

Underinsured or Uninsured?

Guide to Health Care Resources in Allegheny County



June 2019

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?

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 2019 ended on December 2018. The next enrollment period will begin sometime in the fall of 2019. 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

Following are local organizations that can help you apply for Medicaid (Medical Assistance), CHIP, or health insurance under the ACA market place 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/>

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) or coverage under the Affordable Care Act if there has been change in your circumstances. 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) or whether you meet the criteria to apply for insurance under the Affordable Care Act.



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://marketplace.cms.gov/outreach-and-education/downloads/c2c-roadmap.pdf>

<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 behavioral health services. 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 is no longer in 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. No appointment needed. Please note! Some insurance plans are now being accepted for infant and childhood immunizations. Please check this list to find out which ones are accepted.
https://www.alleghenycounty.us/uploadedFiles/Allegheny_Home/Health_Department/Health_Services/Immunization_Clinic/Acceptend_Insurance_List.pdf



Federally funded childhood immunizations are provided at no cost to children through 18 years of age who are Medicaid eligible, uninsured, underinsured, American Indian or Alaska Native. A parent or legal guardian must accompany the minor to the clinic. Please try to bring the child's immunization records and health insurance information 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 certain 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.

Catholic Charities Free Health Care Center

212 Ninth Street, floor 2 and 3

Pittsburgh, PA 15222

412-456-6911

<https://freecarepgh.org/>

This is not a walk-in clinic. Please call first to discuss eligibility and to make an appointment. Services are limited to uninsured and under-insured individuals 19 years-old and older.

Insurance: Uninsured or under-insured (limited benefits health insurance or very high deductible plans)

Assistance: Services are free for those individuals who are between 200-300 % of Federal Poverty Guidelines. Call for more details about eligibility and the kind of documentation that is needed.

Services Available: Primary care that includes care for chronic conditions such as diabetes, high blood pressure, heart disease, etc. Also, general dental services are provided.



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

<https://www.alleghenycounty.us/Health-Department/Health-Services/STD-and-HIV-AIDS-Program/index.aspx>

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. No pregnancy testing or physical examinations. 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://www.focuspgh.org/>

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>

Note! This location is temporarily closed. Patients are being seen at other PCHS locations.

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.

Strip District

The Midwife Center

2825 Penn Avenue

Pittsburgh, PA 15222

412-321-6880

<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.

North

North Side Christian Health Center

816 Middle St.

Pittsburgh, PA 15212

412-321-4001

<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.

North Side Christian Health Care Center at Northview Heights

525 Mount Pleasant Rd.

Pittsburgh, PA 15214

412-322-7500



<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.

Central Outreach Wellness Center

127 Anderson St. Suite 101

Timber Court Building

Pittsburgh, PA 15212

412-322-4151

<https://www.centraloutreach.com/>

Insurance: Accepts all health insurance plans.

Assistance: No insurance, no problem.

Services Available: Culturally competent care, comprehensive Gay health care, comprehensive Transgender care, HIV care, Hepatitis C screening and care, PrEP & PEP prophylaxis, suboxone/needle exchange, etc. Call for details and to make an appointment. Hours: Monday and Thursday 9 am to 7 pm. Tuesday, Wednesday and Friday 9 am to 5 pm. Walk-ins accepted during regular business hours.

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_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 medical assistance plans and other kinds of insurance. However, call the number on the back of your insurance card 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. Depending on the procedure and test that are needed, the more payment may be needed before treatment is begun.

Clairton

Cornerstone Care Community Health Center of Clairton

(tentatively scheduled to open in summer 2019)

559 Miller Avenue

Clairton, PA 15025

724-852-1001 x306 (this number is active for those seeking assistance)

412-226-5454 (will be in operation when center opens)

www.CornerstoneCare.com



Insurance: Most insurance plans accepted.

Assistance: Sliding scale available for those with low income or no insurance.

Services Available: Preventive care, immunizations, physicals for school, sports, etc. Care for common illnesses and chronic conditions. Appointments are recommended, but not required. Same day sick appointments. Walk-in care may be available. To apply for sliding scale program, please bring most current federal income tax return, two most recent paystubs if employed, IRS W-2 or 1099.

Magee at Clairton - Clairton Health Center

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

<http://www.upmc.com/locations/hospitals/magee/locations-and-directions/Pages/neighborhood-health-clinics.aspx>

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.

East Liberty

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

6023 Harvard Street
Pittsburgh, PA 15206
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: 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.

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>

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.

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/>

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.

Homewood-Brushton

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

7227 Hamilton Avenue

Pittsburgh, PA 15208

412-244-4700

<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.

Lawrenceville

Allegheny County Health Department

Tuberculosis Clinic and Program

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

Pittsburgh, PA 15224

412-578-8084

<https://www.alleghenycounty.us/Health-Department/Health-Services/Tuberculosis->



[Clinic/Index.aspx](#)

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.

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

627 Lyle Blvd.

McKeesport, PA 15132

412-664-4112

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

<http://www.upmc.com/locations/hospitals/mckeesport/services/pages/family-health.aspx>

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.

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

<http://www.upmc.com/locations/hospitals/magee/locations-and-directions/Pages/neighborhood-health-clinics.aspx>

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

<http://sheepincclinic.org/>

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

<http://www.upmc.com/locations/hospitals/magee/locations-and-directions/Pages/neighborhood-health-clinics.aspx>

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.

Squirrel Hill Health Center Mobile Unit

<https://squirrelhillhealthcenter.org/mobile-unit/>

This mobile health van is staffed with a driver/medical assistant, physician or nurse practitioner, and a Pittsburgh Health Corps member. Visits on the Mobile Unit are by appointment only. Please click on the mobile unit schedule above to see the locations where van will be stationed and call 412-422-7442 to make an appointment.

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 LGBTQ population.

Turtle Creek

Adagio Health Turtle Creek

519 Penn Ave.

Turtle Creek, PA 15145

412-349-4156

<https://adagiohealth.org/>

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 8:00 am - 4:30 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

<http://sheepincclinic.org/>

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

<http://www.upmc.com/locations/hospitals/magee/locations-and-directions/Pages/neighborhood-health-clinics.aspx>

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 Populations

44 South 9th St

Pittsburgh, PA 15203

412-481-7900 Ext. 281

412-692-4706 Mary Herbert, Clinical Outreach Coordinator

www.birminghamfreeclinic.wordpress.com

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 or evaluated on a case-by-case basis for services.

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 available for returning patients. Patients must be 18 or over and are advised to come as early as 45 minutes to 1 hour prior to registration times of the Walk-in-in clinic. Please see info below or on web site.

Services Available: Basic primary care, medication access, PAP testing, mammogram vouchers, oral and long-acting contraceptives, 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, cardiology, vision screenings, podiatry, occupational therapy, physical therapy, audiology, psychiatry, endocrinology, and smoking cessation may be available. Pediatric care provided for children without health insurance the second Saturday of every month by SALUD Para Ninos of Children's Hospital of UPMC (call 412-692-6000 option 8 for more info). 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. Video



interpretation available for other languages.

Walk-in Clinic Hours: Registration for walk-in clinic sessions are as follows: Monday 5 p.m., Wednesday 1 p.m., Saturday 9 a.m. Clients may not park in the Salvation Army Thrift Store parking lot. Clinic entrance is in the back of the Salvation Army Building, off Cabot Way. Patients are seen on a first come first serve basis.

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.storoxfhc.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

<http://www.upmc.com/locations/hospitals/magee/locations-and-directions/Pages/neighborhood-health-clinics.aspx>

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.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, 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 relation-



ship issues. There is a reduced fee of \$25.00 per session. The fee can further be reduced when the patient completes a "Request for Reduced Fee Application" that is provided by the clinician. Insurance is not 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 1-800-662-4357 or click <http://www.samhsa.gov/>

24-Hour Crisis Hotlines

resolve Crisis Network

1-888-7-YOU-CAN (1-888-796-8226)

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 may be 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

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

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. 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. There are opportunities for training on overdose prevention and how to respond to individuals at risk of drug overdose. 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.

<https://www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Drug-Alcohol/How-to-Prevent-a-Death-Due-to-Opioid-Overdose.aspx>



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

1-877-222-8387

<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 <https://rxoutreach.org/> 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.

Medicine Assistance Tool

This is a search engine operated by Pharmaceutical Research and Manufacturers of America's (PhRMA) Partnership for Prescription Assistance (PPA) service. This tool helps to facilitate easy access to pharmaceutical companies' existing and emerging Patient Assistance Programs (PAPs) that help needy patients afford prescription drugs by providing access to 275 such programs via a single point of entry.

<https://medicineassistancetool.org/>

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 <https://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>

If unable to print a card from the website, pharmacies such as 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 (temporarily closed due to renovations)

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>

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. Call for more details about eligibility and the kind of documentation that is needed.

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

Hill House is Temporarily Closed for Remodel. Call to see when it will reopen

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.

Services Available: Exams, cleaning, fillings and other basic dental care for children through adults. No sedation.

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

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

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>

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 crowns and implants. 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

<http://www.squirrelhillhealthcenter.org/>

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. Those below 200% of the Federal Poverty Level may qualify for a discount on dental services. 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.

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>

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.storoxfhc.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 provides 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.



Mission Vision

724-553-3114

105 Brandt Dr., Suite 204

Cranberry Township, PA 16066

<http://mission-vision.org/>

This is a local faith-based, non-profit ministry devoted to serving impoverished people here in the community or around the world who need help with vision problems. Check their online calendar to see where their local vision clinics, which are organized through partnering groups, are being held. In these vision clinics, eyes are checked for medical issues and to screen for vision problems. Often custom prescription glasses are provided.



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 directly 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/>

Steel Valley Express Care

4630 Browns Hill Road

Pittsburgh, PA 15217

312-421-1000

<http://steelvalleyexpresscare.com/>

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.

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

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

<http://www.consumerhealthcoalition.org/>

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.

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.

<http://www.phlp.org/>

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. Benedict Killang serves as the Manager of the Initiative and can be reached at 412-320-4681.

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.

Populations served: Refugees and immigrants from Benin, Bhutan, Botswana, Burkina Faso, Burma, Burundi, Cameroon, Cote D'Ivoire, Congo, Eritrea, Ethiopia, Gambia, Ghana, Haiti, Jamaica, Kenya, Lesotho, Liberia, Madagascar, Malawi, Nepal, Nigeria, Rwanda, Senegal, Sierra Leone, Somalia, Sudan, Tanzania, Togo, Trinidad, Uganda, Zambia, and Zimbabwe.

For more information: http://www.ajapopittsburgh.org/about_us0.aspx



Bhutanese Community Association of Pittsburgh

3000 Brownsville Rd, Suite C (new location)

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 short-term assistance with food, rent, utilities, and transportation. We can help them navigate the healthcare system, find child-care, and access available benefits.

412-742-4200

<https://isacpittsburgh.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 increase 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

P.O. Box 19403

Pittsburgh PA, 15213

info@lacunet.org

412-301-5228

www.twitter.com/LACUPGH

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) – Family Center

41 Macek Dr. (new location)

Pittsburgh, PA 15227

412-892-4673

<https://shimcares.org/>

Michelle King - ISAC Service Coordinator 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.

Vibrant Pittsburgh

Convention Tower

960 Penn Ave. Suite 402

Pittsburgh, PA 15222

412- 281-8600

<http://vibrantpittsburgh.org/>

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



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/> or call the number listed above.

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.

<http://nhco.org/get-help/for-seniors/free-rides-for-seniors/>



Heritage Community Transportation

<https://www.heritageserves.org/transportation.html>

412.351.0535

Heritage Community Transportation serves 15 communities in the Mon Valley. For a complete list of areas served, see:

https://www.heritageserves.org/uploads/1/3/7/2/13721801/hct_schedule_map_2-19_final.pdf

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.

Travelers Aid

412-281-5474

<https://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.

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.

Transportation Resources

Information about transportation assistance programs for non-emergency medical transportation in Allegheny County.

<https://www.alleghenycounty.us/Human-Services/Programs-Services/Basic-Needs/Transportation.aspx>

A to B Transportation Options

A to B is designed to help residents of Allegheny County find transportation options that meet their needs, preferences, and abilities. It is not designed to plan a specific trip, but to help you find options for many kinds of trips. Simply answer a few questions and **A to B** will



match you to possible transportation options. This free and anonymous service is a project of Age-Friendly Greater Pittsburgh. To complete an individual profile, click on <https://www.atoballeggheny.com/>

or call 412- 562-5379 if you need help using the tool.

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. Go to <http://www.gamblersanonymous.org/ga/> for more information (such as the 20 question screening survey and other resources) and to locate a local group.

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

<https://www.pittsburghmercy.org/homeless-services/pittsburgh-mercys-operation-safety-net/>



Additional Resources (cont'd)

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 <https://www.palawhelp.org/organization/neighborhood-legal-services-association-alleg?ref=1Z1Ad>

North Hills Community Outreach

1975 Ferguson Road

Allison Park, PA 15101

412-487-6316

<http://www.nhco.org/>

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

<http://www.tobaccofreeallegheny.org/>

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)

WIC (Women, Infants, Children)

Allegheny County Health Department – WIC Program

412-350-5801

<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: 412-247-7966 or 412-687-ACHD (2243) or visit our [website](#).

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:

Leah Pope - Public Health Educator
Allegheny County Health Department, Chronic Diseases Prevention
807 Wallace Ave., 2nd Floor
Pittsburgh, PA 15221

Or they can be emailed to leah.pope@alleghenycounty.us



**Chronic Diseases Prevention Program
807 Wallace Ave., 2nd Floor
(Hosanna House)
Pittsburgh, PA 15221**