



Help with Health Care

Resources for the Uninsured
**Northern Michigan and
Upper Peninsula**

Revised 1/09



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

There are no copays or deductibles for either of these programs if you are under 21 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 focusing on 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.

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Introduction

Thank you for reading the Blue Cross Blue Shield of Michigan and Blue Care Network 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: Alcona, Alger, Alpena, Antrim, Baraga, Benzie, Charlevoix, Cheboygan, Chippewa, Crawford, Delta, Dickinson, Emmet, Grand Traverse, Gogebic, Houghton, Iosco, Iron, Kalkaska, Keewenaw, Leelanau, Luce, Mackinac, Manistee, Marquette, Missaukee, Menominee, Montmorency, Ogemaw, Ontonagon, Oscoda, Otsego, Presque Isle, Roscommon, Schoolcraft and Wexford.

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 Web site at bcbsm.com/home/commitment/. To obtain information on low-cost insurance coverage offered through Blue Cross Blue Shield of Michigan, visit bcbsm.com and click on *Need Coverage?* or call 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. Please fill out the short survey at the end of the brochure and mail it back to us at no cost. Let us know if there is any way we can make the brochure better.

You may download copies of this brochure from our Web site in PDF format at bcbsm.com/home/commitment/help_with_health_care_brochures.shtml. You may also call our toll-free hotline at 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.

Glossary

There are some terms used in this brochure that may be confusing for the reader. For that reason, we have decided to include 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.

2008 Poverty Guidelines

# of People in Your Family or Household	Monthly Income for 100% of Poverty	Monthly Income for 200% of Poverty
1	\$ 866.67	\$1,733.33
2	1,166.67	2,333.33
3	1,466.67	2,933.33
4	1,766.67	3,533.33
5	2,066.67	4,133.33
6	2,366.67	4,733.33

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 places 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 prevent 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.

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.

Central Health Plan

Community-based health plan for low-income, uninsured residents in Arenac, Clare, Gladwin, Isabella, Osceola or Roscommon counties. Call the Central Health Plan at 866-360-1509 to find out if you are eligible.

Coalition Health Access Program

Comprehensive, community-based health plan for residents of the following counties: Benzie, Grand Traverse or Leelanau. Call your local Department of Human Services office to find out if you are eligible or call 866-291-8691.

Medical Access Program (MAP)

Comprehensive, community-based health plan for residents of the Upper Peninsula. Contact your local Department of Human Services office to find out if you are eligible or call 866-291-8691.

Northeast Health Plan

The Northeast Health Plan is a community-sponsored health benefit program that serves uninsured adults in Alcona, Iosco, Ogemaw and Oscoda counties. This program is administered by District Health Department No. 2. Call 800-504-2650 or 989-343-1839 for more information.

Northern Health Plan

Comprehensive, community-based health plan for residents of the following counties: Alpena, Antrim, Charlevoix, Cheboygan, Emmet, Montmorency, Otsego or Presque Isle. Contact your local Department of Human Services office to find out if you are eligible or call 866-291-8691.

nwhealth.org

Tencon Health Plan

Comprehensive, community-based health plan for residents of the following 10 counties: Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana and Wexford. Contact your local Department of Human Services office to find out if you are eligible or call 866-291-8691.

communityhealthplans.org

2. Other Medical Coalitions

County-based coalitions (5) offer uninsured working-age residents of all Upper Peninsula counties access to donated or low-cost health care and prescription services:

Community Health Access Coalition, Sault Ste. Marie

(906) 635-7483

upchac.org

– Serves the following counties: Chippewa, Luce, Mackinac

Dickinson-Iron Medical Care Access Coalition, Iron Mountain

(906) 774-3980

dimcac.org

– Serves the following counties: Dickinson, Iron

Medical Care Access Coalition, Marquette

(906) 226-4400

upmcac.org

– Serves the following counties: Alger, Marquette, Schoolcraft

Medical Access Coalition, Escanaba

(906) 789-1627

– Serves the following counties: Delta, Menominee

Western Upper Peninsula Healthcare Access Coalition, Hancock

(906) 482-7122

wuphac.org

– Serves the following counties: Baraga, Gogebic, Houghton, Keweenaw, Ontonagon

uphealthaccess.org

3. 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 county-wide health care plans, such as those above.

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

Benzie-Leelanau District Health Department

bldhd.org

Benzie County

6051 Frankfort Highway, Suite 100
Benzonia, MI 49616
231-882-4409

Leelanau County

7401 E. Duck Lake Road, Suite 100
Lake Leelanau, MI 49653
231-256-0200

Central Michigan District Health Department

Roscommon County Office
1015 Short Drive – P.O. Box 739
Prudenville, MI 48651
989-366-9166
cmdhd.org

– Serves the following counties: Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon

Chippewa County Health Department

508 Ashmun, Suite 120
Sault Ste. Marie, MI 49783
906-635-1566
chippewahd.com

Delta/Menominee County Health Department

2921 College Ave.
Escanaba, MI 49829
906-786-4111
phdm.org

Dickinson/Iron Health Department

601 Washington Ave.
Iron River, MI 49935
906-265-9913
didhd.org

District 2 Health Department

630 Progress St.
West Branch, MI 48661
989-345-5020
dhd4.org

– Serves the following counties: Alcona, Iosco, Ogemaw and Oscoda

District 10 Health Department

521 Cobbs St.
Cadillac, MI 49707
231-775-9942
dhd10.org

– Serves the following counties: Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana and Wexford

District 4 Health Department

100 Woods Circle
Alpena, MI 49707
989-356-4507

– Serves the following counties: Alpena, Cheboygan, Montmorency and Presque Isle

Grand Traverse County Health Department

2325 Garfield Road N., Suite B
Traverse City, MI 49686
231-922-4831
co.grand-traverse.mi.us

Luce/Mackinac/Alger/Schoolcraft Health Department

14150 Hamilton Lake Road
Newberry, MI 49868
906-293-5107
lmasdhd.org

Marquette County Health Department

184 Highway U.S. 41
Negaunee, MI 49866
906-475-9977
mqthealth.org
– Call for more information on school-based health centers in Marquette County.

Northwest Michigan Community Health Agency

220 W. Garfield
Charlevoix, MI 49720
800-432-4121
nwhealth.org
– Serves the following counties: Antrim, Charlevoix, Emmet and Otsego

Western Upper Peninsula District Health Department

540 Depot
Hancock, MI 49930
906-482-7382
westernuphealth.org
– Serves the following counties: Baraga, Houghton, Gogebic, Keweenaw and Ontonagon Counties

Dental Services

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

Dental Clinics North

877-321-7070
mqthealth.org
– Part of the Northern Dental Plan; Call for more information or to make an appointment.
– Provides low-cost dental services to low-income uninsured individuals and people on Medicaid.
– Clinics are located in Alpena, Cadillac, East Jordan, Cheboygan, Mancelona, Petoskey, Manistee, Traverse City and West Branch.

Dickinson-Iron Dental Center

211 S. Fourth St., Suite B
Crystal Falls, MI 49920
906-875-6133
– Open 8:30 a.m. to 4:30 p.m. Monday through Friday
– Sliding scale
– Dentures, partials, crowns and extractions

Discount Dental Plans

888-632-5353
dentalplans.com
– Call or visit the Web site to find low-cost dental plans in your area.

Michigan Dental Program

109 Michigan Ave.
Lansing, MI 48913
888-826-6565
– michigan.gov
– Provides reimbursement for dental services through participating providers, for Michigan residents who are HIV positive.

Sault Tribal Health Center — Dental Program

2864 Ashmun St.
Sault St. Marie, MI 49783
906-632-5260

- Open 8 to 12 a.m. and 2 to 5 p.m.
Monday through Friday
- Dental care available to all federally
recognized tribal members

Sawyer Dental Center

301 Explorer, Suite B
Gwinn, MI 49841
906-372-9267

- Sliding scale; appointments preferred

Sterling Area Health Center—Dental Dept.

5095 Rifle River Trail
Alger, MI 48610
989-873-5152

- Sliding scale; Medicaid accepted
- General dentistry

West Mackinac Dental Clinic

W 14034 Melville St.
Engadine, MI 49827
906-477-6090

- Call for appointments
- Insurance is not required
- Sliding scale available

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.

Alcona Health Centers

Visit ahc.familydoctors.net for more information

Alcona Health Center – Alpena

1185 U.S. 23 N
Alpena, MI 49707
989-356-4049

Alcona Health Center – Harrisville

419 E. Main St.
Harrisville, MI 48740
989-724-5655

- Open 8 a.m. to 5 p.m. Monday through
Friday.
- Walk-in hours 3 to 6 p.m. Tuesday,
Wednesday and Thursday.

Alcona Health Center – Lincoln

177 N. Barlow Road
Lincoln, MI 48742
989-736-8157

Alcona Health Center – Oscoda

5671 N. Skeel, Suite 8
Oscoda, MI 48750
989-739-2550

Alcona Health Center – Ossineke

11745 Hwy US-23 S.
Ossineke, MI 49766
989-471-2156

AuSable Free Clinic

1250 East Michigan Ave.
Grayling, MI
989-348-0740

- Preventive care, primary care, basic lab tests, X-rays and limited prescription assistance available
- Open 4:30 to 6:30 p.m. Thursdays

Bay Mills Health Center

12124 West Lakeshore Drive
Brimley, MI 49715
906-248-5527

- Primary care, dental and prenatal care
- Sliding scale
- Services available to Native Americans and open to the public

Bellaire Family Health Center

307 E. Cayuga St.
Bellaire, MI 49615
231-533-8649

- Open 8 a.m. to 5 p.m. Monday through Friday
- Wide range of services available, including dental, behavioral/mental health and primary care

Cadillac Community Health Clinic

521 Cobbs St.
Cadillac, MI
231-876-7818

- Free medical clinic; patients seen on first-come, first-served basis
- Urgent care services

Central Lake Family Health Center

7960 W. Old State St.
Central Lake, MI 49622
231-544-3700

- Open from 8 a.m. to 5 p.m. Monday, Tuesday, Wednesday and Friday
- Family practice; sliding scale available

Chippewa Health Access Coalition

1108 Kimball St.
Sault Sainte Marie, MI 49783-3200
906-635-7483

Community Care Clinic — Sault Ste. Marie

War Memorial Hospital
500 Osborn Blvd.
Sault Ste. Marie, MI 49783
906-635-0041

- Walk-in medical clinic

Community Free Clinic

820 Arlington, Suite 6
Petoskey, MI 49770
231-487-3600

- Free clinic for anyone without health insurance
- Open Wednesday evenings; registration begins at 4 p.m.
- Staff stays until each person has been seen

Community Health Access Coalition

1108 Kimball St., Suite 2
Sault Ste Marie, MI 49783
906-635-7483

207 W. John St.
Newberry, MI 49868
906-293-8355

Mackinaw County
PO Box 7
906-643-7253

upchac.org

- This organization helps clients find health care resources at three convenient locations.
- Call for hours or to receive more information

East Jordan Family Health Center

601 Bridge St.
East Jordan, MI 49727
231-536-2206

- Call for more information

Escanaba Tribal Health Center

3500 Ludington St., Suite 210

Escanaba, MI 49829

906-786-9211

- Home visits and monthly wellness clinics
- Open to members of federally recognized tribes
- Medicaid and Medicare welcomed

Ewen Medical-Dental Center

200 S. Elm

Ewen, MI 49925

906-988-2210

- Sliding scale
- Open 10 a.m. to 6:30 p.m. Monday and Wednesday; 8:30 a.m. to 5 p.m. Tuesday, Thursday and Friday.

Family Care Doctors

1414 W. Fair Ave., Suite 36

Marquette, MI 49855

906-225-3864

mgh.org

- Call for an appointment.

Grand Traverse County Youth Health & Wellness Center

880 Parsons Road

Traverse City, MI 49686

231-922-6416

Lake Wood Medical Associates

5087 U.S. 41 S.

Marquette, MI 49855

906-249-5589

mgh.org

- Primary care services
- Call for details
- Open 8 a.m. to 5 p.m. Monday through Thursday; 7 a.m. to 3 p.m. Friday

Lambert Center Tribal Health

225 Wa Seh Drive

St. Ignace, MI 49781

906-643-8689

mgh.org

- Health care, vision, dental, pharmacy, traditional medicine
- Services available to Native Americans
- Open 8 a.m. to 5 p.m. Monday through Friday

Mackinac Straits Primary Care

220 Burdette St.

St. Ignace, MI 49781

906-643-0400

- Primary care services for adults and children
- Open 8 a.m. to 5 p.m. Monday through Friday

Manistee Area Community Clinic

385 Third St.

Manistee, MI 49660

231-690-1582

Manistique Tribal Center

5698 W. US Hwy 2

Manistique, MI

866-401-0043

saulttribe.com

- Offering dental, medical and mental health care
- Call for details

Marquette Medical Clinic-Escanaba

2500 7th Ave.

Escanaba, MI 49829

906-786-2172

mgh.org

- Primary care, including lab and X-ray services to low-income individuals
- Open 7:30 a.m. to 5 p.m. Monday through Friday

Marquette Medical Clinic-Iron River

1500 W. Ice Lake Road
Iron River, MI 49935
906-265-5378

mgh.org

- Primary care to low-income individuals
- Sliding scale

Marquette Medical Clinic-Kingsford

800 East Blvd.
Kingsford, MI 49801
906-774-4000

mgh.org

- Primary care to individuals who have been denied Medicaid
- Open 8 a.m. to 5 p.m. Monday through Friday by appointment

Medical Care Access Coalition

1414 W. Fair Ave., Suite 26
Marquette, MI 49855
906-226-4400

upmcac.org

- Free program for individuals who do not qualify for state-based medical coverage and cannot afford private health coverage.
- Open 8 a.m to 5 p.m. Monday through Friday

Mid Michigan Health Park

9249 W. Lake City Road
Houghton Lake, MI 48629
989-422-5122

midmichigan.org

- Sliding scale
- Primary care by appointment only

Mid Michigan Medical Offices

135 Lake St
Roscommon, MI 48653
989-275-8931

midmichigan.org

- Sliding scale
- Primary care by appointment only

Northern Care Center

225 Water St.
Cheboygan, MI 49721
231-333-3019

Northern Care Clinic

224 N. Main St.
Cheboygan, MI 49721
231-333-3019

- Primary care; all services are free but donations accepted
- Call for hours; walk-ins only

Northern Menominee Health Center

16088 N. Balsam Ln.
Spalding, MI 49886
906-497-5263

- Call for hours; evening and weekend appointments available
- Sliding scale
- Medical, dental and pharmacy services

Northern Menominee Health Center South

805 First St.
Menominee, MI 49858
906-863-2315

- Call for hours; evening and weekend appointments available
- Sliding scale
- Medical, dental and pharmacy services

North Shore Internal Medicine

2420 First Ave. S.
Escanaba, MI 49829
906-786-1563

mgh.org

- Sliding scale available

Northwest Michigan Health Services

6433 Eight Mile Road
Bear Lake, MI 49614
231-889-5600

10767 Traverse Hwy., Suite B
Traverse City, MI 49684
231-947-1112

nmhsi.org

- Both locations are open seasonally; Call for more information

Sault Tribe of Chippewa Indians (Tribal Health Center)

2864 Ashmun St.
Sault Ste. Marie, MI 49783
906-632-5230

saulttribe.com

- Provides medical, optical, dental, mental health and elder-care services
- Open to members of a federally recognized tribe
- Please see below for additional tribal health sites:

Kinross Community Center

16877 Water Tower Dr.
Kincheloe, MI 49788
906-495-5745

Tribal Health Clinic and Community Center

622 W. Superior St.
Munising, MI 49862
906-341-8469

Tribal Health Clinic – Munising

E-10442 M-28 East
Wetmore, MI 49895
906-387-4614

Tribal Health Clinic – Newberry

4935 Zee-ba-tik Lane
Newberry, MI 49868
906-293-8181

Thunder Bay Community Health Services

610 Caring St.
Hillman, MI 49746
989-742-4583

11899 M32 W.
Atlanta, MI 49709
989-785-4855

205 S. Bradley Hwy.
Rogers City, MI 49779
989-734-2052

- Call for hours
- Primary health care services
- All are accepted regardless of ability to pay
- Walk-ins available
- Offering 340(b) discount pharmacy program

Traverse Health Clinic and Coalition

3147 Logan Valley Road
Traverse City, MI 49684
231-935-0669

traversehcc.com

- Primary care, pregnancy tests, HIV testing, women's health
- No fee if unable to pay

Upper Peninsula Association of Rural Health Services

220 W. Washington St., Suite 430
Marquette, MI 49855
906-228-3613

2. School-Based Health Centers

School-based health centers provide services to children who attend a school or individuals who live near the 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 or not you are eligible.

School-based health centers will be opening in Traverse City, Kalkaska, Mancelona and Iosco. Call the Northwest Michigan Community Health Agency at 800-432-4121 for more information.

Antrim County

Ironmen Health Center
Mancelona Family Resource Center
205 Grove St.

Mancelona, Michigan 49650
231-587-9840

- Call for more information or to make an appointment

Chippewa County

Sault Health Adolescent Care Center (SHACC)
Chippewa County Health Department
904 Marquette Ave., Room 604
Sault Ste Marie MI 49783
906-635-3839, ext. 5802

Marquette County

906-475-9977

– Call for school health centers located in Marquette County.

Hotlines and Special Programs

American Association of Retired Persons

866-227-7448

aarp.org

– This organization provides medical and dental insurance discounts, job placement and other services for people ages 50 and older.

AIDS Information and Resources

aidspartnership.org

info@aidspartnership

Call 800-872-AIDS (872-2437) for information about HIV and AIDS.

Alzheimer's Hotline

800-272-3900

alz.org

– Are you or does 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.

AmeriPlan USA

888-670-5191

info@ameriplanusa.com

– This is a medical/dental/vision discount program for small business owners and their employees. Call for more information.

Depression and Suicide Resources

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

Domestic Violence Resources

Are you or someone you know suffering from domestic abuse? Call 800-799-SAFE anytime to find out about shelters, free legal services, counseling and other resources in your area.

Elderly and Disabled Helpline

800-996-6228

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

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.

Mammogram/Pap Smear Referral Program

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. Simply call the number above to find women's health resources in your area.

Nursing Home Helpline

866-485-9393

– **cbcmi.org**

– Nursing home residents and their relatives can call this number to file complaints.
– Find information on nursing homes in your area.
– Associated with licensed, long-term care. Provides advice for Medicare and Medicaid referral.

Poison Control

800-222-1222

- Provides 24/7 advice on poisonings for humans and animals. For a free brochure, telephone stickers and magnet, call 800-222-1222. TTY services are available at 800-356-3232 or through free Internet Nextalk services by dialing 313-993-7152 at nextalk.net.

mitoxic.org for further information

Tobacco Quit Line

800-QUIT-NOW (784-8669)

- Provide free smoking cessation services to Michigan residents
- Personal health coach
- Participant tool kit

Mental Health/ 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 on the Web.

AuSable Valley Community Mental Health

1199 W. Harris Ave.

Tawas City, MI 48764

989-362-8636

24-hour emergency line: 800-442-7315

- Serves Iosco and Ogemaw counties

Copper Country Community Mental Health

901 W. Memorial Drive

Houghton, MI 49931

906-482-9400

cccmh.org

24-hour emergency line: 906-482-4357

- Serves Baraga, Houghton, Keweenaw and Ontonagon counties

Gogebic Community Mental Health

103 W. U.S. 2

Wakefield, MI 49968

906-229-6100

gccmh.org

Hiawatha Behavioral Health

125 N. Lake St.

Manistique, MI 49854

906-341-2144

hiawathabehavioral.org

- Serves Chippewa, Mackinac and Schoolcraft counties

Manistee-Benzie Community Mental Health

310 N. Glocheski Drive

Manistee, MI 49660

231-723-6516

mbcmh.org

North Country Community Mental Health

One MacDonald Drive, Suite A

Petoskey, MI 49770

231-347-7890

norcocmh.org

24-hour emergency line: 800-442-7315

- Serves Antrim, Charlevoix, Cheboygan, Emmet, Kalkaska and Otsego counties

Northern Lakes Community Mental Health

105 Hall St., Suite A
Traverse City, MI 49684
231-922-4850
800-442-7315

northernlakescmh.org

– Serves Crawford, Grand Traverse, Leelanau, Missaukee, Roscommon and Wexford counties

Northeast Michigan Community Mental Health Services

400 Johnson St.
Alpena, MI 49707
989-356-2161

leelanau.cc

– Serves Alcona, Alpena, Montmorency and Presque Isle counties

Northpointe Behavioral Healthcare

715 Pyle Drive
Kingsford, MI 49802
906-774-0522

– Serves Dickinson, Iron and Menominee counties

Pathways

200 W. Spring St.
Marquette, MI 49855
906-225-7201

24-hour emergency line: 906-225-1181
– Serves Alger, Delta, Luce and Marquette counties

2. Additional Mental Health/ Substance Abuse Services

Alcoholics Anonymous

alcoholics-anonymous.org

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

Northern Michigan Substance Abuse Services, Inc.

Call 800-686-0749 or 989-732-0864 for more information or visit nmsas.net.

– This agency provides substance abuse treatment and prevention in the following counties: Alcona, Alpena, Antrim, Benzie, Charlevoix, Cheboygan, Clare, Crawford, Emmet, Gladwin, Grand Traverse, Iosco, Isabella, Kalkaska, Lake, Leelanau, Manistee, Mason, Mecosta, Midland, Missaukee, Montmorency, Oceana, Ogemaw, Osceola, Oscoda, Otsego, Presque Isle, Roscommon and Wexford.
– Services include assessment, detox and residential inpatient

Prescription Drug Assistance

1. General Prescription Programs

BCBSM/BCN Medicare Part D Helpline

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 Web site at bcbsm.com.

GlaxoSmithKline “Orange Card”

888-825-5249

– Savings of 30 to 40 percent on GlaxoSmithKline prescription medicines
– For seniors and disabled individuals who are enrolled in Medicare but lack prescription coverage
– Call for an application or go to gsk.com

The Medicine Program

866-694-3893

themedicineprogram.com

– Print a free discount card on the Internet to save money on prescriptions or call the number above for more information.

Michigan Medicare/Medicaid Assistance Program

6105 W. St. Joseph, Suite 209
Lansing, MI 48917-4850
800-803-7174

mymmap.org

- This service helps seniors understand doctor/hospital bills, eligibility, enrollments, coverage and appeals. Help with identifying resources for prescription drug assistance, including Medicare Part D, will also be provided.

Northern Prescription Assistance Plan

- For those living in Antrim, Charlevoix, Emmet and Otsego counties. For more information, call Northwest Michigan Community Health Agency at 800-432-4121.
- Provides assistance with getting free prescriptions.
- For low-income individuals only.

Northern Prescription Discount Plan

nwhealth.org

- Call your local health department for more information.
- Free prescription discount card for the uninsured and underinsured.

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 or needymeds.com. Or call 202-835-3400 for more information on lowering your prescription drug bills.

Prescription Relief

866-DRUG 686

prescriptionrelief.org

- Prescription assistance for low-income individuals who don't have insurance coverage
- The cost is \$8 per month per prescription.
- Apply online or call for details.

2. Specialized Prescription Programs

Hemophilia Foundation of Michigan

905 W. Eisenhower Circle, Suite 107
Ann Arbor, MI 48103
800-482-3041

hfmich.org

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

Michigan Parkinson Foundation

248-433-1011 or 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.

Myasthenia Gravis Association

17117 W. Nine Mile Road, Suite 1409
Southfield, MI 48075
248-423-9700

mgadetroit.org

- Provides mail-order medication for the drugs Mestinon and Prednisone for people diagnosed with myasthenia gravis.

National Kidney Foundation of Michigan

1169 Oak Valley Drive
Ann Arbor, MI 48108
800-482-1455

nkfm.org

- The foundation will pay \$750 toward the cost of medications for people with kidney disease who do not have insurance coverage. Contact the program coordinator for patient services at the number above for more information.

Social Services

1. Family Planning and Parenting

Michigan Parenting Helpline

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.

Parents Anonymous

parentsanonymous.org

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

Planned Parenthood

- Provides reproductive health care, including annual exams, contraception, pregnancy testing and sterilization for women and men.
- Fees are based on a sliding scale.
- There are 29 clinics throughout Michigan.
- Call 800-230-PLAN to be connected to the clinic nearest you or visit miplannedparenthood.org.

2. General Social Services

Catholic Human Services

catholichumanservices.com

800-356-5755

- This organization has offices in Alpena, Atlanta, Cadillac, Cheboygan, Gaylord, Grayling, Kalkaska, Manistee, Onaway, Rogers City, Tawas and two locations in Traverse City.
- Counseling, substance abuse services, adoption, employee assistance programs and more

Catholic Social Services of the Upper Peninsula

347 Rock St.

Marquette, MI 49855

906-227-9119

- Adoption and counseling services

Child and Family Services of Northwest Michigan

231-946-2104

cfsnwmi.org

3785 Veterans Drive

Traverse City, MI 49684

3434 M-119, Suite F

Harbor Springs, MI 49740

- Specializing in adoption, behavioral health and pregnancy counseling
- Serves the following counties: Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Mason, Missaukee, Roscommon and Wexford.

Diane Pepler Resource Center

dprcenter.org

- Rape and incest crisis center for those living in Luce, Mackinac or Chippewa counties
- Call 800-882-1515 or 906-635-0566 if you have suffered a sexual assault or incest.
- Emergency services, counseling, advocacy and referrals

Women's Resource Center

720 Elmwood

Traverse City, MI 49684

231-941-1210

womensresourcecenter.org

- Assists survivors of sexual assault and domestic violence
- Provides anger management services for both men and 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.

Alger County Commission on Aging
906-387-2439

Alpena Area Senior Citizens
989-356-3585

Antrim County Commission on Aging
231-533-8703
seniors.tcnet.org

Area Agency on Aging of Northwest Michigan
231-947-8920
aanm.org

– Serves the following counties: Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee and Wexford

Baragaland Senior Citizen Center, Inc.
906-524-6711

Baraga-Houghton-Keweenaw Community Action Agency
906-482-5528
mcaaa.org/directory/bhkcaa.htm

Benzie County Commission on Aging
231-325-4851
seniors.tcnet.org

Charlevoix County Commission on Aging
231-237-0103
charlevoixcounty.org

Cheboygan County Council on Aging
231-627-7234
3coa.com

Chippewa-Luce-Mackinac Community Action Agency
906-632-3363
clmcaa.com

Crawford County Commission on Aging
989-348-7123
crawfordcoa.org

Delta-Menominee-Schoolcraft Community Action Agency
906-786-7080
michigan.gov

Dickinson-Iron Community Services Agency
906-774-2256
mcaaa.org

Friendship Centers of Emmet County
231-347-3211
emmetcoa.org

Gogebic-Ontonagon Community Action Agency
906-932-4200
mcaaa.org

Manistee County Council on Aging
231-723-6477

Marquette County Commission on Aging
906-226-4180
co.marquette.mi.us

Michigan Medicare/Medicaid Assistance Program
6105 W. St. Joseph, Suite 209
Lansing, MI 48917-4850
800-803-7174
mymmap.org

– This service helps seniors understand doctor/ hospital bills, eligibility, enrollments, coverage and appeals. Help with identifying resources for prescription drug assistance, including Medicare Part D, is also provided.

Missaukee County Commission on Aging

231-839-7839

seniors.tcnet.org

Montmorency County Commission on Aging

989-785-2580

mccoa.info

Ogemaw Commission on Aging

989-345-5300

ogemawcountymi.gov

Ontonagon County Commission on Aging

906-575-3461

Otsego County Commission on Aging

989-732-1122

otsegocountymi.gov

Presque Isle County Council on Aging

989-766-8191

Region IX Area Agency on Aging

989-356-3474

aaa9.org

– Serves the following counties: Alcona, Arenac, Alpena, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and Roscommon

UP Area Agency on Aging

800-338-7227

– Serves the following counties: Alger, Baraga, Chippewa, Delta, Dickinson, Gogebic, Houghton, Iron, Keweenaw, Luce, Mackinac, Marquette, Menominee, Ontonagon and Schoolcraft

Wexford County Council on Aging

231-775-0133

seniors.tcnet.org

State and Federal Programs

1. For Children and Pregnant Women

Children's Special Health Care Services

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/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 copays or deductibles for either of these programs if you are under 21 years of age. Call 888-988-6300 for more information or apply online at healthcare4mi.com.

Women, Infants and Children Program

800-942-1636

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 18-64 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. If you want to find out if you are eligible for state and federal programs, visit the Michigan Assistance and Referral Service on the Web 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.

Alger County Department of Human Services

101 Court St.
Munising, MI
906-387-4440

Alcona County Department of Human Services

205 N. State
Harrisville, MI 48740
989-724-2100

Alpena County Department of Human Services

711 W. Chisholm
Alpena, MI 49707
989-354-7200

Antrim County Department of Human Services

205 E. Cayuga St.
Bellaire, MI 49615
231-533-8664

Baraga County Department of Human Services

108 Main St.
Baraga, MI 49908
906-353-4700

Benzie County Department of Human Services

448 Court Plaza
Government Center
Beulah, MI 49617
231-882-1330

Charlevoix-Emmet County Department of Human Services

2229 Summit Park Drive
Petoskey, MI 49770
231-348-1600

Cheboygan County Department of Human Services

827 S. Huron St.
Cheboygan, MI 49721
231-627-8500

Chippewa County Department of Human Services

463 E. Three Mile Road
Sault Ste. Marie, MI 49783
906-635-4100

Crawford County Department of Human Services

230 Huron
Grayling, MI 49738
989-348-7691

Delta County Department of Human Services

2940 College Ave.
Escanaba, MI 49829
906-786-5394

Dickinson County Department of Human Services

1238 Carpenter Ave.
Iron Mountain, MI 49801
906-774-1484

Gogebic County Department of Human Services

301 E. Lead St.
Bessemer, MI 49911
906-663-6200

Grand Traverse-Leelanau County Department of Human Services

701 S. Elmwood, Suite 19
Traverse City, MI 49684
231-941-3900

Houghton County Department of Human Services

P.O. Box 630
200 Quincy St.
Hancock, MI 49930
906-482-0500

Iron County Department of Human Services

P.O. Box 250
337 Brady Ave.
Caspian, MI 49915
906-265-9958

Kalkaska County Department of Human Services

503 N. Birch St.
Kalkaska, MI 49646
231-258-1200

Luce County Department of Human Services

P.O. Box 27
500 W. McMillan
Newberry, MI 49868
906-293-5144

Mackinac County Department of Human Services

199 Ferry Lane
Saint Ignace, MI 49781
906-643-9550

Manistee County Department of Human Services

1672 U.S. 31 S.
Manistee, MI 49660
231-723-8375

Marquette County Department of Human Services

Courthouse Annex
234 W. Baraga Ave.
Marquette, MI 49855
906-228-9691

Menominee County Department of Human Services

2612 10th St.
Menominee, MI 49858
906-863-9965

Missaukee-Wexford County Department of Human Services

P.O. Box 309
10641 W. Watergate Road
Cadillac, MI 49601
231-779-4500

Montmorency County Department of Human Services

P.O. Box 427
11636 M-32 W.
Atlanta, MI 49709
989-785-4218

Ogemaw County Department of Human Services

444 E. Houghton Ave.
West Branch, MI 48661
989-345-5135

Oscoda County Department of Human Services

P.O. Drawer 849
200 W. Fifth St.
Mio, MI 48647
989-826-4000

Ontonagon County Department of Human Services

730 S. 7th St.
Ontonagon, MI 49953
906-884-4951

Otsego County Department of Human Services

800 Livingston Blvd., Suite 3A
Gaylord, MI 49735
989-732-1702

Presque Isle County Department of Human Services

1242 W. Third St.
Rogers City, MI 49779
989-734-2108

Roscommon County Department of Human Services

111 Union St.
Roscommon, MI 48653
989-275-5107

Schoolcraft County Department of Human Services

300 Walnut St.
Courthouse, Rm. 175A
Manistique, MI 49854
906-341-2114

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 877-222-8387 for more information on veterans' health benefits or visit va.gov.

Vision Services

Eye Care America

800-222-EYES

- Provides referrals to doctors who will perform free or low-cost eye exams and surgery to individuals over 65 years old.

Lions Club International

lionsclub.org

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

Vision USA

- Free eye care program for working individuals who do not have vision insurance
- Register by calling 800-766-4466, 8 a.m. to 6 p.m. Monday through Friday or visiting aoa.org.

Help With Health Care Survey

1. Where did you get this brochure?

- Health Fair
- Free Clinic
- Local Health Department
- Department of Human Services (DHS) Office
- Other _____

2. How useful is this brochure for you and your family?

- Very Useful
- Somewhat Useful
- Not Very Useful
- Not at all Useful

3. What information have you used or will you use from this brochure? Check all that apply.

- Dental Services
- Free/low-cost clinics
- Government Programs (county, state or federal)
- Hotlines/special programs
- Mental Health Services
- Prescription Programs
- Social Services

4. What is your gender?

- Female
- Male

5. What is your age?

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75+

6. What type of health care coverage do you currently have? Check all that apply.

- Dental
- Private Medical
- Medicare
- Medicaid
- MI Child/Healthy Kids
- Vision
- No Insurance Coverage
- Other _____

7. How many children do you have?

- None
- One
- Two
- Three
- Four
- Five or More

8. What is your current employment status?

- Temporarily employed
- Employed Part Time
- Employed Full-time
- Unemployed
- Other _____

9. Which County do you live in?

10. How could we make this brochure better?

Just drop this survey in the mail. Thank you!



**Blue Cross
Blue Shield**
of Michigan

A nonprofit corporation and independent licensee
of the Blue Cross and Blue Shield Association

Place
stamp
here

Blue Cross Blue Shield of Michigan
600 E Lafayette Blvd, BC B714
Detroit MI 48226-9942

Tear out survey at perforation; fold in half and tape closed
at top; place stamp in upper right-hand corner and mail.