9:00 AM to 4:00 PM; and Friday from 11:00 AM to 4:00 PM. Monday from 12:00 PM to 6:00 PM; Tuesday, Thursday and Friday from 9:00 AM to 5:00 PM; and Wednesday from 10:00 AM to 3:00 PM. | The following services are offered by Planned Parenthood of the Heartland. Please check with your local Planned Parenthood center to determine exactly which services are offered there. Annual checkups/well-woman exams; Birth control supplies and information; Pregnancy testing; Abortion pill; In-clinic abortion; Adoption services for birth mothers; Sexually transmitted infection (STI) testing and treatment; Emergency contraception (ECP's/Plan B); Pap tests; Breast exams; Colposcopy/abnormal pap follow-up; HIV testing; HPV vaccine (Gardasil); Sexual assault exams; Male services, including testicular cancer screening; Menopause services; Prenatal care; Transgender services, including hormone therapy; Age-appropriate, medically accurate, comprehensive educational programming, including state and nationally approved research proven effective curricula. http://www.ppheartland.org |
| EMERGENCY HEALTH CARE SERVICES | | | |
| Mercy Medical Center 701 10 th Street SE Cedar Rapids, IA 52403 | 398-6011 (Main) 398-6041 (Emergency) | 24 hours per day, seven days per week. | Emergency care. |
| UnityPoint - St. Luke's Hospital 1026 A Avenue NE Cedar Rapids, IA 52402 | 369-7211 (Main) 369-7105 (Emergency) | 24 hours per day, seven days per week. | Emergency care. Medical social worker available from 9:00 AM to 9:00 PM Monday through Sunday. |
| University of Iowa Hospitals and Clinics 200 Hawkins Drive Iowa City, IA 52242 | 384-8442 800-777-8442 | 24 hours per day, seven days per week. | Call for appointment Monday through Friday between 8:00 AM and 5:00 PM. University of Iowa Health Care access. Outpatient, inpatient and emergency care. For emergencies, call 911. |

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| DENTAL HEALTH CARE | | | |
| His Hands Free Medical Clinic 400 12 th Street SE Cedar Rapids, IA 52403 | 862-2636 | Dental clinics are held throughout the month according to provider availability. | Provides restorative dental services, extractions, cleanings, x-rays, root canals on interior teeth, partials and education. Will serve anyone in Iowa without insurance, 18 years old and older. |
| I-Smile Dental Home Project of Linn County Hawkeye Area Community Action Program 1328 2nd Ave SE Cedar Rapids, IA 52403 | 739-1545 | Monday through Friday from 8:00 AM to 4:30 PM. Leave a message if after hours. | For children who qualify, the program provides dental services including oral screenings, risk assessments, fluoride varnish applications, dental education, dental referral and care coordination, and then utilizes the I-Smile Provider Network System to ensure dental appointments have been completed and dental needs are fulfilled. All children through age 0-20 will be considered for services as well as pregnant women. Sealant program is available in any school that has a 40% or greater usage of the Free or Reduced Lunch Program. Parental consent is required. |
| Linn County Dental Discount Program c/o Linn County Community Services 1240 26 th Avenue Court SW Cedar Rapids, IA 52404 | 892-5600 or 877-354-6226 | Monday through Friday from 8:00 AM to 4:30 PM. | Linn County residents can receive discounts on check-ups, fillings, crowns, x-rays and more with the Linn County “Low Fee” Dental Discount Program through the National Association of Counties (NACo). Savings range from 5% to 50% and include providers nationwide. For more information on the Dental Discount Program, go to www.nacohealth.org or pick up a Prescription, Health & Dental Discount Card at the following County locations: Community Services Building (Community Services Office); Jean Oxley Public Service Center or Linn County Public Health. |
| The Dr. Rhys B. Jones Dental Health Center UnityPoint Health 855 A Avenue NE Lower Level 1 Cedar Rapids, IA 52402 | 369-7730 | Monday through Friday 8:30 AM to 12:00 PM and 1:00 to 4:00 PM. | Comprehensive dental care for children, infants through high school age and adults with developmental disabilities. Based on income and family size with no private insurance (Title XIX and Hawk-I accepted). Individuals are also seen on a sliding fee scale based on the family’s income and number in the family. |
| University of Iowa College of Dentistry & Dental Clinic 801 Newton Rd Iowa City, IA 52242 | 319-335-7499 (Adults) 319-355-7485 (Children) | Monday through Friday 8:00 AM to 5:00 PM. | Provides dental care including surgery and emergencies. Reduced fees for care because care is given by dental students. Iowa Medicaid (Title XIX) and Hawk-I accepted. |

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| HEALTH CARE FINANCIAL ASSISTANCE | | | |
| Care for Yourself (Iowa Breast and Cervical Cancer Early Detection Program) Iowa Get Screened (Colorectal Cancer Screening) 501 13 th St NW Cedar Rapids, IA 52405 Susan G. Komen Iowa | 892-6081 Call for application. | Monday through Friday. Hours vary. | Care for Yourself: No cost mammograms and pap tests (and limited diagnostic testing) for women age 40 and older who are below 250% of poverty level. (Some services available to women under 40.) ***Call BEFORE making appointment*** IGS: Free take-home colorectal screening kit for those 50 years and older that qualify. Call for more information. Financial assistance for breast cancer screening/diagnostic services. |
| Especially For You Race Fund Mercy Medical Center 701 10 th Street SE Cedar Rapids, IA 52403 | 221-8889 or 398-6690 | Monday through Friday from 7:00 AM to 4:00 PM and Saturday mornings. | Must have a doctor's order for a mammogram. Income guidelines apply. Assistance for screening and diagnostic services is available. Walk-ins are accepted beginning at 9:00 AM for screening mammograms only. |
| HAWK-I Children's Health Insurance Medicaid Health and Wellness c/o HACAP 1515 Hawkeye Drive Hiawatha, IA 52233 | 393-7811 ext.1032 | Monday through Friday from 8:00 AM to 5:00 PM. | No cost or low cost medical, dental and prescription insurance for individuals ages 0-64. Call to apply at one of several convenient locations. |
| Iowa Health Link (Iowa's Medicaid Managed Care Program) Linn County Department of Human Services 411 3 rd Street SE, Suite 300 Cedar Rapids, IA 52401 | 892-6700 or 800-338-8366 | Monday through Friday from 8:00 AM to 5:00 PM. | Health care for people age 19-64 and pregnant women. Primary care, referrals to specialists, inpatient services, transportation, prescription drug benefits and dental wellness plan. http://dhsiowa.gov/iahealthlink |
| HEALTH CARE EDUCATION | | | |
| American Red Cross Preparedness Health and Safety Services Iowa Territory 2116 Grand Avenue Des Moines, IA 50312-5382 | 515-246-6302 | Monday through Thursday from 9:00AM to 3:00 PM. Closed Fridays. | Provides training in cardiopulmonary resuscitation (CPR) and AED, blood borne pathogens, first aid, pet first-aid and disaster relief. |

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| Buy. Eat. Live Healthy Iowa State University Extension and Outreach Linn County 383 Collins Rd NE, Suite 201 Cedar Rapids, IA 52402 | 377-9839 775-2723 (Spanish) | Classes are held at various times and locations around the Cedar Rapids area. One-on-one appointments can also be arranged. Call for availability and current class schedules. | Buy. Eat. Live Healthy is a series of nutrition and cooking lessons provided free to qualifying participants. Qualifying participants include those on limited incomes with at least one child under age 10. Classes include information on nutrition, how to manage a grocery budget, and preparing healthy foods. Classes are fun, hands-on sessions that include cooking demos, recipe sampling, and tools to help make positive changes to diet and physical activity. Each person finishing eight lessons also receives a graduation certificate and cookbook. Contact a Buy. Eat. Live Healthy Program Assistant at the Linn County Extension Office for more information. Registration accepted on an on-going basis. |
| Helen G. Nassif Community Cancer Center 202 10 th Street SE, Suite 285 Cedar Rapids, IA 52403 | 558-4876 | Day and evening hours available. Call Monday through Friday from 8:30 AM to 4:30 PM to schedule an appointment and for class schedules. | Available to cancer patients in the community to help with exercise, nutritional or psychosocial need. Available resources include: exercise specialist for individual consultations, group exercise classes, nutritional counseling, individual and family counseling, a variety of classes and educational offerings, and complementary therapies and resources. The Cancer Wellness program is available to anyone in the community facing or who has faced cancer, in support of their quality of life. Visit www.communitycancercenter.org for class schedule and more information. |
| Hy-Vee Food and Drug Stores Cedar Rapids and Marion | 377-4821 | Varies by location. | Full range of pharmacy and dietitian services available including immunizations, prescription services, medication therapy management, biometric health screenings, hemoglobin A1C checks, free blood pressure checks, free nutrition-focused store tours, healthy cooking classes and individual and group nutrition education. Free weekly menus (including heart-healthy, diabetes-friendly and weight management) available at www.hy-vee.com/meal-solutions/weekly-menus/weekly-menu.aspx |
| Live Active Live Healthy With Chronic Conditions Mercy Medical Center 701 10 th St SE Cedar Rapids, IA 52403 | 398-6012 | Call for hours or visit: http://www.mercycare.org/events/ | Designed to help patient or caregiver manage their symptoms through communication with healthcare providers, breathing exercises, relaxation techniques and other strategies associated with managing chronic conditions to help empower you to get the most out of each day. |
| Mercy Thrive Cancer Fitness & Wellness Program Hall Perrine Cancer Center 701 10 th St SE Cedar Rapids, IA 52403 | 398-6915 | Via physician referral. | Thrive offers a comprehensive approach to address the physical, spiritual and emotional well-being of cancer patients and survivors as well as their caregivers. Programming includes individualized personal training, education and group fitness classes. Educational opportunities address stress reduction and relaxation techniques, healing arts, nutrition, integrative medicine, creative expression and much more. |

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| My UnityPoint Health Nurse St. Luke's Hospital 1026 A Avenue NE Cedar Rapids, IA 52402 | 877- 242-8899 | 24 hour per day, seven days per week. | My Nurse will respond to your health questions using a blend of computerized health resource information, personal professional knowledge and updated printed resources. Call My Nurse if: <ul style="list-style-type: none"> • You have questions about a sick family member after office hours; • You're wondering if you should seek emergency care for an illness or injury; • You're looking for a physician; • You're a discharged patient with questions as you recover at home; or • You're looking for good health information. • You need a physician referral |
| Smoking Cessation Mercy Medical Center 701 10 th Street SE Cedar Rapids, IA 52403 | 389-5165 | Call for hours. | Mercy can help you take your first step towards quitting smoking for good. Free phone consultation with a certified tobacco cessation specialist. Offers a 4-week course that provides you with a comprehensive plan and experts to guide you through a custom program that fits your needs. |
| UnityPoint Clinic Multi-Specialty 1002 4 th Avenue SE Cedar Rapids, IA 855 A. Avenue NE, 4 th Floor Cedar Rapids, IA | 363-3565 | Monday through Friday from 8:00 AM to 5:00 PM | Health Connections provides programs and services for individuals who are at risk or living with a chronic health condition such as diabetes, lung disease and pulmonary, nephrology, endocrinology and infectious disease. Our programs will help you better manage your health and improve the quality of life including smoking cessation, medical weight loss and diabetic education. |
| WOMEN AND CHILDREN SERVICES | | | |
| Bethany Christian Services 1860 1st Avenue NE Cedar Rapids, IA 52402 | 832-2321 | By phone around the clock. Office hours by appointment. | Free options counseling for pregnancy. Financial assistance for basic needs available based on individual need. Provides domestic and international adoption services. Call for appointment. |
| Birthright 375 Collins Road NE, Suite 107 Cedar Rapids, IA 52402 | 393-3251 | Monday and Tuesday from 10:00 AM to 8:00 PM; Thursday and Friday from 10:00 AM to 4:00 PM. Closed Wednesdays. | Pregnancy tests available. Confidential friendship counseling. Referral for professional services. All services are free and confidential. Maternity voucher and baby basket for Birthright clients. Coupon for maternity clothes for Birthright clients. Call for more information. |
| Bridgehaven Pregnancy Support Center 701 Center Point Rd NE Cedar Rapids IA 52402 | 364-8967 | Monday and Thursday from 10:00 AM to 7:00 PM; Tuesday, Wednesday and Friday from 10:00 AM to 5:00 PM. | Earn While You Learn Program: offering classes in weekly assistance. Parenting support services through Life Skills classes. Clothing and food assistance earned with class participation. One time emergency assistance available to non-clients. Pregnancy tests with options counseling, abortion alternatives and ultrasounds provided. Call for more information or to schedule an appointment. |

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| Eastern Iowa Health Center (formerly Linn Community Care) 1201 3 rd Avenue SE Cedar Rapids IA 52403 | 730-7300 Call for appt. | Monday, Wednesday and Friday from 8:00 AM to 5:00 PM; Tuesday and Thursday from 8:00 AM to 7:00 PM. Phone answered 24 hours per day, 7 days per week for questions or patient concerns. | Family doctor's office that sees everyone. Exams and vaccinations for children. Women's health services: OB / prenatal care, family planning, annual PAP and Pelvic exams, gynecological procedures, physicals, STD testing and treatments, HPV vaccines. Sliding fee scale available. |
| Family & Community Health Alliance Women Infant & Children (WIC) Various locations throughout Cedar Rapids and Marion. Call for exact addresses. | Urban Center: 366-7632 Northtowne 393-3368 Marion: 447-5816 | Hours vary. Call for more information. Hours vary. Call for more information. Hours vary. Call for more information. | WIC, well child screening, maternal health, nutritional counseling, hearing and vision screenings, dental screenings. Coupons available for pregnant women and children (birth to 5 yrs). Accepts Title 19, uninsured. Sliding fee scale. |
| Hillcrest Family Services 317 7 th Ave SE, Suite 202C Cedar Rapids, IA 52401 | 362-3149 Call for appt. | Monday through Friday from 8:30 AM to 4:30 PM. | Unplanned pregnancy counseling. Supervised apartment living for adults with mental illness. Adoption planning. |
| Linn County Public Health 501 13 th Street NW Cedar Rapids, IA 52405 | 892-6000 Office 892-6093 Clinic | Monday through Friday from 8:00 AM to 4:30 PM. Clinic - appointments are preferred, but walk-ins are welcome. | Free or reduced STD, HIV and pregnancy testing (to those who qualify) and educational brochures. TB testing. Communicable disease investigations. Immunizations for adults & children. Free condoms available. Appointments are required. Certified Application Counselors are on staff to assist with insurance enrollment. Home visits and education for children & teens with asthma. Healthy Home Assessments, housing related health and safety issues. |
| Metro Care Connection Office: 720 7 th Avenue SW Cedar Rapids, IA 52404 Clinics: Jefferson School, Metro High School, and Taylor School | Jefferson: 558-2221 Metro: 558-2272 Taylor: 558-2481 | Monday through Friday from 8:00 AM to 4:00 PM during the school year. [Note: Hours at clinics may vary.] Please call to schedule an appointment. | Provides school-based health care to students (and their siblings) in the Cedar Rapids Community School District. Services include: Physical exams, immunizations, treatment for minor illnesses, basic laboratory tests, prescriptions for medications, health education and counseling, referral for complex medical conditions, and referral for mental health and substance abuse counseling. |

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| <p>Planned Parenthood of the Heartland 3425 1st Avenue SE, Suite 100 Cedar Rapids, IA 52402</p> <p>Or</p> <p>850 Orchard St Iowa City, IA 52246</p> | <p>(877) 811-PLAN (7526)</p> <p>Call for appointment</p> <p>Walk-ins welcome</p> | <p>Monday from 10:00 AM to 5:00 PM; Tuesday from 9:00 AM to 5:00 PM; Wednesday from 11:00 AM to 7:00 PM; Thursday from 1:00 PM to 5:00 PM (to pick up supplies only); and Friday from 9:00 AM to 3:00 PM (to pick up supplies only).</p> <p>Monday from 9:00 AM to 4:00 PM Tuesday from 8:00 AM to 4:00 PM Wednesday from 8:00 AM to 4:00 PM Thursday from 12:00 PM to 8:00 PM Friday from 9:00 AM to 5:00 PM</p> | <p>The following services are offered by Planned Parenthood of the Heartland. Please check with your local Planned Parenthood center to determine which services are offered there.</p> <p>Annual checkups/well-woman exams; Birth control supplies and information; Pregnancy testing; Abortion pill; In-clinic abortion; Adoption services for birth mothers; Sexually transmitted infection (STI) testing and treatment; Emergency contraception (ECP's/Plan B); Pap tests; Breast exams; Colposcopy/abnormal pap follow-up; HIV testing; HPV vaccine (Gardasil); Sexual assault exams; Prenatal care; Age-appropriate, medically accurate, comprehensive educational programming, including state and nationally approved research proven effective curricula; testing and treatment for UTI, male and female reproductive health checks, anemia testing Hepatitis A vaccine, physical exams, smoking cessation, LGBT education and resources.</p> |
| <p>UnityPoint - St. Luke's Family Health Center 4251 Rivercenter Ct NE Cedar Rapids, IA 52402</p> | <p>369-7397</p> | <p>Monday through Friday from 8:30 AM to 4:30 PM; 1st and 3rd Wednesday from 8:30AM – 8:00 PM, by appointment. Phones are not answered from 12:00 PM to 1:00 PM, but office is open for contraceptive pickup.</p> | <p>Women's health services. Family planning, physical / breast exams (cancer screenings), OB/ prenatal care, STD testing and treatments, HPV, Dtap and influenza vaccines, various types of long-term reversible and one-time use birth control available for free or at low cost to those who qualify. Gynecological procedures including colposcopy, LEEP and cryo for abnormal papsmears. Sliding fee scale. Please call for more information. For those who qualify, St. Luke's Family Health Center offers free or low-cost birth control and free or low-cost STD testing and treatment.</p> |
| VETERANS SERVICES | | | |
| <p>Cedar Rapids Veterans Affairs Outpatient Clinic 2230 Wiley Blvd SW Cedar Rapids, IA 52404</p> | <p>369-4340</p> <p>Prescriptions 855-560-1720</p> <p>After-hours 800-687-7382</p> | <p>Monday through Friday from 8:00 AM to 4:30 PM, by appointment only.</p> | <p>Provides primary care, preventative health and wellness services to Veterans. Personal care. Mental health services including substance abuse and smoking cessation also provided. Educational sessions; individual and group nutrition, diabetes, and weight loss. Blood draw services. Prescriptions: processed via mail, www.myhealth.va.gov and by phone.</p> |

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| Linn County Veteran Affairs Office Community Services Building 1240 26 th Avenue Court SW Cedar Rapids, IA 52404 | 892-5160 | Monday through Friday from 7:30 AM to 4:00 PM. (For Linn County, the veteran must have been discharged under honorable conditions and have served 90 days or more of Federal active duty service.) Call to schedule appointment for Federal assistance qualifications. | Linn County's VA-certified staff helps eligible veterans apply for compensation and pension programs to assist veterans and their dependents, including the following: -Compensation for Service-Connected Disability/Death -Non-Service-Connected Disability Pension -Death Pension for Surviving Spouse and Dependent Children -Aid and Attendance for Nursing Home and Housebound Veterans -Appeals of Unfavorable VA Rulings -Eligibility Verification Reports (EVR) -Application for Iowa Veterans Home -Obtaining military records and awards -Distributing grave markers and flag holders for Linn County -Networking with Veteran's Administration Hospitals -Networking with other VA facilities and social service agencies -Conducts mind body medicine support groups for PTSD |
| COUNSELING / DEVELOPMENTAL ASSESSMENT / DISABILITY SERVICES / OLDER ADULTS | | | |
| Alzheimer's Association – Medic Alert + Alzheimer's Safe Return 317 7 th Avenue SE, Suite 402 Cedar Rapids, IA 52401 | (800) 272-3900 | Monday through Friday from 8:00 AM to 4:30 PM. The Alzheimer's Association 24/7 Helpline operates 24 hours a day, seven days a week, in 140 languages. | A 24 hour nationwide emergency response services for persons with Alzheimer's disease or related dementia who wander or have a medical emergency. In the event of a wandering incident, caregivers can call the 24/hr emergency response line to report the incident. A community support network will then be activated, including local Alzheimer's Assoc. chapters and law enforcement. Please call for more information regarding this emergency response service. They also provide educational meetings for health care providers as well as caregivers about all aspects of Alzheimer's. Please call for more information. www.alz.org/eci |
| Grant Wood Area Education Agency (GWAEA) 4401 6 th Street SW Cedar Rapids, IA 52404 | 399-6700 800-332-8488 | Monday through Friday from 7:30 AM to 4:30 PM. | Early Childhood Screening. Behavioral / emotional / developmental (speech, motor, hearing and vision screen). Children under age 18. Early Access program for children 0-3. Cognitive evaluation for children age 3-6. Opportunities available for academically advanced elementary and middle school students. www.aea10.k12.ia.us |

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| Iowa COMPASS 100 Hawkins Drive #295 Iowa City, IA 52242 | (800) 779-2001 | Monday through Friday from 8:00 AM to 5:00 PM. | Iowa Compass offers free disability information and referral to Iowans with disabilities, their families and service providers. You can call or search the database at www.iowacompass.org |
| Mercy Family Counseling and EAP 1340 Blairs Ferry Rd, Suite A Hiawatha, IA 52233 | 398-6575 Crisis Mgt: 398-6476 | Monday through Friday from 8:00 AM to 4:30 PM. | Psychological/medical/family counseling/mental health services. Developmental/behavioral evaluation. Services for children/adults with behavioral, emotional or adjustment problems, individual, family, relationship counseling; bereavement/grief counseling, behavioral management, parenting classes, ADHD evaluation and treatment, coordination of medical treatment with PCP and other relevant professionals; psychological, neurodevelopmental and neurobehavioral testing, and 24-hour crisis intervention. Call for more information. |
| St. Luke's Child Protection Center 1095 N Center Point Rd Hiawatha IA 52233 | 369-7908 800-444-0224 ext 7908 | Monday through Friday from 8:00 AM to 4:30 PM. Must have referral. | The Child Protection Center accepts referrals from DHS and law enforcement for child abuse victims. Title 19 accepted. Financial assistance available through Crime Victims. The Child Protection Center provides centralized access and referral to a system of community services for abused children and their families. Coordinates interviews and medical examinations of child abuse victims, investigates incidents of child abuse and provides treatment for child abuse victims. |
| Tanager Place Mental Health Clinic Main Office: 2309 C Street SW Cedar Rapids IA 52404 Clinic: 1030 5 th Avenue SE, 3 rd Floor Cedar Rapids, IA 52403 | 365-9164 286-4545 | Monday through Thursday from 8:00 AM to 6:00 PM; Friday from 8:00 AM to 4:30PM. | Tanager Place Mental Health Clinic provides outpatient and in-patient comprehensive mental health services to children, adolescents and their families. The clinic staff offers child psychiatric assessment and medication management, individual and family therapy, play therapy, music therapy and applied behavior analysis. An individualized care plan and specific treatment goals are established for all patients. www.tanagerplace.org |
| MEDICAL EQUIPMENT | | | |
| American Cancer Society 4080 1st Ave NE Suite 101 Cedar Rapids, IA 52402 | 365-5241 (800) 227-2345 | Monday through Friday from 8:00 AM to 12:30 PM and 1:30 PM to 4:30 PM. | Provides information on cancer. Free wigs, turbans, and breast prosthesis and mastectomy bras for cancer patients. Medical equipment referrals. By appointment only. The American Cancer Society also supports patients through patient lodging and arranging for transportation to treatment. www.cancer.org |

For more information regarding community resources, contact United Way 2-1-1 by phone at 2-1-1, 319-739-4211, or 1-866-469-2211.

10

You may also choose to search the new United Way 2-1-1 website for resources at www.firstcallforhelpiowa.org.

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HEALTH RESOURCES

2017

| Name & Location | Phone Number | Days/Hours | Services Provided |
|--|--|--|--|
| Easter Seals Iowa/Assistive Technology Center 401 NE 66th Ave Des Moines, IA 50333 | (515) 289-1933 TTY (515) 289-4069 | Monday through Friday from 8:00 AM to 5:00 PM. | Medical equipment available for loan for a fee. For those looking to purchase equipment, Easter Seals Iowa also provides customers with the opportunity to check-out equipment to try for up to 30 days without charge. Application required. Camp and respite available for adults and children. Rural Solutions is for farmers with disabilities (or their family members) who want to return to farming. Call for more information regarding other services. |
| Lion's Club | For hearing aids: 319-827-1395 | Please leave a message. Someone will return your call. | Iowa Lion's Hearing Aid Bank. Limited financial assistance available for hearing aids. www.iowalions.org |
| Medical Lending Closet Grace Episcopal Church 525 A Avenue NE Cedar Rapids, IA 52402 | 362-1929 | Monday and Friday from 10:00 AM to 1:00 PM; Wednesday from 12:00 PM to 3:00 PM. Please leave a message. Someone will return your call. | Medical equipment available. Crutches, wheelchairs, walkers with wheels, commode chairs, risers, hospital beds and canes. No referral needed. Call for more information and equipment availability. There is no charge for the loan of any equipment; however, a small deposit may be required for larger equipment. |
| Muscular Dystrophy Association 3925 Fountains Blvd, Suite 100 Cedar Rapids, IA 52411 | 393-8905 | Monday through Friday from 9:00 AM to 5:00 PM. | Helps persons with Muscular Dystrophy by assisting with initial and follow-up clinic visits at the University of Iowa Hospital. Communication devices. Provides the public with information about Muscular Dystrophy by offering support groups, and other volunteer services. Summer camp also offered for ages 6-17. Call for more information. When prescribed, assistance is provided to obtain medical equipment through the National Equipment Loan Program. |
| UnityPoint - St. Luke's Home Medical Equipment 298 Blairs Ferry Rd. NE Cedar Rapids, IA 52402 | 369-8686 | Monday through Friday from 8:00 AM to 5:00 PM. Saturday 9:00 AM to 1:00 PM. On-call 24 hours for emergency needs. | Durable medical equipment such as oxygen, beds, wheelchairs, walking aids, nebulizers and CPAP/BiPAP. Also carries smaller items available for retail. Many baby products such as breast pumps, beds, bouncy balls. etc. Offers mastectomy camisole and prosthetic fitting services. |

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HEALTH RESOURCES

2017

| Name & Location | Phone Number | Days/Hours | Services Provided |
|---|---|--|---|
| PRESCRIPTION ASSISTANCE | | | |
| Cedar Rapids Free Prescription Discount Card | (888) 620-1749 | A card may be obtained at: Cedar Rapids Library 2600 Edgewood Drive SW Cedar Rapids City Hall 101 First Street SE Or from www.caremark.com 24 hours per day, 7 days per week. | Discount cards may be used by all residents of Cedar Rapids. No restrictions based on the resident's age, income level, or existing health coverage. The discount card will cover any medication <u>not</u> covered by insurance. The discount cards offer residents an average savings of 20% off the retail price of commonly prescribed medications. www.caremark.com |
| His Hands Free Medical Clinic 400 12 th Street SE Cedar Rapids, IA 52406 | (319) 862-2636 | Tuesday and Thursday from 5:00 PM to 7:00 PM. Wednesday and Thursday from 10:00 AM to 2:00 PM | Provides limited prescription assistance to patients with written prescriptions. |
| Iowa Drug Card | (877) 507-5445 | Assistance available 24 hours per day, 7 days per week. | Iowa Drug Card is a free discount prescription assistance program for all Iowa residents. A free prescription card can be printed from www.iowadrugcard.com . The program is accepted at all major pharmacies (68,000 pharmacies around the country), as well as many independents, and covers generic and name brand medications. There are no eligibility requirements for this program. |
| Iowa Prescription Drug Corporation | (515) 327-5405 or (866) 282-5817 | Monday through Friday from 8:00 AM to 4:30 PM. | The corporation provides assistance to help reduce the cost of prescription medications for uninsured and under-insured Iowans. Programs available include the Iowa Drug Donation Repository. Please visit the website for program information. www.iowapdc.org |
| Linn County Rx / NACo Prescription Discount Card Program Community Services Building 1240 26 th Avenue Ct. SW Cedar Rapids, IA 52404 | (877) 321-2652 For a card, call (319) 892-5600 | Monday through Friday from 8:00 AM to 4:30 PM. | Free prescription discount drug card may be used for prescriptions that are not covered by insurance for an average savings of 24% at participating pharmacies. There are no enrollment forms, membership fees or limits on frequency of use. Any Linn County resident without prescription drug insurance can use the program. Even persons with insurance for prescription drugs may benefit by using the card for prescription drugs not covered by their existing plan. Cards can also be used for pets if they take medications that are used for human conditions. Does not cover controlled medications/substances. www.nacorx.org |
| Merck | (800) 727-5400 | Online 24 hours per day, 7 days per week. By phone Monday through Friday 8:00 AM to 8:00 PM (Eastern time). | Prescription assistance for individuals with limited or no insurance, based on qualifications. Medicare prescription assistance program. Vaccine assistance program to adults age 19 and older, without health insurance. www.merck.com/merckhelps/ |

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12

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HEALTH RESOURCES

2017

| Name & Location | Phone Number | Days/Hours | Services Provided |
|---|----------------|---|--|
| Partnership for Prescription Assistance | (888) 477-2669 | Online 24 hours per day, 7 days per week. By phone Monday through Friday from 9:00 AM to 7:00 PM (Eastern time). | The Partnership for Prescription Assistance is an industry program that offers a single point of access to more than 275 patient assistance programs, including nearly 200 programs offered by biopharmaceutical companies. Helps qualifying patients without prescription drug coverage get medicines they need for free or nearly free. www.pparx.org |
| Pfizer | (800) 879-3477 | Online 24 hours per day, 7 days per week. By phone Monday through Friday from 9:00 AM to 5:00 PM. | Many different programs are available, depending on age, income and whether or not individual has insurance coverage for prescriptions. Call for specific program information. www.pfizerxpathways.com |
| Prescription Assistance Office Community Health Free Clinic 715 10 th Avenue SE Cedar Rapids, IA 52403 | 363-0416 | Monday through Thursday from 9:00 AM to 1:00 PM. | Rx Program for the Community Health Free Medical Clinic. Assists individuals with chronic disease who have long-term medication needs. Based on financial requirements. |
| Select Care Benefits Network | (888) 825-5249 | Phone answered Monday through Friday from 8:30 AM to 5:30 PM. | Offer free or nearly free GlaxoSmithKline drugs to individuals based on income. Offer prescription assistance programs. Offer savings on certain prescription medications, as well as information about medications. www.gskforyou.com |
| Together Rx | (800) 444-4106 | Online 24 hours per day, 7 days per week. Call center representative available to assist Monday through Friday from 9:00 AM to 5:00 PM (Eastern Standard time). All other times, an automated system will assist in enrollment. | Savings may vary depending on the pharmacy's customary pricing for each specific product and the savings program offered by the participating company that makes it. Participating companies independently set the level of savings offered and the products included in the program. In order to be eligible for Together Rx, you may <u>not</u> have prescription drug coverage and/or Medicare. www.togetherrxaccess.com/p/prescription-savings |

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13

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