Underinsured or Uninsured?

Guide to Health Care Resources in Allegheny County

September 2018

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

http://www.achd.net/uuguide

or

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

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

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

The Open Enrollment period for 2018 ended on December 2017. The next enrollment period will begin sometime in the fall of 2018. In the meantime, it is important to note that there are still opportunities to enroll for health insurance under the ACA if one of the following situations happens:

- You qualify for Medicaid (Medical Assistance) or CHIP (Children’s Health Insurance Plan) based on your income
- You are losing your health insurance
- You experience a life change such as:
  - moving to a new area
  - a change in family size (through marriage, birth, adoption, death)
  - becoming a citizen
  - leaving a correctional facility
  - other exceptional circumstances

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

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

Young Adult Coverage

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

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

Free Preventive Services Available under ACA Marketplace Health Insurance Plans

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

1. Abdominal Aortic Aneurysm one-time screening for men of specified ages who smoke or have smoked in the past
2. Alcohol Misuse screening and counseling
3. Aspirin use to prevent cardiovascular disease and colorectal cancer for adults 50-59 years with high cardiovascular risk.
4. Blood Pressure screening for all adults
5. Cholesterol screening for adults of certain ages or at higher risk
6. Colorectal Cancer screening for adults 50 to 75
7. Depression screening for adults
8. Diabetes (Type 2) screening for adults 40-70 years who are overweight or obese
9. Diet counseling for adults at higher risk for chronic disease
10. Falls prevention (with exercise or physical therapy and vitamin D use) for adults 65 years and over, living in a community setting
11. Hepatitis B screening for people at high risk, including people in countries with 2% or more Hepatitis B prevalence, and U.S.-born people not vaccinated as infants and with at least one parent born in a region with 8% or more Hepatitis B prevalence.
12. Hepatitis C screening for adults at increased risk, and one time for everyone born 1945 - 1965
13. HIV screening for everyone ages 15 to 65, and other ages at increased risk
14. Certain Immunization vaccines for adults — doses, recommended ages, and recommended populations for these vaccines may vary:
   - Hepatitis A
   - Hepatitis B
   - Herpes Zoster
   - Human Papillomavirus
   - Tetanus, Diphtheria, Pertussis
   - Varicella (chickenpox)
   - Influenza (Flu Shot)
   - Measles, Mumps, Rubella
   - Meningococcal
   - Pneumococcal
15. Lung cancer screening for adults 55 - 80 at high risk for lung cancer because they’re heavy smokers or have quit in the past 15 years.
16. Obesity screening and counseling for all adults at risk
17. Sexually Transmitted Infection (STI) prevention counseling for adults at higher risk
18. Statin preventive medication for adults 40-75 at high risk
19. Syphilis screening for all adults at higher risk
20. Tobacco Use screening for all adults and cessation interventions for tobacco users
21. Tuberculosis screening for certain adults without symptoms at high risk
Preventive Services for Women

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

1. Anemia screening on a routine basis for pregnant women
2. **Breast Cancer Genetic Test Counseling (BRCA)** for women at higher risk for breast cancer
3. **Breast Cancer Mammography screenings** every 1 to 2 years for women over 40
4. **Breast Cancer Chemoprevention counseling** for women at higher risk
5. **Breastfeeding comprehensive support and counseling** from trained providers for pregnant and nursing women, and access to breastfeeding supplies (this can include a breast pump for women returning to jobs)
6. **Cervical Cancer screening** - Pap test every 3 years for women 21 to 65. Human Papillomavirus (HPV) DNA test with the combination of a Pap smear every 5 years for women 30 to 65 who don’t want a Pap smear every 3 years.
7. **Chlamydia Infection screening** for younger women and other women at higher risk
8. **Contraception**: Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling, as prescribed by a health care provider for women with reproductive capacity (not including abortifacient drugs). This does not apply to health plans sponsored by certain exempt “religious employers.”
9. **Diabetes screening** for women with history of gestational diabetes who aren’t currently pregnant and who haven’t been diagnose with type 2 diabetes before
10. **Domestic and interpersonal violence screening and counseling** for all women
11. **Folic Acid** supplements for women who may become pregnant
12. **Gestational diabetes screening** for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
13. **Gonorrhea screening** for all women at higher risk
14. **Hepatitis B screening** for pregnant women at their first prenatal visit
15. **HIV screening and counseling** for sexually active women
16. **Human Papillomavirus (HPV) DNA Test** every 3 years for women with normal cytology results who are 30 or older
17. **Osteoporosis screening** for women over age 60 depending on risk factors
18. **Preeclampsia prevention and screening** for pregnant women with high blood pressure

19. **Rh Incompatibility screening** for all pregnant women and follow-up testing for women at higher risk

20. **Sexually Transmitted Infections counseling** for sexually active women

21. **Syphilis screening** for all pregnant women or other women at increased risk

22. **Tobacco Use screening and interventions** for all women, and expanded counseling for pregnant tobacco users

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

24. **Urinary incontinence screening** for women yearly

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

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

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

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

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

**YWCA of Greater Pittsburgh** has trained Health Care Navigators who can guide people through the process of applying for Medicaid Expansion and Special Enrollment through the Health Insurance Marketplace. For more information: [http://www.ywcapgh.org/programs/health-education-and-equity/health-insurance-enrollment](http://www.ywcapgh.org/programs/health-education-and-equity/health-insurance-enrollment). Or call 2-1-1 to schedule an appointment with a trained YWCA Health Care Navigator.

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

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

https://www.hhs.gov/healthcare/coverage-to-care/index.html
https://www.healthcare.gov/preventive-care-adults/

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

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

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

Check Your Local Library

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

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

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

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

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

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

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

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

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

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

6. **Ask for your own copies of blood work or results of tests after the visit**

   You have a legal right to have copies of any of your medical record.

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

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

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

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

Some providers listed in the following section offer assistance with behavioral health issues. For a more comprehensive listing of resources devoted to mental health and substance abuse services, see the Mental Health and Substance Abuse Resources section (page 43), call 412-350-4457 or visit the Department of Human Services website:

https://www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Mental-Health.aspx or
http://www.alleghenycounty.us/dhs/substanceabuse.aspx

Downtown

Allegheny County Health Department - Immunization Clinic - Infectious Diseases Program

Note: New location! The health department Immunization Clinic has moved out of Oakland.

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

https://www.alleghenycounty.us/Health-Department/Health-Services/Infectious-Disease-Immunization-Program/Immunization-Clinic.aspx

Services: Walk-in clinic provides federally funded childhood immunizations at no cost to children through 18 years of age who are Medicaid eligible, uninsured, underinsured, American Indian or Alaska Native. No appointment needed. A parent or legal guardian must accompany the minor to the clinic. Please try to bring the child’s immunization records for each visit. WIC screening services free of charge. Adult immunizations
such as flu and pneumonia vaccines are provided for a fee. Additionally, some anti-body screenings for many diseases are offered for a fee. Foreign travel consultation is now $20 and there are charges for appropriate travel vaccines.

**Childhood Blood Lead Level Testing:** Testing is offered at the Immunization Clinic on Tuesdays from 9 am to Noon, and Thursdays from Noon to 4 pm. Tests are free for un-and underinsured children. Children with private insurance may also be tested for a fee of $25.

For more information about clinic hours, services and fees, call or go to the website.

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**Catholic Charities Free Health Care Center**

212 Ninth Street, floors 2 and 3

Pittsburgh, PA 15222

412-456-6910

[https://freecarepgh.org/](https://freecarepgh.org/)

Catholic Charities Health Care Center is undergoing modernization and updating of electronic record keeping systems. Catholic Charities Free Health Care Center has reopened on a limited 3 days per week schedule until all systems are fully operational.

**Insurance:** Catholic Charities Free Health Care Center is committed to assisting those who do not have access to primary medical care, dental care, physical therapy and ophthalmology. Those who cannot access primary medical care, dental care, ophthalmology, physical therapy or mental health care because they are uninsured or underinsured and are within 300% of Federal Poverty Guidelines can be screened for eligibility by calling 412-456-6911 or visiting freecarepgh.org.

**Assistance:** All services provided at the Catholic Charities Free Health Care Center are free of charge to our patients.

**Services Available:** Primary medical care, limited specialty care, ophthalmology, dental care and mental health support.
Hill District

Allegheny County Health Department – STD-HIV/AIDS Program

Note: New location! The health department STD-HIV/AIDS Clinic is no longer in Oakland.

The Blakely Center
1908 Wylie Ave.
Pittsburgh, PA 15219 (in the Hill District)
412- 578-8081


Services: Walk-in clinic provides free and confidential STD/HIV testing. Patients are taken at a first come, first serve basis. No appointment or insurance is necessary for care. Anyone 13 years and older can be seen at our clinic. No parental consent is needed. Patients are seen regardless of immigration status. No appointment or insurance is necessary. Patients are asked to bring photo ID (i.e. driver’s license, passport, college ID) when being seen. If you do not have photo ID you will still be seen, but a photo ID is required to receive results.

Hours: Mondays, Tuesdays, Thursdays, and Fridays 8:30am - 3:30pm.
Wednesday: 12:30pm - 7:30pm.

FOCUS + Pittsburgh Free Clinic

2228 Centre Ave.
Pittsburgh, PA 15219
412-502-5024

https://focuspghcommunications.wordpress.com/

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

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

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

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

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

**Insurance:** Most insurance plans accepted.

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

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

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**Strip District**

**The Midwife Center**

2825 Penn Avenue
Pittsburgh, PA 15222
412-321-6880

[https://midwifecenter.org/](https://midwifecenter.org/)

**Insurance:** Many insurance plans accepted for prenatal-OB care, but Highmark plans may involve out of network care in the event that a mother must be transferred for a hospital birth. Medical assistance plans generally accepted. Clients with commercial insurance are responsible to check with their insurance carrier to confirm covered services prior to care.
Assistance: For uninsured clients, a contract with Adagio Health provides gynecological care and family planning on a sliding scale fee based on monthly income and family size.

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

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**North**

**North Side Christian Health Center**

816 Middle St.

Pittsburgh, PA 15212

412-321-4001

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

**Insurance:** Accepts most health insurance plans including Medical Assistance.

**Assistance:** We serve all patients regardless of ability to pay. Discounts for essential services are offered depending on family size and income. Call for further information.

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

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**North Side Christian Health Care Center at Northview Heights**

525 Mount Pleasant Rd.

Pittsburgh, PA 15214

412-322-7500

[http://www.nschc.org](http://www.nschc.org)
Insurance: Accepts most health insurance plans including Medical Assistance.

Assistance: We serve all patients regardless of ability to pay. Discounts for essential services are offered depending on family size and income. Call for further information.

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

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East

Bloomfield/Garfield

Bloomfield/Garfield Family Health Center
5475 Penn Avenue
Pittsburgh, PA 15206
412-361-7562

http://www.upmc.com/locations/community/family-health-centers/Pages/bloomfield-garfield.aspx

Insurance: Most insurance plans accepted except Highmark, Aetna Better Health, United Health Care’s Medicare plan

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

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

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

**Insurance:** Most insurance plans accepted.

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

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

Braddock Free Clinic
415 6th Street
Braddock, PA 15104
412-723-2086

**Hours:** Saturday - 9:30 am to 2 pm (last patient seen at 1:30 pm)
Sunday - 9:30 am to 2 pm (last patient seen at 1:30 pm)

**Services:** Only for people without any form of insurance. Clients must be 18 or older. Care is provided by medical volunteers.

Urgent Care Center Braddock
501 Braddock Ave.
Braddock, PA 15104
412-636-5050

https://www.ahn.org/location-detail?name=Allegheny_Highlight_Network_Urgent_Care_Center_Braddock&type=Outpatient_Care_Center

This center has physicians and nurses on site to handle a variety of urgent health needs.
such as minor fracture, sprains and strains, small cuts needing stitches, physicals, TB skin testing, X-rays, and other services. No appointment is needed. Open Mon-Friday from 9 am to 9 pm, Saturday and Sunday 9 am to 7 pm. Will accept most medical assistance plans. For other kinds of insurance, call your plan first to make sure that you are not going out of network. If you do not have insurance, you must have some cash (at least $84) or a credit card with you to be seen. A payment plan may be worked out for the balance of the bill.

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**Clairton**

**Magee at Clairton - Clairton Health Center**

559 Miller Avenue
Clairton, PA 15025
412-233-7021


**Insurance:** Most insurance plans accepted.

**Assistance:** Programs available for those with low or no income or no insurance.

**Services Available:** Open Monday through Thursday from 8 am to 6 pm. Walk-in pregnancy testing, family planning and emergency contraception, teen health care, prenatal care, routine gynecological care, breast cancer screening, STD screening and treatment, social services, health information and education. Transportation can be provided.

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**East Liberty**

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

6023 Harvard Street
Pittsburgh, PA 15206
412-661-2802


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

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

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

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**East End Community Health Care Center – Primary Care Health Services, Inc.**

117 N. Negley Avenue

Pittsburgh, PA 15206

412-404-4000

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

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

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

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

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**Allies for Health+Wellbeing (formerly known as Pittsburgh Aids Task Force) – Medical Clinic**

5913 Penn Ave.

Pittsburgh, PA 15206

412-248-0550

[https://alliespgh.org/](https://alliespgh.org/)

**Insurance:** Most insurance plans accepted. Call to confirm.

**Assistance:** Screening services are free. For follow up treatment and care, patients may be referred to a counselor to fill out an application for health insurance or medical assistance.
Services Available: Free confidential community-based rapid HIV testing. Allies also offers rapid Hepatitis C, rapid Syphilis, and Chlamydia and Gonorrhea testing. NO APPOINTMENT NECESSARY for screening times listed below. However, for follow up treatment and care, appointments are needed for the Allies Medical clinic.

For HIV and Hep C, screenings, here are the schedules:
(East Liberty location at 5913 Penn Ave.)
Sunday: Noon to 3:30 p.m.
Monday: 9 a.m. to 4:30 p.m.
Tuesday: 9 a.m. to 4:30 p.m.
Wednesday: 9 a.m. to 6:30 p.m.
Thursday: 9 a.m. to 4:30 p.m.
Friday: 9 a.m. to 4:30 p.m.

Because Allies for Health+ Wellbeing offers services to all regardless of HIV status, it decided to rebrand itself to reflect the fact that while it is still the oldest and largest AIDS service organization in Southwestern PA, its mission has expanded to provide care for people at risk for HIV, sexually transmitted infections or viral hepatitis. Allies now has a medical clinic that provides follow up and treatment for sexually transmitted infections (STIs) for the community. Health Advocates provide a comforting and stigma-free zone for patients to discuss transmission risk behaviors openly and honestly.

A key feature of the new medical capabilities is a Pre-Exposure Prophylaxis (PrEP) Clinic. A powerful new tool in preventing the spread of HIV, PrEP entails taking the medication.

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

Hazelwood

Hazelwood Family Health Center
4918 Second Avenue
Pittsburgh, PA 15207
412-422-9520
http://www.pchspitt.org
Insurance: Most insurance plans accepted
Assistance:  Sliding fee program based on household income and family size. For first client visit, clients are asked to bring at least $10 and proof of income and family size.

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

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**Homewood-Brushton**

**Alma Illery Medical Center – Primary Care Health Services, Inc.**

7227 Hamilton Avenue

Pittsburgh, PA 15208

412-244-4700

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

**Insurance:**  Most insurance plans accepted

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

**Services Available:**  Comprehensive primary medical care, pregnancy testing, family planning, obstetrics, podiatry, complete X-rays, EKGs, laboratory services, adult medicine, physical exams, pediatrics, including early screening and immunizations, complete dental services, mental health services, pharmacy, social services, health education, individual and group counseling, group therapy/education, skill development and transportation in selected cases.

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**Lawrenceville**

**Allegheny County Health Department**

Tuberculosis Clinic and Program

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

Pittsburgh, PA 15224

412-578-8084

[http://www.achd.net/tb](http://www.achd.net/tb)
This clinic provides walk-in Mantoux tuberculin skin testing (screening) on Mondays, Tuesdays and Fridays from 9 am to 3:30 pm. The fee for a one-step test is $25 and for a two-step, it is $35. Medical evaluation, diagnostic testing and follow-up treatment, if needed, are available by appointment for positive skin tests. Also provided is Directly Observed Therapy (DOT) when indicated. For information on clinic hours, services and how to make referrals, call or go to their website.

**Lincoln-Lemington**

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

7171 Churchland Street
Pittsburgh, PA 15206
412-361-8284
http://www.elfhcc.com/

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

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

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

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

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

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

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

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

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**McKeesport Family Health Center - Primary Care Health Services, Inc.**
627 Lyle Blvd.
McKeesport, PA 15132
412-664-4112
[www.pchspitt.org](http://www.pchspitt.org)

**Insurance:** Most insurance plans accepted.

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

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

Latterman Family Health Center

2347 Fifth Ave.

McKeesport, PA 15132

412-673-5504


**Insurance:** Call ahead to find out what is accepted.

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

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

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**Monroeville**

**Magee-Womens Hospital of UPMC at Monroeville**

Magee Womancare Center-Monroeville

Corporate One Office Park, Building II, Suite 330

4075 Monroeville Blvd.

Monroeville, PA 15146

412-641-6722


**Insurance:** Most insurance plans accepted.

**Assistance:** Programs available for those with low or no income or no insurance.

**Services Available:** Walk-in pregnancy testing, family planning and emergency contraception, teen health care, *prenatal care*, routine gynecological care, breast cancer screening, STD screening and treatment, social services, health information & education.
Sheep Inc. Health Care Center
Monroeville Assembly of God
4561 William Penn Highway
Monroeville, PA 15146
Phone: 412-310-0062
Dr. Robert Beasley, Medical Director

Insurance: No insurance needed.
Assistance: Services are for those without insurance and who are not eligible for public or private insurance programs such as Medicare and Medicaid.

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

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

Oakland

Magee-Womens Hospital of UPMC - Oakland
300 Halket St. -Zero Level
Pittsburgh, PA 15213-3180
412-641-4455

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

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

[No longer operating as a Federally Qualified Health Center (FQHC)]
This practice is now a UPMC family practice and insurance is necessary to be seen.

However, East Liberty Family Health Center is leasing space at this facility to provide care for people without insurance or underinsured. Please see below.

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

373 Burrows Street
Pittsburgh, PA 15213
412.661.2802
http://www.elfhcc.com/

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

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

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

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

http://www.squirrelhillhealthcenter.org/

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

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

**Services Available:** Primary care across the lifespan including prenatal and pediatrics, mental and behavioral health services, tobacco cessation, care navigation, assistance with health insurance marketplace application, translation, health education and more.

Affiliated Dental Clinic next door. Call 412-697-7997 for information.

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**Swissvale (Edgewood Town Center)**

**Metro Community Health Center**
1789 S. Braddock Ave. Suite 410
Pittsburgh, PA 15218
412-247-2310

http://www.metrofamilypractice.org

**Insurance:** All accepted.

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

**Services Available:** Comprehensive primary care across the lifespan including well child, adult, and geriatric care as well as care for chronic illnesses including HIV/AIDS. Also offers integrated care, which is the systematic coordination of general and mental healthcare. Individual counseling and smoking cessation help available for our patients. Assistance with transportation needs for health visits provided to those who are eligible. Also provides care for LGBT population.
Turtle Creek

Adagio Health Turtle Creek
519 Penn Ave.
Turtle Creek, PA 15145
412-349-4156
https://www.adagiohealth.org/locations

Insurance: Most insurance plans accepted.
Assistance: Reproductive health care is accessible to all, especially those individuals who are low-income, uninsured, have insurance but are subject to high co-pays, and those facing other obstacles to care.

Services Available: Open Monday 10:30 am -7 pm, Tuesdays and Fridays 8:30 am -5 pm. Closed Wednesdays and Thursdays. Cancer screenings, care for men, care for teens, family planning, gynecological care, HIV/AIDS testing, nutrition services, STI testing and treatment, natural family planning, education, healthcare and social service referrals.

Sheep Inc. Health Care Center
Monroeville Assembly of God (this is their Turtle Creek satellite operation)
305 Mc Masters Ave.
Turtle Creek
Phone: 412-310-0062
Dr. Robert Beasley, Medical Director

Insurance: No insurance needed.
Assistance: Services are for those without insurance and who are not eligible for public or private insurance programs such as Medicare and Medicaid.

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

Clinic Hours: Only the first Saturday of the month from 3 pm to 5:30 pm
Wilkinsburg

Magee-Womens Hospital of UPMC at Wilkinsburg
720 Penn Ave.
Wilkinsburg, PA 15221
412-731-3091

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

Hosanna House

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

Insurance: Most insurance plans accepted.
Assistance: Application for sliding scale fee with documentation of income and family size. For first visit, clients are asked to bring at least $10 and proof of income and family size.
Services Available: Hours are limited at this site, so it is very important to call to confirm days and hours of operations. Comprehensive medical care including pediatrics, free WIC certification with appointment, pregnancy tests for patients, and gynecological care.
**South**

**South Side**

**Birmingham Free Clinic—The Program for Health Care to the Underserved**

44 South 9th St
Pittsburgh, PA 15203

412-481-7900 Ext. 281

412-692-4706 Mary Herbert, Clinical Outreach Coordinator

[http://www.dept-med.pitt.edu/dgim/phcup/clinics.html](http://www.dept-med.pitt.edu/dgim/phcup/clinics.html)

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

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

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

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

Staff available for Spanish speaking clients at all times.

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

**Appointment:** Tuesday 1-4 pm

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

Squirrel Hill Health Center (Brentwood location)

Brentwood Towne Square
103 Town Square Way
Pittsburgh, PA 15227
412-422-7442 (ask about being seen at the Brentwood site)

http://www.squirrelhillhealthcenter.org/

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

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

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

Homestead

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

1800 West Street, Suite 110
Homestead, PA 15120
412-461-3863

www.pchspitt.org

Insurance: Most insurance plans accepted except for Elder Health.

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

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

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

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

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

Mt. Oliver

Magee-Womens Hospital of UPMC at Mt. Oliver
1630 Arlington Ave.
Pittsburgh, PA 15210
412-488-2690

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

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

McKees Rocks

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

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

Services Available: Primary care across the lifespan, family health and dental care including family medicine, pediatrics, eye care, podiatry, social services, obstetrics/gynecology, nutrition services, and behavioral health services.

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

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

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

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

Allegheny County Department of Human Services, Office of Behavioral Health

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

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

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

For those who qualify, the county also provides help with psychiatric prescription medication.

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

Pittsburgh Coalition for Dynamic Psychotherapy/Clinic without Walls
http://www.pghpsa.org/clinic-without-walls/
412-661-5270

Services: PCDP/CWW is a nonprofit organization offering reduced-fee, psychodynamic oriented psychotherapy to adults, adolescents and children. Medical doctors who are doing their residency in psychiatry at Allegheny General Hospital and Western Psychiatric Institute and Clinic provide the therapy. Psychodynamic psychotherapy is long term therapy and is best suited for individuals with recurrent anxiety and/or depression, for those having difficulty with change and transition and for those with relationship issues. The fee for ongoing therapy is determined by a sliding scale based on income and expenses. No insurance accepted.
SAMHSA—Substance Abuse and Mental Health Services Administration

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

24-Hour Crisis Hotlines

resolve Crisis Network
1-888-7-YOU-CAN (1-888-796-8226)

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

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

412-350-4457 or call 911

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

Allegheny County Department of Human Services – Offices of Behavioral Health – Bureau of Drug and Alcohol Services
One Smithfield Street
Pittsburgh, PA 15222
(412) 350-3328
https://www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Drugs-and-Alcohol.aspx

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

General Information about Drugs and Alcohol Questions
412-350-3328, TTY/TDD 412-350-3467
Weekdays: 8:30 am - 4:30 pm

Information about Opioids and Overdose Prevention

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

http://www.achd.net/overdoseprevention
Allegheny Health Network Center of Excellence for Opioid Use Disorder

This Center of Excellence provides team-based approach with a focus on identifying the needs of the whole person. Our goal is to integrate behavioral health treatment into primary care. The community-based care management team:

- Includes a registered nurse, social worker, and three peer recovery specialists
- Guides patients to the specific support services that they need
- Oversees everything from evaluation to the referral process through to follow-up care

We coordinate behavioral and physical health treatments to speed the time to access treatment and any other needed services. If you or someone you know is looking for more information or wishes to start treatment, please contact our COE at 412-359-4644.

https://www.ahn.org/specialties/center-of-excellence-for-opioid-use-disorder

Persons on Medical Assistance in Allegheny County who need information on drug and alcohol resources can contact:

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

After Hours Access to Drug and Alcohol Services

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

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

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

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

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

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

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

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

**Low Cost Prescriptions at WalMart, Costco, Sam’s Club and others.**

Starting a few years ago, the prices for generic medications began to increase sharply and many store pharmacies such as Kmart, Target, Giant Eagle, and other have discontinued their $4 a month generic drug program in the past year or so. Walmart still has a $4 a month generic drug program, while Costco and Sam’s Club offer low prices on many medications to people without the requirement of membership.

For people with insurance that covers prescriptions, it may be cheaper to consider paying out of pocket for certain medications rather than running them through your insurance plan. You cannot depend on your pharmacy to inform you of cheaper options outside of your insurance plan, because some insurers have bound pharmacies to “gag clauses,” which prohibits them from telling you. You must ask the pharmacy directly about the least expensive alternative.

Also, be aware that prices for many drugs, even generic ones vary widely from pharmacy to pharmacy even in the same neighborhood. Step one is to begin a search through the following websites:

**GoodRx**

https://www.goodrx.com/

GoodRx gathers current prices and discounts to help you find the lowest cost pharmacy for your prescriptions. GoodRx is 100% free. No personal information required. Information only; no drugs are sold.

This is a good resource for price checking for both people without health insurance or with insurance.

**WeRx.org**

https://werx.org/

This is a nonprofit organization dedicated to helping people find the best price for medications in their community. Search the website by name of medication and location to come up with a list of pharmacies with the best prices.

**Blink Health**

https://www.blinkhealth.com/

This is an online national data base of medications, which can be searched by drug and
location. You create a Blink account for free and you pay online and pick up the medication at the participating pharmacy that you select.

RxAssist

http://www.rxassist.org

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

Rx Outreach

This is a nonprofit discount mail order prescription service that provides FDA approved generic medications for asthma, blood pressure, diabetes, heart disease and other health conditions for individuals or families who meet the income guidelines that are not stringent. No cost to join program and no contracts. Prices vary but may be as low as $20 for a six-month supply (180 days). Application must be completed, along with prescription and credit card information, check or money order.

Application and the list of covered medications can be found at http://www.rxoutreach.com/
or call: 1-888-796-1234

HealthWarehouse

This is a nationally accredited online pharmacy which fills prescriptions for anyone without insurance information or income requirements. No insurance information is taken. It is direct pay and prescriptions are mailed.

https://www.healthwarehouse.com/
or call 1-800-748-7001

NeedyMeds

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

Helpline 1-800-503-6897
or contact them at NeedyMeds, P.O. Box 219, Gloucester, MA 01931.
Patient Access Network Foundation

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

Or call 1-866-316-7263

Pennsylvania Patient Assistance Program (PAP)

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

Partnership for Prescription Assistance (PPARx)

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

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

Discount Drug Cards

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

Familywise

Discount prescription card with no membership fee or eligibility requirements. For more information go to http://www.familywise.org or call 1-800-222-2818.
Pennsylvania Drug Card

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

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

Low cost diabetic insulin syringes

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

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

Allegheny County Health Department - Pediatric and Adolescent Dental Services

http://www.achd.net/dental

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

ACHD Pediatric Dental Services Locations

Center City - ACHD Pediatric Dental Services

Hill House
1835 Centre Avenue
Pittsburgh, PA 15219
412-392-4441

McKeesport - ACHD Pediatric Dental Services

Wander Building
339 5th Avenue
McKeesport, PA 15132
412-664-8858

Mt. Oliver - ACHD Pediatric Dental Services

Mt. Oliver Family Health Center
1630 Arlington Ave.
Pittsburgh, PA 15210
412-432-1620
Pittsburgh - Center

Catholic Charities Free Health Center – Dental services

212 Ninth Street, Suite 301
Pittsburgh, PA 15222
412-456-6911
http://www.freecarepgh.com

Catholic Charities Health Care Center is undergoing modernization and updating of systems. It has reopened on a limited, 3-days-per-week schedule until all systems are fully operational. Dental services are open to the public. Call first for appointment.

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

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

Hill House Dental Services – Primary Care Health Services

1835 Centre Avenue
Pittsburgh, PA 15219
412-697-4698
www.pchspitt.org

Dental Services are open to the public

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

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

Ages served: Ages 3 and older

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

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

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


East

Homewood-Brushton

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

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

Insurance: Most dental insurance plans accepted.

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

Ages served: Ages 3 and older
McKeesport

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

627 Lyle Blvd.

McKeesport, PA 15132

412-664-4112

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

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

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

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

**Ages served:** Ages 3 and older

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

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Oakland

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

3501 Terrace Street, Salk Hall

Pittsburgh, PA 15261

412-648-8616

[https://www.dental.pitt.edu/patients](https://www.dental.pitt.edu/patients)

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

This clinic is devoted to providing dental care to those with special needs. Care is done by experienced students under the close supervision of dentist faculty. Medical Assistance accepted as are most dental plans. For more information about scheduling, the screening process and insurance and payment options, call 412-648-3039 (for patients 15 years old and over) or 412-648-8930 (for patients under the age of 15).

Lincoln-Lemington

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

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

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

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

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

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

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

**Squirrel Hill Health Center - Dental Office**

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

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

**Assistance policy:** An application with proof of income and household size must be submitted prior to treatment to determine eligibility for sliding scale. A minimum of $25 per visit for dental services is required.

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

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Wilkinsburg

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

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

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

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

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

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

McKees Rocks

Sto-Rox Family Health Center Dental Services
710 Thompson Avenue
McKees Rocks, PA 15136
412-771-6460
http://www.storoxfqhc.org/dental-care/

Insurance: Dental services are open to the public. Most insurance plans accepted.
Assistance: For a sliding payment scale, must provide documentation of household income and size. Some services may be $10. Other services requiring complex care or use of offsite lab may be more money.

Services Available: Most routine dental care. No implants.
Ages served: Ages 2 and older

West End

West End - Manchester Family Dental Center
441 S. Main St.
Pittsburgh, PA 15233
www.pchspitt.org
(412) 922-5636

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

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

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

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

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

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

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

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

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

A completed application maybe mailed to the address listed below:

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

EyeCare America
1-877-887-6327
https://www.aao.org/eyecare-america

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

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

New Eyes for the Needy
1-973-376-4903
https://www.new-eyes.org/

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

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

Sight for Students
1-888-290-4964
http://www.sightforstudents.org/

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

1-800-766-4466

http://www.aoafoundation.org/vision-usa/

VISION USA is under remodel and will not be coordinating eye care assignments until re-launch in 2019.
Health Insurance Options

Medical Assistance for Workers with Disabilities (MAWD)

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

Charity Care

Pittsburgh area hospitals and their affiliated practices have a limited amount of charity care available. If you are hospitalized without health insurance, make sure to ask to speak to a Social Worker about financial assistance as soon as possible. As a rule, applicants are required to apply for Medical Assistance first and provide documentation of income and household size before they can be considered for charity care. For those seeking charity care, consulting one of the organizations listed under the heading Consumer Health Care Advocacy Organizations (page 62) may help with the application process.
Private Walk-in Clinics and Care Centers

Private Retail Clinics

At this point CVS appears to have the only walk-in pharmacy affiliated clinics in Allegheny County. Walgreens has closed their Take Care Clinics in the area. Often these clinics are staffed by certified nurse practitioners or physician assistants who can provide care for minor conditions such as ear infections, pink eye and so on. They can perform physicals for camp and employment. As a rule, they do not treat children less than 18 months. These clinics might be an option for a mildly sick child on a weekend when private medical practices or the clinics listed earlier in this guide are not open. Going to one of these retail clinics might avoid the large fees or co-pays that are usually required for an Emergency Room visit, thereby saving the time and huge expense involved with an E.R. visit.

CVS Minute Clinic may accept insurance plans. If no insurance coverage, they will require payment via cash or credit card upfront. For more information about services, fees and what kind of insurance they take go to:

https://www.cvs.com/minuteclinic

or call 1-866-389-2727

Urgent Care Centers

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

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

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**Steel Valley Express Care**

4630 Browns Hill Road

Pittsburgh, PA 15217

312-421-1000


Steel Valley Express Care is open Mondays through Saturdays from 8 am to 8 pm and Sundays from 8 am to 4 pm. Open on holidays except for Thanksgiving, Christmas, and July 4th. They offer a variety of services from cuts and fracture treatment, physicals, drug screens, x-rays, lab work and more. No appointment needed, but people can check in via smart phone.

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**Urgent Care Center Braddock**

501 Braddock Ave.

Braddock, PA 15104

412-636-5050

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

This center has physicians and nurses on site to handle a variety of urgent health needs such as minor fracture, sprains and strains, small cuts needing stitches, physicals, TB skin testing, X-rays, and other services. No appointment is needed. Open Mon-Friday from 9 am to 9 pm, Saturday and Sunday 9 am to 7 pm. Will accept most insurance plans but call your plan first to make sure that you are not going out of network. If you do not have insurance, you must have some cash (at least $84) or a credit card with you to be seen. A payment plan may be worked out for the balance of the bill.
Consumer Health Care Advocacy Organizations

**Consumer Health Coalition**

415 East Ohio St. Suite 300
Pittsburgh, PA 15212
412-456-1877
Fax: 412-456-1096

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

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**Pennsylvania Health Law Project - Pittsburgh Office**

The Hollander Building
415 East Ohio St. Suite 325
Pittsburgh, PA 15212
412-434-5779
Toll Free Helpline 1-800-274-3258 -operates Mon.-Fri. 9 a.m. - 5 p.m.

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

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

Allegheny County Department of Human Services

The Immigrants & Internationals Advisory Council

The Immigrants & Internationals (I&I) Initiative was established by the Allegheny County Department of Human Services (DHS) in 2007 to further the DHS vision of creating an accessible, culturally competent and comprehensive human services system for all residents of Allegheny County. The Council is a diverse, representative group of immigrant leaders, service providers, and other stakeholders who identify issues of concern and important changes in the needs of immigrant and international communities to support DHS’s mission to be culturally competent and inclusive. Administrative coordination for the Council is facilitated by the DHS Immigrants & Internationals (I&I) Initiative. Barbara Murock serves as the Manager of the Initiative and can be reached at 412-320-4679.

AJAPO (Acculturation for Justice, Access and Peace Outreach)

2900 Bedford Ave.

Pittsburgh, PA 15219

412-391-4985

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


For more information: http://www.ajapopittsburgh.org/about_us0.aspx
Bhutanese Community Association of Pittsburgh
4150 Saw Mill Run Blvd
Pittsburgh, PA 15227
412-668-3197
https://www.bcap.us/

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

Casa San Jose
2116 Broadway Ave.
Pittsburgh, PA 15216
412-343-3111
http://www.casasanjose.org/

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

Literacy Pittsburgh (formerly known as the Greater Pittsburgh Literacy Council)
411 Seventh Ave. Suite 550
Pittsburgh, PA 15219
412-393-7600
https://www.gplc.org/

English as a Second Language Program

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

**Immigrant Services and Connections (ISAC)**

Immigrant Services and Connections (ISAC) program is a multi-agency collaboration designed to connect immigrants to these important resources and services. Its purpose is to provide service coordination and information, assistance, and referral support to immigrants and refugees who live in Allegheny County.

We speak with these new residents in their native language, listen to their questions, and get them the answers they need. We help them get assistance with food, rent, utilities, and transportation. We can help them navigate the healthcare system, find childcare, and access available benefits.

Contact: Jen Hayes
ISAC Service Coordinator
412-393-7625
isac@literacypittsburgh.org

**Latin American Cultural Union (LACU)**

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

[www.lacunet.org](http://www.lacunet.org)
P.O. Box 19403
Pittsburgh PA, 15213
info@lacunet.org
412-301-5228
[www.twitter.com/LACUPGH](http://www.twitter.com/LACUPGH)
[www.facebook.com/LatinAmericanCulturalUnion](http://www.facebook.com/LatinAmericanCulturalUnion)
Latino Family Center
5450 Second Avenue 2nd Floor
Pittsburgh, PA 15207 (Hazelwood)
412-325-8111

This Family Support Center provides services to Latino families such as parenting support, classes on nutrition, prenatal and postpartum care, literacy activities, family fun nights, assistance with translation/interpretation of documents, English as a Second Language classes for adults, referrals to medical, legal and mental health services, and much more. Their primary focus is on families with children ages 0-5. Call for more information. The Center is part of the Allegheny Intermediate Unit 3 (AIU3).

Latino Community Center
212 Ninth St. Fifth Floor
Pittsburgh, PA 15222
412-335-7446
info@latinocommunitycenter.org

The Latino Family Center, which was established in 2017, provides a range of services to the area’s growing Latino population. Its services include a Welcome Hub, a Community Engagement initiative designed to link Latino students and business to opportunities to support the community, College Readiness, Advocacy, Community Programming, and more.

For more information, call or click on http://www.latinocommunitycenter.org/

Northern Area Multi-Service Center - Community Assistance and Refugee Resettlement (CARR)
412-781-1175 ext. 2905

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

http://buildingindependence.org/nams/community-assistance-and-refugee-resettlement/
**South Hills Interfaith Movement (SHIM) – Prospect Park Family Center**

1450 Maple Drive # 6  
Pittsburgh, PA 15227  
412-885-0284 ext. 345  

Michelle King -ISAC Service Coordinator  [mking@shimcares.org](mailto:mking@shimcares.org)

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

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**Vibrant Pittsburgh**

Convention Tower  
960 Penn Ave. Suite 402  
Pittsburgh, PA 15222  
412-281-8600  

Vibrant Pittsburgh’s mission is to embrace inclusion, to ensure the Pittsburgh region’s growth by attracting, retaining and elevating a diversity of talent, and to promote the region nationally and internationally as a diverse, welcoming region of opportunities.

Vibrant offers a wide array of resources on its website. For more information, call or click [info@vibrantpittsburgh.org](mailto:info@vibrantpittsburgh.org)
**Transportation**

North Hills Community Outreach’s Transportation Assistance program (formerly Community Auto) has expanded!

1975 Ferguson Road
Allison Park, PA 15101
412-408-3830 extension 3225

This program helps to make vehicle ownership affordable for low-income working individuals and families.

**To qualify:**
- you must live in NHCO’s service area of NORTHERN Allegheny County, NORTH of the City of Pittsburgh and
- your income must be at or below 150% of the federal poverty level guidelines (except for matching funds for car purchase, see below)

As funds allow, NHCO can provide one-time assistance for vehicle ownership expenses, transportation expenses or limited matching funds for vehicle purchase. For more information about their guidelines and policies go to [http://nhco.org/get-help/transportation-assistance-program/](http://nhco.org/get-help/transportation-assistance-program/) or call the number listed above.

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**Free Rides for Seniors**

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

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

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

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

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

Heritage Community Transportation

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

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

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

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

Travelers Aid

412-281-5474

www.travelersaidpgh.org

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

Mobile Moms

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

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

Who: Low-income women receiving prenatal care.

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

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

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

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

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

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

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**Behavioral Health Transportation Program**

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

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

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

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

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**Transportation Resources**

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

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

Family Services of Western Pennsylvania
Transportation Loan Program
6401 Penn Avenue 2nd Floor
Pittsburgh, PA. 15206
1-866-965-5929 (toll free)
http://www.pawaystowork.org/

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

Here is how the program works:

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

Apprise

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

Breast and Cervical Cancer Prevention and Treatment Program

This is a program for low-income women who need breast and cervical services. It can provide quality screening care and treatment to women who meet the eligibility criteria. For more information, call the Healthy Woman Program at 1-800-215-7494 or visit:

https://www.health.pa.gov/topics/programs/Pages/HealthyWoman-Program.aspx

Cancer Caring Center

4117 Liberty Ave.

Pittsburgh, PA 15224

412-622-1212

http://www.cancercaring.org/

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

Clinical Research Studies

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

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

Gamblers Anonymous

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

PA Department of Health Gambling Addiction 24-Hour Hotline

For help with compulsive gambling, call 1-877-565-2112

Council on Compulsive Gambling of Pennsylvania -CCGP

https://www.pacouncil.com/

The Council on Compulsive Gambling of Pennsylvania is a nonprofit organization affiliated with the National Council of Problem Gambling. Its purpose is to educate and disseminate information about compulsive gambling and to facilitate referrals. They operate a 24-hour help line 1-800-848-1800.

Food Assistance

Greater Pittsburgh Community Food Bank

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

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

Health Care for the Homeless

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

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

Call: 412-244-4775

Operation Safety Net

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

249 South 9th Street, Second Floor
Pittsburgh, PA 15203-1265
Call: 412-232-5739 or Toll Free 1-888-492-8950

Additional Resources continued

Library for the Blind and Physically Handicapped

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

- Large print books
- Audio described DVDs
- Audio books and magazines with playback equipment
- Downloadable audio through Braille and Audio Reading Download (BARD), which can be used with our playback devices or with an iOS device such as an iPhone or iPad
- Downloadable electronic Braille, also through BARD
- Physical Braille books, which can be borrowed via interlibrary loan through our partner the Free Library of Philadelphia's Library for the Blind and Physically Handicapped.

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

Mercy Parish Nurse and Health Ministry Program

Mercy Health Center
1515 Locust St. Suite 705
Pittsburgh, PA 15219
412-232-5815

Email: Parishnurse@mercy.pmhs.org
https://www.pittsburghmercy.org/faith-communities/pittsburgh-mercy-parish-nurse-health-ministry-program/

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

**Neighborhood Legal Services Association**

928 Penn Ave.
Pittsburgh, PA 15222
412-255-6700 or toll-free 1-866-761-6572

Telephone hours are Mon. - Fri. 9 a.m. - 11:30 am. and 1 p.m. - 2:30 p.m.

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

**North Hills Community Outreach**

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


An interfaith, nonprofit organization that addresses the spiritual, emotional, physical and material needs of people in crisis, hardship and poverty. This organization serves individuals and families in northern Allegheny County, outside the city of Pittsburgh. For more information, call or go to their website.
Our Clubhouse
2816 Smallman St.
Pittsburgh, PA 15222
412-338-1919
www.ourclubhouse.org

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

The Spirit of Health Initiative

The Duquesne University Mylan School of Pharmacy facilitates the Spirit of Health Initiative, which provides free health screenings periodically in various communities. Screenings include blood pressure, blood glucose, body composition, and carbon monoxide testing for smokers. Medication information is also available. Treatment for medical conditions is not available, but assistance is provided with referrals. Sometimes adult immunizations are offered, too. For more information, please call 412-396-2053.
Tobacco Cessation Assistance

**Tobacco Free Allegheny**
412-322-8321, 1-800-QUIT NOW or 1-800-784-8669


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

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

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WIC (Women, Infants, Children)

**Allegheny County Health Department – WIC Program**
412-350-5801

[http://www.achd.net/wic](http://www.achd.net/wic)

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

Dial 2-1-1

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

Just Harvest

http://www.justharvest.org

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

Live Well Allegheny

http://www.livewellallegheny.com

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

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

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

Name of facility or organization: _______________________________________________
Current address: _______________________________________________________________
Organization phone number: _____________________________________________________
Website (if available): _________________________________________________________
Organization Email: ____________________________________________________________
Insurance (information): _______________________________________________________
Assistance (policy): __________________________________________________________
Services Available: ____________________________________________________________
Name of person (submitting update): ___________________________________________
Your Phone number: ___________________________________________________________
Your Email: ________________________________________________________________

All updates may be mailed to:
   Lorraine Starsky, BSN, RN
   Public Health Nurse
   Allegheny County Health Department, Chronic Diseases Prevention
   807 Wallace Ave., 2nd Floor
   Pittsburgh, PA 15221

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