



Help with Health Care

Resources for the uninsured
Southeast Michigan

Revised August 2012



Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.



You work hard to take care of your kids...

**Now there's
help
for a small
amount
per month**



Do the children in your care need health care coverage? Many families are now eligible — spread the word!

With MICHild or Healthy Kids coverage, qualified children can receive these benefits:

- Doctor visits and checkups
- Hospital care
- Prescriptions
- Dental care
- Immunizations
- Vision care
- Lab tests and X-rays
- Hearing and speech care
- Mental health care

Two ways to sign up:

- 1) Call 1-888-988-6300 for help or an application.
- 2) Apply online at healthcare4mi.com.

There are no copayments or deductibles for either of these programs if you are under 19 years of age.



**Blue Cross
Blue Shield**
of Michigan

bcbsm.com

Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association. The Blues are committed to reducing health care costs, improving quality and improving the health status of Michigan's residents, particularly children. We willingly embrace these ideals as a vital part of our corporate culture and essential to our social mission.



*Serving
Southeast Michigan
for 66 years*

gdahc.org
myCareCompare.org

The Greater Detroit Area Health Council (GDAH) is Southeast Michigan's health care coalition of leaders from business, labor, hospitals and health systems, physician organizations, payers, government and community organizations. GDAH brings these leaders together to drive collaborative improvements in health care quality, cost effectiveness and access to care.

1-313-963-4990

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Introduction

Thank you for reading the Blue Cross Blue Shield of Michigan Help with Health Care brochure. The Blues produced this brochure for people who need help with health care in Michigan.

This is the Southeast Michigan version of the brochure. It contains information for the following counties: **Macomb, Monroe, Oakland, St. Clair, Washtenaw** and **Wayne**.

Helping Michigan residents with health care is an important part of the Blues' social mission. To learn more about our social mission and the Blues' strong commitment to helping Michigan communities, please visit our website at bcbsm.com/home. To obtain information on low-cost insurance coverage offered through Blue Cross Blue Shield of Michigan, visit bcbsm.com and explore the options under *Looking for Insurance?* or call 1-800-848-5101.

The Blues hope that these resources on dental and vision services, free and low-cost clinics, government-sponsored programs, mental health, prescription assistance and social services will help you find the information you need and may help you avoid costly emergency room visits for your routine health needs.

You may download copies of this brochure from our website in PDF format at bcbsm.com/home/healthier/help_with_health_care_brochures.shtml. You may also call our toll-free hotline at 1-800-658-6715 to order extra copies of the brochure for free. Be sure to include your name, address, phone number, how many brochures you'd like and which version of the brochure you need (Southeast Michigan, Mid-Michigan, West Michigan or Northern Michigan and the Upper Peninsula).

Glossary

There are some terms used in this brochure that may be confusing for the reader. For that reason, we have included a glossary to help explain what some of these words and phrases mean.

Federal poverty level: Also known as the federal poverty guideline, this determines whether or not you are eligible for free and low-cost services. People with incomes that are up to 100 percent of the federal poverty level are eligible for many free and low-cost services.

2012 Poverty Guidelines

Number of people in your family or household	Monthly income for 100% of poverty	Monthly income for 200% of poverty
1	\$ 930.83	\$ 1,861.66
2	1,260.83	2,521.66
3	1,590.83	3,181.66
4	1,920.83	3,841.66
5	2,250.83	4,501.66
6	2,580.83	5,161.66

Low-income: A person or family is “low-income” if their salary is between 100 percent and 200 percent of the federal poverty level (see above). But many health providers may define this term differently, so please call first to make sure.

Mental health services: Counseling, therapy, substance abuse treatment and other services that help people function better and feel better.

Primary care: General or routine medical services, such as annual checkups. People often use primary care services when they have the flu or some other illness.

Preventive care: These are services that help keep people from getting sick. An example would be vaccines for children.

Proof of income: Usually a pay stub or federal W-2 tax form.

Sliding scale: This means that the amount of money you will pay depends on how much money you make. Usually, the federal poverty guidelines are used.

Social services: Services for people who need help meeting their daily needs for food, shelter, housing, education and health care.

Referral: When a person is directed to the best place possible to find help.

State and federal programs

The Michigan Department of Community Health maintains an online directory of health care services and resources at michigan.gov/healthcarehelp

1. For children and pregnant women

Children's Special Health Care Services

1-800-359-3722

This is a program for children and some adults with special health care needs. If your child suffers from a chronic medical condition, such as cerebral palsy, sickle cell disease, epilepsy, diabetes, muscular dystrophy or others, call the number above for more information or visit michigan.gov.

MIChild and Healthy Kids Program

MIChild is a low-cost, statewide program that provides comprehensive health care for children of working families. Children under 19 years of age who are not MIChild eligible and meet the financial guidelines may be eligible for Healthy Kids. Healthy Kids is a Medicaid program that provides health care for low-income families and individuals at no cost. This includes pregnant women, babies and children under the age of 19. There are no copayments or deductibles for either of these programs if you are under 21 years of age. Call 1-888-988-6300 for more information or apply online at healthcare4mi.com.

Women, Infants and Children Program

1-800-942-1636

michigan.gov/wic

This program provides nutritious foods, information on healthy eating and referrals to health care for women, infants and children.

2. For adults

The state of Michigan provides medical insurance to low-income adults ages 18 to 64 through the Medicaid program. Contact the Department of Human Services office in your county to find out if you qualify for Medicaid or visit michigan.gov/dhs.

The numbers below can also be used if you need extra help with the Food Assistance Program, referrals to social service and mental health agencies, or if you want to contact Protective Services regarding child or elder abuse. To find out if you are eligible for state and federal programs, visit the Michigan Assistance and Referral Service at mfia.state.mi.us/mars.

Most Medicaid recipients are eligible for transportation assistance for medical appointments. Talk to a caseworker at the Department of Human Services for more information.

Macomb County Department of Human Services

Mt. Clemens – 1-586-469-7700

Sterling Heights – 1-586-254-1500

Warren – 1-586-427-0600

Child and Adult Protective Services

24-hour referral line – 1-877-412-6109

Monroe County Department of Human Services

903 S. Telegraph

Monroe MI 48161

1-734-243-7200

Oakland County Department of Human Services

Bloomfield Hills Children's District –

1-248-975-41-800

Madison Heights – 1-248-583-8700

Pontiac, Saginaw St. – 1-248-975-5200

Pontiac, Baldwin Road – 1-248-975-5400

Walled Lake – 1-248-669-7600

St. Clair County Department of Human Services

220 Fort St.
Port Huron, MI 48060
1-810-966-2000

Washtenaw County Department of Human Services

22 Center St.
Ypsilanti, MI 48198
1-734-481-2000

Wayne County Department of Human Services

Twenty-two locations in the Metro Detroit area; call Central Operations at 1-313-396-0200 to find the one nearest you

3. For veterans

The U.S. Veterans Administration Agency provides medical services to all military veterans who have served in the United States Armed Forces. The services are either free or require a small fee. Call 1-877-222-8387 for more information on veterans' health benefits or visit va.gov.

County-based services

1. County-based health plans

County-based health plans provide health care coverage for individuals or small businesses that are located in a specific county. See descriptions below for more information.

Macomb Health Plan

This health plan is designed for low-income Macomb County residents. Programs offered: Medicaid ABW, low-income adult resident program and subsidized business health products. To find out more, call the plan at 1-866-622-6620 or go to macombhealthplan.org.

Monroe County Health Plan

This is a comprehensive, community-based health plan for residents of Monroe County. Contact your local Department of Human Services office to find out if you are eligible or call 1-866-291-8691.

Washtenaw Health Plan

This health plan provides access to primary care and other medical services. Services are available to low-income, uninsured residents of Washtenaw County who cannot get coverage under Medicaid, Medicare or other programs. Call 1-734-544-3030 or go to whp.ewashtenaw.org.

Wayne County Four Star Program

Designed for small businesses, this health care program is a partnership between Wayne County and four area hospitals. To find out if your small business is eligible to participate, or to get more information, call 1-866-780-6655 or go to waynecountyfourstar.org.

Wayne County Health Choice Program

This program, part of Blue Care Network of Michigan, provides low-cost health care coverage to Wayne County residents. The Young Adult program offers health coverage persons 18 to 30 years old who work or attend school full- or part-time. The Tempro program covers part-time and temporary workers 18 to 55 years of age. If you live in Wayne County, call 1-800-935-5669 or visit waynecounty.com for more information.

2. Local health departments

Local health departments offer many free or low-cost services to area residents. These services may include well-child clinics, prenatal care, cancer screening, family planning, immunizations, WIC services and other programs. Some health departments also offer countywide health care plans, such as those listed above.

Contact your county health department, listed below, for more information on the services and programs they offer.

Detroit Department of Health and Wellness

Herman Kiefer Health Complex
1151 Taylor
Detroit, MI 48202
1-313-876-4300 for Administration

Immunizations

1-313-876-4334
– Dates of service vary by month

STD Testing

1-313-876-4184
– Open Monday through Friday; doors open at 7 a.m.
– Bring picture ID and small donation.

Macomb County Health Department

43525 Elizabeth Road
Mount Clemens, MI 48043
1-586-469-5235
macombcountymi.gov/publichealth

Monroe County Health Department

2353 S. Custer Road
Monroe, MI 48161
1-734-240-71-800
co.monroe.mi.us/publichealth

Oakland County Health Department

1200 N. Telegraph, Dept. 432
Pontiac, MI 48341
1-248-858-1280
oakgov.com/health

St. Clair County Health Department

3415 28th St.
Port Huron, MI 48060
1-810-987-5300
hd.stclaircounty.org

Washtenaw County Health Department

555 Towner, P.O. Box 915
Ypsilanti, MI 48197
1-734-544-6700
publichealth.ewashtenaw.org

Wayne County Health Department

33030 Van Born Road
Wayne, MI 48184
1-734-727-7000

Free and low-cost health centers

1. Free and low-cost clinics

The following is a list of places you can go for free or low-cost medical care. Always call before you go to make sure the hours and services are the same as those listed below.

ACCESS

ACCESS Clinic

6450 Maple
Dearborn, MI 48126
1-313-216-2230

Human Services Center

6451 Schaefer
Dearborn, MI 48126
1-313-842-7010

accesscommunity.org

- Wide variety of health, mental health and social services available at seven locations to any Dearborn resident
- Discounted lab work; patient responsible for 30 percent
- Free mammograms and Pap smears for women ages 40 and up
- Free HIV testing
- Pediatrician available for children ages 17 and under for a \$25 fee
- General practice for ages 18 to 21 for a \$25 fee and over age 21 for a \$40 fee

Advantage Health Centers

15400 West McNichols
Detroit, MI 48235
1-313-835-5990

ahcdetroit.org

- Medical and some mental health services
- Bring picture ID, Social Security card and proof of income
- If in a shelter or treatment center, bring a letter; otherwise there is a \$20 fee

Advantage Family Health Center

4777 East Outer Driver
Detroit, MI 48234
1-313-416-6200

Thea Bowman Community Health Center

15400 West McNichols
Detroit, MI 48235
1-313-835-5990

Waller Health Center on Cathedral Green

60 East Warren Avenue
Detroit, MI 48201
1-313-416-6261

American Indian Health & Family Services

4880 Lawndale
Detroit, MI 48210
1-313-846-6030

aihfs.org

- Medical, dental and substance abuse and prevention services
- Eligibility limited to low-income residents in the seven counties of Southeast Michigan; services not limited to American Indians

Arab-American and Chaldean Council (ACC)

28551 Southfield Road
Lathrup Village, MI 48076
1-248-559-1990

myacc.org

- Offers a variety of health-related services in Wayne, Oakland and Macomb counties

Cabrini Clinic of Most Holy Trinity Catholic Church

1234 Porter St.
Detroit, MI 48226
1-313-961-7863

cabriniclinic.org

- Primary medical care, prescription assistance and mental health care for uninsured adults
- First visit by appointment only

Cass Community United Methodist Church Clinic

3745 Cass Ave.
Detroit, MI 48201
1-313-883-2277, ext. 308

casscommunity.org

- Open 8 a.m. to 12 p.m. Saturdays.
- First come, first served; bring photo ID.

CHASS Clinic (Community Health and Social Service)

chasscenter.org

Southwest Center

5635 West Fort Street

Detroit, MI 48209

1-313-849-3920

- Services available in Spanish
- Dental services available

Midtown

7436 Woodward Ave.

Detroit, MI 48202

1-313-556-9907

- No one turned away
- Services focused on low-income African-American and Hispanic individuals
- Sliding scale; takes insurance
- Dental services available

Chelsea Grace Clinic

603 S. Main St.

Chelsea, MI 48118

1-888-331-1174

- Clinic open one Saturday a month from 9 a.m. to 12 p.m., by appointment only
- Services for the uninsured only

Corner Health Center

47 N. Huron

Ypsilanti, MI 48197

1-734-484-3600

cornerhealth.org

- General medical care, OB/GYN, family planning and counseling for individuals ages 12 to 21 and their children

Covenant Community Care

covenantcommunitycare.org

Michigan Ave.

5716 Michigan Avenue

Detroit, MI 48210

1-313-554-1095

Waterman

1700 Waterman

Detroit, MI 48209

1-313-841-1699

Royal Oak

27776 Woodward Avenue

Royal Oak, MI 48067

1-248-556-4900

West Grand

559 West Grand Boulevard

Detroit, MI 48216

1-313-554-1095

- Low-cost family medical care (except prenatal care) by appointment only; sliding scale
- Need picture ID and latest proof of income
- Accepts most insurance

Detroit Community Health Connection Clinics

dchcquality.org

East Riverside

13901 E. Jefferson

Detroit, MI 48215

1-313-822-0900

Dr. Sophie Womack Health Center

7900 Kercheval

Detroit, MI 48215

1-313-921-5500

Dr. Feleta Wilson Health Center

6550 W. Warren

Detroit, MI 48210

1-313-897-7700

Woodward Corridor Family Medical Center

611 Martin Luther King, Jr. Blvd.

Detroit, MI 48215

1-313-832-6300

The Nolan Family Health Center

111 W. Seven Mile Road

Detroit, MI 48203

1-313-369-2600

- Dental services available, call 1-313-369-5200

Detroit Medical Clinic

4059 W. Davison
Detroit, MI 48238
1-313-491-5400
– Bring photo ID

Detroit Medical Group

6455 Gratiot
Detroit, MI 48207
1-313-921-8600

14071 E. Seven Mile Road
Detroit, MI 48205
1-313-371-2828
– Photo ID required
– Free vaccinations and discounted medical services are available for the uninsured

Downriver Medical Center - Algonac

555 St. Clair River Drive
Algonac, Michigan 48001
1-810-794-4917

downrivercs.org

– Sliding scale available

Dr. Albert B. Cleage Sr. Memorial Health Center

700 Seward St.
Detroit, MI 48202
1-313-874-1300

abchc.net

– Serves uninsured adults
– \$4 prescriptions and discounted lab work available

Family Medical Center of Michigan – Carleton

Adrian

225 Riverside Drive
Adrian, MI 49221
1-517-263-1800

Carleton Office

130 Medical Center Drive
Carleton, MI 48117
1-734-654-2169
– Sliding scale; by appointment only
– Dental services also available

Monroe

905 N Macomb
Monroe, MI 48162
734-240-4851

Temperance Office

8765 Lewis Ave.
Temperance, MI 48182
1-734-847-3802
– Sliding scale; by appointment only

Father Pops Clinic

20 Whittmore
Pontiac, MI 48342
1-248-334-2126
– Call ahead on Wednesday afternoons only

FernCare Free Clinic

459 East Nine Mile Road
Ferndale, MI 48220
1-248-677-2273

ferncare.org

– Open first and third Saturdays 9am-noon;
4th Thursdays 6pm-9pm

Fort St. Presbyterian Church Clinic

631 W. Fort St.
Detroit, MI 48201
1-313-961-4533
– For any uninsured person
– Monthly service; call ahead for more information

Gary Burnstein Community Health Clinic

45580 Woodward
Pontiac, MI 48342
1-248-758-1690
garyburnsteinclinic.org
– Dental services also available
– By appointment only

Great Lakes Medical Clinic

4420 E. Davison
Detroit, MI 48212
1-313-369-1500
– Walk-ins welcome; \$55 for a comprehensive office visit

Health Centers Detroit

hcdmg.org

7633 E. Jefferson, Suite 340
Detroit, MI 48214
1-313-822-9801 ext 2

Advance Office Bldg.
23077 Greenfield, Suite 489
Southfield, MI 48075
1-313-822-9801 ext 3

University Health Center – Suite 7A
4201 St. Antoine
Detroit, MI 48201
1-313-745-4091
– Walk-ins welcome based on need and availability
– Sliding fee scale for uninsured

Hope Medical Clinic

Ypsilanti Office

518 Harriet Street
Ypsilanti, MI 48198
1-734-481-0111

– General primary care for adults and children without insurance or medical benefits
– All services free
– Medication assistance available

Wayne Office

36425 Michigan
Wayne, MI 48184
1-734-710-6688
– Free medical care for uninsured adults
– Walk-in only

HUDA Clinic

13420 Woodrow Wilson Street
Detroit, MI 48238
1-313-865-8446

hudaclinic.org

– Offers a wide range of primary care services
– Dental services available

Jewish Family Services

6555 West Maple Road
West Bloomfield, MI 48322
1-248-592-2300
jfsdetroit.org

– Everyone welcome
– Sliding scale available

Joy Southfield Health Clinic

18917 Joy Road
Detroit, MI 48228
1-313-581-7773

joysouthfield.org

– Appointment required

Latino Family Services Clinic

3815 W. Fort St.
Detroit, MI 48226
1-313-841-7380

– Health care for the homeless 9 a.m. to 12 p.m. every third Friday of the month
– Health care for the uninsured by appointment or walk-in

McAuley Nurse Managed Health Center

5555 Conner Avenue
Suite 2691
Detroit, MI 48213
1-313-579-1182

– Primary care services
– Medicare, Medicaid, private insurance, and HMOS accepted

Mercy Place Clinic

55 Clinton
Pontiac, MI 48342
1-248-333-0840

– Primary care services for uninsured working adults
– By appointment only

Mercy Primary Care Center

5555 Conner Avenue

Suite 2691

Detroit, MI 48213

1-313-692-8400

– Primary care for adults ages 18 to 64

– By appointment only

Michigan Association of Physicians from India (MAPI) Free Clinic mapiusa.org

MAPI Charitable Clinic, Southfield

16800 West 12 Mile Road

Suite 205

Southfield, MI 48076

1-248-904-9559

MAPI Free Medical Clinic, Taylor

12701 Telegraph Road

Taylor, MI 48180

1-734-374-3152

– Primary care for adults without health insurance by appointment only

Mount Clemens Regional Medical Center Medical Outreach Clinic

1000 Harrington Blvd.

Mount Clemens, MI 48043

1-586-493-8000

mclaren.org/macomb/macomb.aspx

Neighbors Caring for Neighbors Clinic

Warren Office

13355 East 10 Mile Road

Warren, MI 48089

1-586-756-7005

– Primary care for Macomb County residents who lack health insurance

– Appointments preferred

Mt. Clemens Office

215 North Ave.

Mt. Clemens, MI 48043

1-586-469-3750

– Open 9 a.m. to 2 p.m. Tuesday and Friday; 10 a.m. to 3 p.m. Wednesday

– Walk-ins and appointments accepted

– All services are free; donations are accepted

– Schedule six weeks in advance for physicals

New Haven Medical Center

58144 Gratiot Ave.

New Haven, MI 48048

1-586-749-5197

downrivercs.org

– Open 8:30 a.m. to 7 p.m. Monday through Thursday; 8:30 a.m. to 5 p.m. Fridays;

8:30 a.m. to 11:30 a.m. Saturdays, for emergencies only

– Sliding scale

– Family practice and OB/GYN services

NOAH at Central United Methodist Church

23 E. Adams Ave.

Detroit, MI 48226

1-313-965-5422

– Health screenings, referrals, prescription assistance

Oakland Primary Health Services

46 N. Saginaw

Pontiac, MI 48342

1-248-322-6747

Order of Malta Medical and Dental Clinic at St. Leo's Church

4860 15th St.

Detroit, MI 48208

1-313-894-2240

– Serves the west side of Detroit only

– Must come in to make an appointment

Packard Community Clinic

3174 Packard

Ann Arbor, MI 48108

1-734-971-1073

- Sliding scale available; proof of income required
- Primary care for adults and children

People's Clinic for Better Health

3110 Goulden St.

Port Huron, MI 48060

1-810-985-4747

- Open Monday through Thursday; call at 6 a.m. to make appointments for same-day service
- For uninsured St. Clair County residents
- By appointment only

POH Children's Clinic

673 Martin Luther King Jr. Blvd. N.

Pontiac, MI 48342

1-248-334-0024

- Accepts uninsured children age 18 and under who live in Oakland county
- Accepts insured age children up to 21

Port Huron Medical Center

11011 Military Street

Port Huron, MI 48060

810-488-8000

downrivercs.org

Project Bismutha

4171 15 Mile Road

Sterling Heights, MI 48310

projectbismutha.org

- Offers health services for uninsured Iraqi Christians
- Use contact form on website for more information

Robert R. Frank Student Run Free Clinic

5555 Conner Street

Detroit, MI 48213

1-313-444-5490

frankclinic.med.wayne.edu

- Open 9am-Noon on Saturdays
- Offers an array of free, high quality healthcare services to the uninsured population of Detroit

Shelter Association Health Clinic

312 W. Huron

Ann Arbor, MI 48103

1-734-662-2829

- Services for individuals who lack permanent housing
- Walk-ins and appointments accepted
- Washtenaw County residents only

St. John Community Health Center

22255 Greenfield Road, #349

Southfield, MI 48075

1-866-501-3627

- \$15 per office visit
- Appointments only; call for hours

St. Joseph Mercy Neighborhood Health Clinic

111 N. Huron St., Suite 200

Ypsilanti, MI 48197

1-734-544-6900

- Primary care by appointment only
- Fees based on income, but no one denied care
- Call financial aid counselor at 1-734-544-6906 for consultation

St. Vincent De Paul Health Center at Providence Pavilion

22255 Greenfield Road, Suite 349

Southfield, MI 48075

1-313-837-5078

- By appointment only

The Wellness Plan Medical Centers
wellplan.com

Gateway Medical Center
21-888 West Grand Boulevard
Detroit, MI 48202
1-313-875-4200

Northwest Medical Center
21040 Greenfield Road
Oak Park, MI 48237
1-248-967-6500

East Area Medical Center
4909 East Outer Drive
Detroit, MI 48234
1-313-366-2000
– Clinics are open 9 a.m. to 5 p.m. Monday through Friday

Wayne County Department of Public Health Clinics

Medical services by appointment only at the following locations:

Dearborn WIC Clinic
6450 Maple
Dearborn, MI 48126
1-313-216-2201

Hamtramck WIC Clinic
8626 Joseph Campau
Hamtramck, MI 48212
1-313-875-5120
– Open 8:30 a.m. to 5 p.m. Monday, Tuesday, Thursday, Friday;
10:30 a.m. to 6:30 p.m. Wednesday
– WIC services only

Taylor Health Center
26650 Eureka Road
Taylor, MI 48180
1-734-955-3900
– Open 8 a.m. to 4:30 p.m. Monday, Tuesday, Thursday and Friday;
11 a.m. to 7:30 p.m. Wednesday

Western Wayne Family Health Center
2500 Hamlin Ct.
Inkster, MI 48141
1-313-561-5100

Wyandotte Clinic for the Working Uninsured

3333 Biddle Avenue, Suite A
Wyandotte, MI 48192
1-734-365-3560
wyandotteclinic.com
– Open Wednesdays 4 p.m. to 7 p.m. by appointment only

ZIAD Healthcare
1640 Fort Street, Suite E
Trenton, MI 48183
1-313-815-8767
ziadhealthcare.org

– Over 50 Metro Detroit locations in Wayne, Oakland and Macomb counties
– Pay on a sliding scale
– Call for clinic locations

2. School-based health centers

School-based health centers provide services to children and adolescents who attend a school or live near a school. These services may include: health screenings, immunizations, treatment of minor injuries, medical exams and lab services. Call your local clinic to find out exactly what services they provide and whether you are eligible.

Macomb County

Henry Ford Health System
Fitzgerald High School Teen Health Center (Warren)
1-586-759-9070

Oakland County

Jardon-Webb School (Ferndale/Hazel Park)

1-248-543-4138

Pontiac Northern High School Teen Health Center

1-248-451-7147

1-248-451-7365 (Northern High School)

St. Clair County

Teen Health Center

1-810-987-1311

– Serves all St. Clair County school district students ages 10 to 21.

Washtenaw County

Scarlett Middle School (Ann Arbor)

1-734-677-2708

– Only serves Scarlett students, their siblings and certain feeder schools.

Ann Arbor Tech High School

1-734-973-9167

– Health Place 101 through the University of Michigan

Ypsi Middle School

1-734-714-1318

– Full-service medical and mental health center for students of school and their families

Wayne County

Cornerstone School (Detroit)

1-313-891-0641

Hamtramck High School Health Center

1-313-891-9473

Henry Ford Health System — School Mobile Health Unit

1-313-874-5426

Henry Ford Health System — Thirkell Elementary School Health Center (Detroit)

1-313-894-0226

Henry Ford Health System — White Elementary School Health Clinic (Detroit)

1-313-893-2247

Henry Ford Health System — Youthville Detroit

1-313-309-1475

Howe Elementary School Health Center

1-313-344-7006

Inkster Teen Health Center

1-734-729-3650

Napoleon B. Jordan Center at Marcus Garvey Academy (Detroit)

1-313-866-9973

Newton Health Center at Rutherford Academy (Detroit)

1-313-838-6822

Nolan Middle School Health Center (Detroit)

1-313-368-4267

Northwestern High School Teen Health Center (Detroit)

1-313-596-0700, ext. 388

Oakwood-Adams Child and Adolescent Health Care Center

1-734-728-2423

Osborn Student Health Center (Detroit)

1-313-372-5974

Remus Robinson Health Center

1-313-866-5500

Romulus Adolescent Health Center

1-734-941-1400

Taylor Teen Health Center

1-734-942-2273

University Teen Health Center (Detroit)

1-313-596-4733

Hotlines and special programs

AIDS Information and Resources

Please call 1-800-872-AIDS (2437) or visit aidspartnership.org for information about HIV and AIDS.

Alzheimer's Hotline

1-800-272-3900

alz.org

Do you or someone you know suffer from Alzheimer's disease or memory loss? Do you need to know more about Alzheimer's disease? If so, call the above hotline, sponsored by the Alzheimer's Association.

American Association of Retired Persons (AARP)

1-888-687-2277

aarp.org

- Works with insurance companies to provide competitive medical and dental insurance rates to older Americans
- Provides discounts for technology services, restaurants, groceries, travel, legal assistance and more

Barbara Ann Karmanos Cancer Institute

4100 John R

Detroit, M 48201

1-800-KARMANOS (527-6266)

- For Detroit and Wayne County residents

Depression and suicide resources

Help is available for you or your loved ones suffering from depression or suicidal thoughts. Call 1-800-784-2433 or 1-800-273-8255 anytime for help. Please dial 911 for emergencies.

Domestic violence resources

Do you or someone you know suffer from domestic abuse? Call the 24-hour help line at 1-800-799-SAFE (7233) or visit the website ndvh.org anytime to find out about shelters, free legal services, counseling and other resources in your area. TTY services are available at 1-800-787-3224.

Elderly and Disabled Helpline

1-800-996-6228

This 24-hour, statewide helpline provides information, referrals and resources on abuse and neglect for elderly and disabled citizens. Report suspected abuse by calling this number.

Gospel Against AIDS

2751 E. Jefferson Ave., Suite 301

Detroit, MI 48207

1-313-341-5989

gospelaa.org

- Faith-based organization that provides preventive education on HIV and AIDS, and sexually transmitted diseases

Lupus Alliance of America

Michigan Indiana Affiliate

26507 Harper Ave.

St. Clair Shores, MI 48081

1-800-705-6677

milupus.org

- Provides education and awareness programs, crisis intervention and on-staff counseling for people with lupus and their families
- Assists with information and resources regarding insurance, medical care facilities and prescription costs for the underinsured

Mammogram and Pap Smear Referral Program

1-800-922-6266

The Michigan Department of Community Health provides this free service to women who need information on breast or cervical cancer or are in need of an annual Pap smear or mammogram. Call the number above to find women's health resources in your area.

Michigan 2-1-1

2-1-1 is a hotline that provides information and referrals to anyone in Michigan about health care, education, housing, family planning, mental health or other social services. Simply pick up the phone and dial "211" to learn more.

Nursing Home Helpline

1-866-485-9393

cbcmi.org

- Call this number for information on nursing homes in your area or for advice on Medicare and Medicaid referral.
- Nursing home residents and their relatives can also call this number to file complaints.

Partnership for Prescription Assistance

1-888-4PPA-NOW (477-2669)

pparx.org

- Free and low-cost brand name and generic medications are available.
- Know the names of the medications you take.
- Call the 24/7 toll-free number for a trained specialist who will answer your questions and help you apply.

Poison Control

1-800-222-1222

- Provides 24/7 advice on poisonings for humans and animals. For a free brochure, telephone stickers and magnet, call the number above or visit **mitoxic.org** for further information.
- TTY services are available at 1-800-356-3232 or 1-313-993-7152, or through free Internet Nextalk services at **nextalk.net**.

Tobacco Quit Line

1-800-QUIT-NOW (784-8669)

Provides free smoking-cessation services to Michigan residents. Call the number above or visit **michigan.gov/tobacco** for more information.

Mental health and substance abuse services

1. Community mental health

Every county in Michigan has a community mental health agency. These agencies provide mental health and substance abuse services for residents who live in their county. The price you are charged will be based on your ability to pay. To find even more mental health agencies, visit **mhweb.org/directory.htm**.

Detroit-Wayne County Community Mental Health

640 Temple, 8th floor

Detroit, MI 48201

1-313-224-7000 or 1-800-241-4949

– 24-hour crisis line: 1-313-224-7000

Macomb County Community Mental Health

22550 Hall Road
Clinton Township, MI 48036
1-586-469-6958
mccmh.net

- 24-hour crisis line: 1-586-307-9100
- Photo ID required. Free vaccinations and discounted medical services are available for the uninsured.

Monroe County Community Mental Health

1001 S. Raisinville Road
Monroe, MI 48161
1-734-243-7340
monroecmha.org

- 24-hour crisis line: 1-800-886-7340

Oakland County Community Mental Health

2011 Executive Hills Blvd.
Auburn Hills, MI 48326
1-248-456-0909
1-800-231-1127
occmha.org

- 24-hour crisis line: 1-248-543-1991

Salvation Army Eastern Michigan Division Harbor Light

1-313-361-6136
– Offers substance abuse assistance
– Legal aid available

Salvation Army Adult Rehabilitation Clinic (ARC)

1627 W. Fort St.
Detroit, MI 48216
1-313-965-7760
– Six-month in-house drug and alcohol rehab program

St. Clair County Community Mental Health

3111 Electric Ave.
Port Huron, MI 48060
1-810-985-8900
scccmh.org

- 24 hour crisis line: 1-888-225-4447

Washtenaw County Community Support and Treatment Services

Clinic and Administrative Offices

555 Towner Blvd.
Ypsilanti, MI 48197
1-734-544-3000
1-734-544-6820 for clinic
1-734-544-3050 for access unit

Ann Arbor Offices

2140 E. Ellsworth
Ann Arbor, MI 48108
1-734-971-2282

2. Additional mental health and substance abuse services

ACCESS

1-313-945-8138
accesscommunity.org
– Provides a variety of community health and mental health services

Alcoholics Anonymous

aa.org
A free, 12-step program that helps individuals with alcoholism stop drinking. Visit the website or check your phonebook to find a group near you.

Arab-American and Chaldean Council

Administrative Offices

28551 Southfield Rd
Lathrup Village, MI 48076
1-248-559-1990

Clinic

62 W. 7 Mile Road
Detroit, MI, 48203

arabacc.org

1-313-369-3130

- Offers mental health services in Wayne, Oakland, and Macomb Counties
- Call the number above for more information on programs and services offered

Detroit Department of Health Bureau of Substance Abuse

1-313-876-4070

24-hour crisis line: 1-800-467-2452

- Detroit residents only
- Detox, inpatient and outpatient treatment
- Intake must be referred by Detroit Department of Health and Wellness Promotion

Detroit Rescue Mission

150 Stimson Street
Detroit, MI 48201
1-313-993-4700

drmm.org

- Offers a variety of substance abuse services

The Guidance Center

guidance-center.org

1-734-785-7700

- Mental health and social services for infants, children, teens and adults
- Call the number above to learn more about programs, services and locations

Health Services Access

555 Towner

Ypsilanti, MI 48198

1-734-544-3050 or 1-800-440-7548

- Assessment, referral and case management of clients seeking substance abuse or mental health treatment

Michigan Psychological Services

42902 Woodward, Suite 302

Bloomfield Hills, MI 48302

1-248-647-8412

- General mental health services
- Sliding scale available

Northeast Guidance Center

12800 East Warren Avenue

Detroit, MI 48213

1-313-824-8000

neguidance.org

Motor City Clubhouse

2900 Conner, Building B

Detroit, MI 48215

1-313-824-5645

20203 Kelly Road

Detroit, MI 48225

1-313-245-7000

Conner Campus

2900 Conner, Building A

Detroit, MI 48215

1-313-824-8000

- Provides innovative, community-based services to children, adults and their families promoting mental health with an emphasis on total wellness

Oakland County Health Division

PACE Program

1-248-858-5200

- Substance abuse services for the uninsured or persons with Medicaid living in Oakland County
- Appointment required

Operation Get Down Substance Abuse and Mental Health Treatment Program

10100 Harper
Detroit, MI 48213
1-313-921-9422

Southeastern Michigan Community Alliance

25363 Eureka Road
Taylor, MI 48180
1-800-686-6543

semca.org

- Substance abuse services
- 24-hour phone line
- Serves Wayne and Monroe Counties; excludes city of Detroit

Starfish Family Services - Lifespan Clinical Services

18316 Middlebelt Road
Livonia, MI 48152
1-888-355-5433

- Offers mental health and social services in Wayne County for infants, children and families

Prescription drug assistance

1. General prescription programs

BCBSM and BCN Medicare Part D Helpline

1-800-485-4415
This helpline is for those who want more information about the Medicare Part D prescription plans offered by Blue Cross Blue Shield of Michigan and Blue Care Network. Also visit our website at bcbsm.com.

Crossroads of Michigan

2424 W. Grand Blvd. (at 15th St.)
Detroit, MI 48208
1-313-831-0213 for administrative office
1-313-831-2000 for appointments
crossroadsofmichigan.org

- Provides one-time emergency prescription assistance by appointment; limited walk-ins
- For more information on Crossroads, see the *Social Services* section of this brochure
- Sunday soup kitchen from 12 p.m. to 3 p.m.; all are welcome

Macomb County Senior Prescription Program

1-586-469-6313
Macomb County residents can receive discounts on their prescriptions at local pharmacies.

The Medicine Program

themedicineprogram.com
Visit this website for information on how to save money on prescriptions.

Michigan Medicare/Medicaid Assistance Program

6105 W. St. Joseph, Suite 204
Lansing, MI 48917
1-800-803-7174
mmapinc.org

This service helps seniors understand doctor and hospital bills, eligibility, enrollments, coverage and appeals. Help with identifying resources for prescription drug assistance, including low-income subsidies, Medicare Part D and the Medicare Savings Program is also available.

Prescription Drug and Patient Assistance Programs

There are many resources on the internet that provide information on prescription drugs and patient assistance programs. Visit phrma.org, pparxmi.org, rxassist.org, prescriptionrelief.org or needymeds.com. Or call 1-888-477-2669 for more information on lowering your prescription drug bills.

Washtenaw County Prescription Plan

1-734-544-6886

- For Washtenaw County residents who don't have prescription drug coverage
- No income or age restrictions

World Medical Relief (WMR)

11745 Rosa Parks Blvd.

Detroit, MI 48206

1-313-866-5333

Provides limited prescription assistance to adults ages 18 and up who live in Wayne, Oakland or Macomb Counties.

2. Specialized prescription programs

Hemophilia Foundation of Michigan

1921 W. Michigan Ave.

Ypsilanti, MI 48197

1-734-544-0015

hfmich.org

- Helps people who have hemophilia find resources to pay for their medications
- Open 9 a.m. to 5 p.m. Monday through Friday

Michigan Parkinson Foundation

30400 Telegraph Rd., Suite 150

Bingham Farms, MI 48025

1-248-433-1011 or 1-800-852-9781

parkinsonsmi.org

Pays up to \$500 per year for Parkinson's-related medications for those who don't currently have prescription coverage, if they financially qualify.

Myasthenia Gravis Association

5523 E. Nine Mile Rd.

Warren, MI 48091

1-586-755-9100

mgadetroit-easternmi.org

Financial assistance is available for myasthenia gravis prescriptions for those who qualify.

National Kidney Foundation of Michigan

1169 Oak Valley Drive

Ann Arbor, MI 48108

1-800-482-1455

nkfm.org

The foundation will pay up to \$750 per year towards the cost of medications for people with kidney disease who do not have insurance coverage. Contact the Patient Services Program coordinator at the number above for more information.

Social services

1. Family planning and parenting

Michigan Parenting Helpline

1-800-942-4357

Call this free, anonymous hotline anytime you need help with parenting skills. This hotline, sponsored by the Department of Human Services, also provides referrals and immediate crisis coping.

Northland Family Planning

1-800-447-7354

- Family planning, emergency contraception, routine gynecological exams and other reproductive health services
- Serves Westland, Southfield and Sterling Heights

Parents Anonymous

parentsanonymous.org

- Visit the Parent Anonymous website for more information on their free, weekly support groups.
- The groups help parents learn about community resources, set parenting goals, and give and receive support during difficult times.
- Free child care is available while the groups are in session.

Plan First!

healthcare4mi.com

- Medicaid waiver program for low-income women.
- Women must be 19 to 44 years old, a U.S. Citizen and Michigan resident and not currently receiving Medicaid
- Services include a yearly physical exam, Pap test, lab tests, birth control prescriptions and supplies, STD testing and treatment, education and counseling
- To apply for Plan First! go to your local health department, or call 2-1-1 or 1-800-642-3195

Planned Parenthood

- Provides reproductive health care, including annual exams, contraception and pregnancy testing. Call for specific information about sterilization for men and women.
- Fees are based on a sliding scale.
- There are 29 clinics throughout Michigan.
- Call 1-800-230-PLAN (7526) or visit miplannedparenthood.org for more information.

2. General social services

ACCESS

2651 Saulino Court
Dearborn, MI 48126
1-313-842-7010

accesscommunity.org

Provides a wide variety of community health, mental health and social services at four locations in Dearborn.

City Mission

20405 Schoolcraft
Detroit, MI 48223
1-313-541-3531

city-mission.org

Provides mentoring, educational and social services to residents of Detroit's Brightmoor district.

Common Ground Sanctuary

1410 S. Telegraph
Bloomfield Hills, MI 48302
1-248-456-8150

24-hour crisis line: 1-800-231-1127

commongroundsanctuary.org

- Provides crisis counseling 24/7 to youth, adults and families in crisis in the Oakland County area
- Free legal clinic
- Support groups also available

Crossroads of Michigan

crossroadsofmichigan.org

Main Office

2424 W. Grand Blvd. (15th St.)
Detroit MI 48208

1-313-831-0213 for questions

1-313-831-2000 for appointments

East Office

14641 E Jefferson Ave.

Detroit MI 48215

1-313-822-3930 for questions

1-313-822-5200 for appointments

- This social service ministry provides help to those suffering from drug or alcohol abuse, mental illness, unemployment and hunger
- Soup kitchen available every Sunday afternoon
- Employment office offers resume assistance, internet service for job searches, a copy machine, clothing for interviews and mentoring

Matrix Human Services

120 Parsons Street

Detroit, MI 48201

1-313-831-1000

matrixhumanservices.org

- Offers programs devoted to supporting and growing the family unit and improving the quality of life for individuals of all ages

Spectrum Human Services

28303 Joy Road

Westland, MI 48185

1-734-458-8736

spectrumhuman.org

- Social services in Western Wayne County, including foster care, adoption, child care, independent living and group homes

Starfish Family Services

30000 Hiveley Road

Inkster, MI 48141

1-734-728-3400

24-hour crisis line: 1-866-672-4357

starfishonline.org

- Social service programs for families living in Western Wayne County, including counseling, substance abuse treatment, mentoring and parenting skills training

The Women's Center of America

530 S. Maple

Ann Arbor, MI 48104

1-734-973-6779

womenscentersemi.org

- Therapy, financial counseling, career services and support groups for women

3. Services for seniors

The following organizations provide various health and social services for seniors and their caretakers. Call the agency in your area to find out more about the services they offer.

Area Agency on Aging 1-B

1-800-852-7795

aaa1b.org

Serves residents of Livingston, Macomb, Monroe, Oakland, Washtenaw and St. Clair Counties

Macomb County Department of Senior Services

1-586-469-6313

Counseling, legal assistance, victim liaison, 911 emergency cell phones, retail discount card, Help with Hire and Grandparents Raising Grandchildren

Michigan Medicare/Medicaid Assistance Program

6105 W. St. Joseph, Suite 204

Lansing, MI 48917

1-800-803-7174

mmapinc.org

This service helps seniors understand doctor and hospital bills, eligibility, enrollments, coverage and appeals. Help with identifying resources for prescription drug assistance, including low-income subsidies, Medicare Part D and the Medicare Savings Program is also available.

Monroe County Opportunity Program

1-734-241-2775

Oakland County

City of Royal Oak

1-248-246-3900

Community Services of Oakland

1-248-542-5860

Farmington Hills Senior Center

1-248-473-1821

Oakland Livingston Human Services

1-248-209-2671

Older Persons Commission

1-248-656-1403

St. Clair County

St. Clair County Council on Aging

1-810-984-5061

Washtenaw County

Neighborhood Senior Services

1-734-712-7775

Wayne County

Adult Day Care Center

1-313-436-2440

Brownstown Twp. Senior and Community Center

1-734-675-0920

Butzel Family Center

1-313-628-2100

City of Livonia Civic Park Senior Center

1-734-466-2555

Dearborn City Hall

1-313-943-2412

Delray United Action Council

1-313-842-8620

Detroit Area Agency on Aging

1-313-446-4444

daa1a.org

Detroit Health Department

1-313-224-1000

Eton Senior Center

1-313-277-7765

Focus HOPE

1-313-494-4600

Ford Senior Center

1-313-291-7740

Franklin-Wright Settlements, Inc

1-313-579-1000

The Information Center

1-734-282-7171

Inkster Senior Services

1-313-561-2382

LASED Senior Citizens Center

1-313-841-8840

Lincoln Park Senior Center

1-313-386-3103

N. American Indian Association

1-313-535-2966

Northville Area Senior Center

1-248-349-4140

Plymouth Township Hall – Building

1-734-453-3840

Senior Resources Department

1-734-722-7628

September Days Senior Center

1-734-699-8918

Services for Older Citizens

1-313-882-9600

St. Patrick's Senior Center

1-313-833-7080

The Senior Alliance

1-734-722-2830 or 1-800-815-1112

thesenioralliance.org

Provides resources for seniors ages 60 and up or anyone with a disability through a network of services in Western and Southern Wayne County.

United Home Health Services

1-734-981-8820

uhhs.org

Virginia Park Citizens Services Corporation

1-313-894-2830

Wayne Metro Community Services Agency

1-734-955-6752, ext. 228

Dental and vision

1. Dental services

The following organizations provide dental services only. If you are interested in a program, call for more information.

Baker College of Port Huron Dental Hygiene Program

3403 Lapeer Road
Port Huron, MI 48060
1-810-985-3729

- Call for appointment
- Charges a small fee for services such as cleanings, X-rays, fluoride treatments and patient education

Baker College of Auburn Hills Dental Hygiene Program

1500 University Drive
Auburn Hills, MI 48326
1-248-276-6664

- Call for appointment
- Charges a small fee for services such as cleanings, X-rays, fluoride treatments and patient education

Children’s Center Dental Clinic

79 Alexandrine
Detroit, MI 48201
1-313-833-2895

- By appointment only

Community Dental Center

406 N. Ashley
Ann Arbor, MI 48103
1-734-998-9640

- Discounted services available
- For Washtenaw County residents only

Community Dental Clinic of St. Clair County

3037 Electric
Port Huron, MI 48060
1-810-984-5197

- Sliding scale

Covenant Family Dental Center

571 Michigan Avenue
Detroit, MI 48210
1-313-554-3880

covenantcommunitycare.org

- Offers a wide range of preventive and restorative care
- Dental exam and x-rays \$30
- Basic cleaning is an additional \$30
- Call for an appointment

Dentistry Clinic – Children’s Hospital

3901 Beaubien – Third Floor
Detroit, MI 48201
1-313-833-2895

Detroit Health and Wellness Promotion Dental Clinic for Children

1151 Taylor – 7th floor
Detroit, MI 48202
1-313-876-4239

- By appointment only
- \$25 per exam for patients without Medicaid

Discount Dental Plans

1-888-632-5353
dentalplans.com

- Call or visit the website to find low-cost dental plans in your area.

Donated Dental Services

3657 Okemos Road, Suite 200
Okemos, MI 48864
1-517-347-0054

<http://nfdh.org/donated-dental-services-dds/state-dds-programs/michigan>

- Treatment of individuals with serious dental problems
- Qualified applicants must be permanently disabled, chronically ill or elderly
- By appointment only

**Eastside Health Center
Dental Services**

7900 Kercheval
Detroit, MI 48215
1-313-921-5500

Hope Dental Clinic

518 Harriet
Ypsilanti, MI 48197
1-734-480-9575
– Registration for new patients takes place every 4 to 6 weeks
– \$5 donation recommended
– Medicaid not accepted

Michigan Dental Program

109 Michigan Ave.
Lansing, MI 48913
1-888-826-6565
– HIV-positive Michigan residents are reimbursed for dental services through participating providers.

Order of Malta Medical and Dental Clinic at St. Leo's Catholic Church

4860 15th St.
Detroit, MI 48208
1-313-894-0357
– Call to schedule an appointment

St. John Riverview Oral and Maxillofacial Clinic

7815 East Jefferson
Suite 2B
Detroit, MI 48214
1-313-499-4775
– Oral surgery, general dentistry and specialty dental services available
– Reduced fees available

St. Vincent de Paul Dental Clinic

3000 Gratiot Avenue
Detroit, MI 48207
1-877-788-4623
stvdpdet.org

Tri-County Dental Health Council

29350 Southfield Road
Southfield, MI 48076
1-248-559-7767
dentalhealthcouncil.org
– Provides referrals for free and reduced-cost dentistry
– Accepts Medicaid as well as uninsured and low-income residents of Wayne, Oakland and Macomb Counties

University of Detroit Mercy School of Dentistry

2700 Martin Luther King Jr. Blvd.
Detroit, MI 48208
1-313-494-6700
– Discounted basic and emergency dental services

University of Michigan School of Dentistry

1011 N. University Ave.
Ann Arbor, MI 48109
1-734-763-6933 or 1-888-707-2500
– For preventive care, health education, dentures and 24-hour emergency care, call 1-734-936-6267.
– Fees lower than private dentists; payment plans can be arranged
– By appointment only

Washtenaw Children's Dental Clinic

707 Brooks Street
Ann Arbor, MI 48103
1-734-663-7073

- General dental care available for low-income children 18 years or younger living in Washtenaw County
- To be eligible, must not have dental insurance and must be participating in a federal lunch program
- Children on Medicaid may be seen for a small fee
- You must be participating in a federal lunch program

Wayne County Community College Dental Hygiene Clinic

8200 West Outer Drive
Detroit, MI 48219
1-313-943-4040

- Low-cost cleanings for children and adults by dental hygiene students: \$8 for children, \$10 to \$12 for adults

Wayne County Department of Public Health Dental Services

Wayne Health Center

33030 Van Born
Wayne, MI 48184
1-734-727-7100

Taylor Health Center

26650 Eureka Road
Taylor, MI 48180
1-734-955-3900

- Both locations provide dental exams, X-rays and other services for Medicaid clients up to age 20, and clients 18 and under covered by MICHild and Healthy Kids
- Sliding scale; proof of income required

2. Vision services

Eye Care America

1-800-222-EYES (3937)

eyecareamerica.org

Provides referrals to doctors who perform free or low-cost eye exams and surgery to individuals more than 65 years of age.

Lions Club International

lionsclubs.org

The Lions Club distributes eyeglasses to those in need. For more information, visit their website.

Vision USA

1-800-766-4466

- Free eye care program for uninsured, low-income individuals and their families
- Register by calling the number above or by visiting **aoa.org**

Appendix

National Health Reform and New Coverage Options

On March 23, 2010, the Patient Protection and Affordable Care Act was signed into law. This law is often referred to as “national health reform” or the “ACA.” Goals of national health reform include: 1) expanding health care coverage to those who do not have it; 2) protecting those with insurance and maintaining their rights; 3) making sure a basic set of benefits is available through different coverage options; and 4) dealing with high health care costs and making health insurance more affordable.

There is some uncertainty with national health reform, and more guidance from the state and federal governments is expected in the future. This overview is to help you understand the law and how it may affect you. It is for educational purposes only and is subject to change.

We invite you to visit bcbsm.com/healthreform for more reform news and updates.

As you, or your family, are looking for more information on additional health coverage options, you may also be interested in these parts of national health reform:

Preventive Coverage

Effective: Ongoing

Some preventive services and immunizations may be covered with no cost to you if you are in an eligible plan. This means that members of eligible plans may not have a copayment or meet a deductible when receiving these services.

Preventive services may include tests or services recommended by your doctor when they're used to first detect or screen for a disease or condition. Examples of preventive services are those included in annual exams, such as health maintenance exams (physicals) or OB-GYN visits, such as:

- Certain screenings for cancer
- Checks of blood pressure and cholesterol levels
- Routine immunizations
- Regular physical exams, including pediatrician visits
- Counseling for tobacco cessation or to address obesity
- Coverage for certain women's preventive services

High Risk Pool

Effective: Until January 1, 2014

The temporary high risk pool program, called HIP Michigan, may provide options if you've been without insurance for at least six months, and you've been denied coverage due to a pre-existing condition. Enrollment in this program is limited and based on availability of federal funding.

For more information, visit the HIP Michigan website at <http://www.hipmichigan.com/>.

Coverage Mandate 2014

Effective: January 1, 2014

In 2014, most people will be required to obtain health insurance with “minimum essential coverage” for themselves and their family. If you do not get health insurance you may face a penalty, but this penalty does not apply to many low-income individuals and some other groups. Most health coverage (employer, individual, Medicare, Medicaid, MIChild, active duty military and retiree coverage) meets this requirement.

Medicaid Expansion

Effective: January 1, 2014

Beginning in 2014, states have the option of expanding Medicaid coverage to adults, including parents and single adults, under 133 percent of the Federal Poverty Level. The federal government will pay much of the cost.

Exchanges and Federal Subsidies

Effective: January 1, 2014

Exchanges are like online shopping websites, such as Amazon or Orbitz, but for health insurance. You’ll be able to shop, compare and enroll in health coverage. The exchange will be required to accept applications online, in person, by phone and by mail.

- Exchanges will be available to individuals and small businesses beginning in 2014.
- Open enrollment for Exchanges is expected to start October 1, 2013 with the first effective date of coverage on Jan 1, 2014
- There will be requirements for health insurance plans offered on and off the Exchange to ensure consumers have the same levels of coverage

Consumers who purchase coverage on their own on the Exchange may qualify for federal subsidies to help with premiums and other cost-sharing.

Adult child coverage

Effective: September 23, 2010 or in 2014

(depends on type of health insurance plan)

If qualified, adult children until age 26 may be allowed to receive dependent coverage. Eligibility will no longer be limited by financial dependency, marital status or enrollment in school. Coverage does not need to extend to the spouse or the children of the adult child. This extension of coverage to adult children may depend on the type of health insurance plan you may be considering.

This material is for general information and educational purposes only. The information is based on BCBSM’s current understanding of the national health reform provisions referenced. However, interpretations of applicable statutes and regulations vary. The federal government continues to issue guidance on how the provisions of national health reform should be interpreted and applied. While some of the information deals with federal law, it does not constitute legal advice. Legal advice depends on the specific facts and circumstances of each individual’s situation. If you have specific questions about application of the law to your situation, you are encouraged to consult an attorney for advice.

Notes



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