

HEALTH RESOURCES 2008

Name & Location	Phone Number	Days/Hours	Services Provided
BASIC HEALTH CARE SERVICES			
Community Health Free Clinic 947 14 th Ave SE Cedar Rapids, IA 52401	(319) 363-0416	<u>Clinic Hours:</u> Mon: 9:00 AM-6:00 PM Tues(1 st , 2 nd , & 3 rd): 10:00 AM-6:00 PM Wed: 10:00 AM-1:00 PM Thurs: 8:00 AM-12:00 PM Fri: 8:00 AM to 10:30 AM CLOSED on major holidays Beginning Feb 2008: Sat(1 st): 8:30 AM-10:30 AM	Free medical care, dental care and community resources for uninsured and under-insured patients. Specialty clinics include bone density, internal medicine, eye care, orthopedic, otolaryngology, physical therapy, podiatry, lead screenings (ages 6 and under) and women's clinics. Prescription Assistance Clinics for long-term medication needs. Must provide proof of income to be seen in Prescription Assistance Clinic. Short term counseling and therapy.
His Hands Ministry/Cedar Rapids Free Medical Clinic 1043 3 rd Ave SE Cedar Rapids, IA 52403 www.hishandsclinic.org	(319) 862-2636 Call for appointments starting at noon on days clinic is open.	<u>Medical Clinic:</u> 1 st and 3 rd Tuesday: 5-6:30PM Every Thursday: 5-6:30PM <u>Chiropractic Services:</u> Thursday 3-4:30PM and 1 st & 3 rd Friday 10:00 AM-Noon	Urgent care for simple medical problems. Limited management of chronic problems and limited help with medications. Christ-centered organization that is open to all. Chiropractic services available. ***Must call for appointment at noon on day service is required.***
Linn Community Care – Main Campus (formerly Mercy Family Practice Center) 610 8 th Street SE Cedar Rapids, IA 52403	(319) 398-6170 Call for an appointment.	Assistance available Monday through Friday from 8:30AM to 5:00PM	Services available for individuals ages birth through adult, male and female. Gynecological exams, breast exams, family planning, family practice physician office.
Linn County Public Health 501 13 th Street NW Cedar Rapids, IA 52405	(319) 892-6000	Call for an appointment. Assistance available Monday through Friday 8:00 AM to 5:00 PM	Free STD/HIV testing and lead screenings. Communicable disease investigations. TB testing. Immunizations w/small fee, no one turned away. Home visits & education for children & teens with asthma. Mold inspections available.
Visiting Nurses Association of Linn County (VNA) 1201 3 rd Ave SE Cedar Rapids, IA 52403	(319) 369-7990	By referral only. Office open Monday through Friday 8AM to 4:30 PM. Nursing services available 24 hours 7 days a week.	In-home nursing services. Wellness screenings. Physical therapy, occupational therapy, speech therapy. Call for more information.
EMERGENCY HEALTH CARE SERVICES / URGENT CARE			
Mercy Medical Center 701 10 th Street SE Cedar Rapids, IA 52403	(319) 398-6041	Assistance available 24 hours per day, seven days a week.	Outpatient and emergency care.

For further information, contact the Call Center at 739-4211.

10/1/2008

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St. Luke's Hospital 1026 A Avenue NE Cedar Rapids, IA 52402	(319) 369-7105	Assistance available 24 hours per day, seven days a week.	Outpatient and emergency care. Medical social worker available from 11:00 AM to 11:00 PM Monday through Sunday.
University of Iowa Hospitals and Clinics 200 Hawkins Drive Iowa City, IA 52242	1-800-777-8442 Can call to talk to nurse.	Assistance available 24 hours per day, seven days a week.	Call for appointment Monday through Friday between 8AM and 5PM. University of Iowa health care access. Outpatient, inpatient and emergency care.
DENTAL HEALTH CARE			
Community Health Free Clinic 947 14th Ave SE Cedar Rapids, IA 52401	(319) 363-0416		Pain management only.
I-Smile Dental Home Project of Linn County 1328 2nd Ave SE Cedar Rapids, IA 52403	(319) 739-1545 Trisha Willenborg, Project Coordinator	Monday through Friday 8:00 AM to 4:30 PM	For children 12 years or younger who qualify, the program provides dental services including oral screenings, risk assessments, fluoride varnish applications, dental education, dental referral and care coordination, and then utilizes the I-Smile Referral Network System to ensure dental appointments have been completed and dental needs are fulfilled. All children through age 18 will be considered for services.
St. Luke's Dental Health Center 855 A Avenue NE Lower Level 1 Cedar Rapids, IA 52402	(319) 369-7730	Assistance available Monday through Friday 8:30 AM to noon and 1:00 to 4:00 PM.	Quality low-cost dental services for those in need of financial assistance. Routine dental care with emphasis on prevention and education. Comprehensive dental care for children, infants through high school age and adults with developmental disabilities. Based on income and family size with no private insurance (Title XIX and Hawk-I accepted).
University of Iowa College of Dentistry & Dental Clinic 801 Newton Rd Iowa City, IA 52242	Patient info line: (319) 335-7499 Direct academic line: (319) 335-9650	Monday through Friday 8:00 AM to 5:00 PM	Provides dental care including surgery and emergencies. Those eligible may apply for state or county papers through General Assistance.
HEALTH CARE FINANCIAL ASSISTANCE			
Especially For You Race Fund Mercy Medical Center 701 10 th Street SE Cedar Rapids, IA 52403	(319) 398-6956 or (319) 398-6821	Monday through Friday from 7:00 AM to 5:00 PM and Saturday mornings.	Must have a doctor's order for a mammogram. Income guidelines apply. Assistance for screening and diagnostic services is available.
HAWK-I Children's Health Insurance c/o HACAP 1515 Hawkeye Drive Hiawatha, IA 52233	(319) 366-7632 ext 3020 Or 211	Assistance available Monday through Friday from 8:00 AM to 5:00 PM.	No cost or low cost medical, dental and prescription insurance for children ages 0-19. Call to apply at one of several convenient locations.

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Iowa Breast and Cervical Cancer Early Detection Program – Healthy Linn Care Network 1026 A Ave NE PO Box 3026 Cedar Rapids, IA 52406-3026 Susan G. Komen Breast Cancer Foundation	(319) 369-7791 Call for application.	Monday through Friday. Hours vary.	Financial assistance for screening and diagnostic services for women age 40 and older who are below 250% of poverty level. (Some services available to women under 40. Medicare Part B and Medicaid recipients are NOT eligible.) ***Call BEFORE making appointment*** Financial assistance for breast cancer screening/diagnostic services.
Iowa Cares Linn County Department of Human Services 400 3 rd St. SE, Suite 160 Cedar Rapids, IA 52401	(319) 892-6800	Monday through Friday from 8:00 AM to 4:30 PM.	Limited health care for people age 19 to 64 and pregnant women. Some inpatient services, doctor and advanced registered nurse practitioner services, limited dental services, limited prescription drug benefits and transportation. Services provided at the University of Iowa Hospitals and Clinics. There may be a monthly premium based on income.
Rapids Aids Project 6300 Rockwell Dr. NE Cedar Rapids, IA 52410-0375 www.grantwood-redcross.org	(319) 393-3500 (319) 393-9597	Monday through Friday 8:30 AM - 4:30 PM	Provide two types of services. Provide case management and services to those people living with HIV and AIDS in Linn County and surrounding areas. Also provide HIV/AIDS community education. Please call to set up a presentation or check out our website for community class information.
HEALTH CARE EDUCATION			
American Red Cross – Grant Wood Area Chapter 6300 Rockwell Drive NE Cedar Rapids, IA 52410-0375	(319) 393-3500	Assistance available Monday through Friday 8:30AM to 4:30 PM.	Provides training in cardiopulmonary resuscitation (CPR) and bloodborne pathogens.
Healthy Linn Care Network – Chronic Disease Self-Management Program 1026 A Avenue NE PO Box 3026 Cedar Rapids, IA 52406-3026	(319) 368-5527	Regular business hours Monday through Friday. Please leave a message if no one is available and we will return your call.	Offers a 6 week course for adults over age 60 on managing and living with all types of chronic disease, including diabetes, heart disease/high blood pressure, lung disease, arthritis, and stroke. Call for more information.
My Nurse – Iowa Health Systems	1-877-242-8899	24-hour-a-day, 7-days-a-week	Call My Nurse to speak to a Registered Nurse if: <ul style="list-style-type: none"> • You have questions about a sick family member after office hours • You’re wondering if you should seek emergency care for an illness or injury • You’re looking for a physician • You’re a discharged patient with questions as you recover at home • You’re looking for good health information

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Witwer Senior Center 305 2nd Ave SE Cedar Rapids, IA 52401	398-3636	Monday through Friday 8:00AM to 4:00PM.	Provides health screening activities, preventive services, and health education. Must be 60 years of age or older.
WOMENS AND CHILDRENS SERVICES			
Aid to Women 701 Center Point Road NE Cedar Rapids, IA 52402	(319) 364-8967	Assistance available Monday and Thursday from 10:00 AM to 7:00 PM; Tuesday, Wednesday and Friday from 10:00 AM to 5:00 PM.	Parenting, academic, fitness, English as a Second Language (ESL), personal relations and prenatal classes. Pregnancy tests provided. Peer counseling. Clothing and food assistance for class participants. Call for more information.
Bethany Christian Services 1660 42nd Street NE Cedar Rapids, IA 52402	(319) 832-2321 1-888-832-2326	Available around the clock. Office hours by appt.	Free options counseling for pregnancy. Financial assistance for basic needs available based on individual need. Call for appt.
Birthright 375 Collins Road NE, Suite 107 Cedar Rapids, IA 52402	(319) 393-3251	Monday & Tuesday: 10:00AM-8:00PM Wednesday & Friday: 10:00AM-4:00PM Thursday: 10:00AM-6:00PM Saturday: 10:00AM-1:00PM	Pregnancy tests available. Confidential friendship counseling. Referral for professional services. Call for more information.
Family & Community Health Alliance Women Infant & Children (WIC) Various locations throughout Cedar Rapids and Marion. Call for exact addresses.	(319) 393-7811 Or 211	Assistance available Monday through Friday from 8:00 AM to 5:00 PM. Hours vary.	WIC, maternal health, immunizations, nutritional counseling, hearing and vision screenings, dental screenings, well-child checks (age 18 and younger). Coupons for pregnant women and children ages birth to 5. Accepts Title 19, uninsured. Sliding fee scale.
Hillcrest Family Services 4080 First Avenue NE, Suite 102A Cedar Rapids, IA 52402	(319) 362-3149 Call for an appointment.	Assistance available Monday through Friday from 8:00 AM to 5:00 PM; Wednesday from 8:00 AM to 8:30 PM.	Unplanned pregnancy counseling. Individual, couple and family counseling. Supervised apartment living for adults with mental illness. Adoption planning.
Linn Community Care – Women’s Center (formerly St. Luke’s Family Health Center) 855 A Ave NE Lower Level 1 Cedar Rapids, IA 52402	(319) 369-7397	Assistance available Monday through Friday from 8:30AM to 5:00 PM. Phones are not answered from 11:30 AM to 12:30 PM, but office is open for contraceptive pickup.	Women’s health services. Family planning, physical exams (ob/gyn services), prenatal care, contraception (birth control).

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Metro Care Connection Office: 720 7 th Avenue SW Cedar Rapids, IA 52404 Clinics: Taylor School, Wilson School, Jefferson School, Metro High School	(319) 558-2481	Assistance available Monday through Friday from 8:00 AM to 4:00 PM during the school year. [Note: Hours at clinics may vary.]	Provides free school-based health care to students (and their siblings) in the Cedar Rapids Community School District. Focus is on those without access to other care. Free physical exams, immunizations, treatment of minor illness, prescriptions for medications by pediatric nurse practitioners. Mental health counseling. Substance abuse counseling.
Planned Parenthood of East Central Iowa 3425 First Ave. SE Cedar Rapids, IA 52402 www.ppfa.org/ppeci	(319) 363-8572 Call for an appointment.	Mon, Tues, Thurs, Fri: 9:00 AM to 5:00 PM Wednesday: 9:00 AM to 7:00 PM 1 st & 3 rd Saturday: 10:00 AM to 1:00 PM.	Birth control. Emergency contraception. Education, counseling. Title 19 and some private insurance accepted. STD/HIV testing. Women's physical exams (pap, pelvic, breast, colposcopy).
COUNSELING / DEVELOPMENTAL ASSESSMENT / DISABILITY SERVICES			
Iowa COMPASS/IPAT 100 Hawkins Drive #295 Iowa City, IA 52242 www.iowacompass.org	1-800-779-2001 TTY 1-877-686-0032 email: iowa-compass@uiowa.edu	Assistance available Monday through Friday from 8:00 AM to 5:00 PM.	Program/service/funding information and referrals for persons with disabilities. Assistive technology for persons with disabilities. Used equipment referral service. General programs & service information relevant to people with disabilities.
Grant Wood Area Education Agency (GWAEA) 4401 6 th Street SW Cedar Rapids, IA 52404	(319) 399-6700	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Early Childhood Screening child check. Behavioral/emotional/ developmental (speech, motor, hearing, vision screen). Children under age 16. Early Access program for children 0-3. Cognitive evaluation for children age 3-6.
Iowa Department for the Blind 411 3 rd Street SE, Suite 745 Cedar Rapids, IA 52401	(319) 365-9111 (888) 346-9557	Assistance available Monday through Friday, hour vary. Leave a message and your call will be returned. For Des Moines office, call (800) 362-2587 Monday-Friday, 8am-5pm	Case management services. Independent living and vocational services for blind/individuals with visual impairments. Equipment for individuals with visual impairments. Library service.
Mercy Family Counseling 5264 Council Street NE Cedar Rapids, IA 52402	(319) 398-6575	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Psychological/medical/family counseling/mental health services. Developmental/behavioral evaluation. Services for children/adults with Attention Deficit Hyperactivity Disorder (ADHD). Scholarships available for low-income individuals/families. Call for more information.

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St. Luke's Behavioral Development Center Child Protection Services 1026 A Avenue NE Cedar Rapids, IA 52402	(319) 369-7908	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Developmental disabilities center. Attention deficit and developmental disability evaluations available. Evaluation/consultation for special needs children and adults. Accepts referrals from DHS and law enforcement for child abuse victims. Title 19 accepted. Financial assistance available.
MEDICAL EQUIPMENT			
ACCESS-Goodwill Industries 1441 Blairs Ferry Road NE Cedar Rapids, IA 52402	(319) 393-3434	Monday through Friday 7:30 AM to 4:00 PM	Help persons with disabilities better understand and utilize assistive technology. Evaluation and assessment, equipment acquisition, installation and training, and follow-up services.
American Cancer Society 603 10 th Street SE Cedar Rapids, IA 52403	(319) 365-5241 or 1-888-266-2071	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Free wigs, turbans, and breast prosthesis and mastectomy bras for cancer patients. Medical equipment referrals.
Easter Seals Iowa 401 NE 66th Ave Des Moines, IA 50333	(515) 309-2395	Assistance available Monday thru Friday from 8:00 AM to 5:00 PM.	Medical equipment service. Application required.
Lending Medical Equipment Closet Grace Episcopal Church 525 A Avenue NE Cedar Rapids, IA 52402	(319) 362-1929	Please leave a message. Someone will return your call.	Medical equipment available. Crutches, wheelchairs, walkers with wheels, commode chairs, risers, hospital beds and canes. No referral needed.
Iowa COMPASS/IPAT 100 Hawkins Drive #295 Iowa City, IA 52242 www.iowacompass.org	1-800-779-2001 TTY 1-877-686-0032 email: iowa-compass@uiowa.edu	Assistance available Monday through Friday from 8:00 AM to 5:00 PM.	Deals with assistive technology devices (such as ambulation aids, augmentative communication, clothing, mobility aids, vehicle accessories, manual and power wheelchairs and many others) to aid you to find what you need. A used equipment referral service (UERS) connects buyers, sellers, and traders of used assistive equipment. Assists with finding funding for assistive technology and fund home modifications. Provides referrals to legal advocacy concerning assistive technology funding.
Lion's Club	www.iowalions.org	Please leave a message. Someone will return your call.	Hearing Aides: Pat Gourley (319) 364-7920 Eyeglasses: Paul Eikanger (319) 396-5452
Low Vision Services-Witwer Senior Center 305 Second Avenue SE Cedar Rapids, IA 52401	(319) 398-3636	Monday through Friday 8:00 AM to 4:00 PM	Provides equipment and directions for visually impaired, to be used as low vision aids.
Mercy Home Medical Equipment 701 10 th Street SE Cedar Rapids, IA 52403	(319) 363-1308	Assistance available Monday through Friday from 8:00 AM to 5:30 PM, and Saturday from 8:00AM to noon.	Durable medical equipment such as oxygen, beds, wheelchairs, walking aids, nebulizers and CPAP. Also carries smaller items available for retail.

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Muscular Dystrophy Association-Eastern Iowa 383 Collins Road NE #110 Cedar Rapids, IA 52402	(319) 393-8905	Monday through Friday 9:00 AM to 5:00 PM	Helps persons with Muscular Dystrophy by assisting with initial and follow-up clinic visits at the University of Iowa Hospital, with leg braces, communication devices, wheelchair payments and repairs. Provides the public with information about Muscular Dystrophy by offering support groups, and other volunteer services.
St. Luke's Home Care Services 298 Blairs Ferry Rd. NE Cedar Rapids, IA 52402	(319) 369-8686	Assistance available Monday through Friday from 8:00 AM to 5:00 PM. On call 24 hours for emergency needs.	Durable medical equipment such as oxygen, beds, wheelchairs, walking aids, nebulizers and CPAP/BiPAP. Also carries smaller items available for retail.
Wandering Alert Program-Alzheimer's Assoc. 1570 42 nd Street NE Cedar Rapids, IA 52402	1-888-397-9635	Monday through Friday 8:00 AM to 4:30 PM	Offer a special device that will alert caregiver when their loved one is on the move. The units are available free of charge on a local basis to families that have a person with a dementia diagnosis.
PRESCRIPTION ASSISTANCE			
Linn County Rx / NACo Prescription Discount Card Program c/o Linn County Community Services 305 Second Avenue SE Cedar Rapids, IA 52401	1-877-321-2652 https://naco.advancex.com for a card, call (319) 892-5600	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Free prescription discount drug card may be used anytime prescriptions are not covered by insurance for a savings of up to 20% at participating pharmacies. There are no enrollment forms, membership fees or limits on frequency of use. Any Linn County resident without prescription drug insurance can use the program. Even persons with insurance for prescription drugs may benefit by using the card for prescription drugs not covered by their existing plan.
Iowa Prescription Drug Corporation www.iowapdc.org	(515) 327-5405 1-866-282-5817	8:00am to 4:00pm, Monday through Friday.	The corporation's goal is to help ease the financial burden of the high cost of prescription medications for the Medicare eligible Iowan. The corporation made available Iowa Priority, a discount card for Iowa's Medicare population. A second card called Priority Plus is made available through a contract with Medicare. Both cards help reduce the cost of prescription medications.
GlaxoSmithKline www.gskforyou.com	1-866-475-3678	Online 24 hours a day, seven days a week. Available by phone Monday-Friday 7 AM -7 PM.	Offer free or nearly free GlaxoSmithKline drugs to individuals based on income. Offer prescription assistance programs. Offer savings on certain prescription medications, as well as information about medications
Merck www.merck.com/merckhelps/	1-800-727-5400	Online 24 hours a day, seven days a week. Available by phone Monday-Friday 7 AM -7 PM.	Prescription assistance for individuals with limited or no insurance, based on qualifications. Discounted Merck prescriptions, regardless of age or income. Medicare prescription assistance program. Vaccine assistance program to adults age 19 and older, without health insurance.
Partnership for Prescription Assistance www.pparxia.org	1-888-477-2669	Online 24 hours a day, seven days a week. Available by phone Monday-Friday 7am-10pm.	The Partnership for Prescription Assistance is an industry program that offers a single point of access to more than 475 patient assistance programs, including over 180 programs offered by pharmaceutical companies, such as Pfizer Helpful Answers.

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Pfizer www.pfizerhelpfulanswers.com	1-866-776-3700	Online 24 hours a day, seven days a week. Available by phone Monday-Friday 7 AM – 7 PM.	Many different programs are available, depending on age, income and whether or not individual has insurance coverage for prescriptions. Call for specific program information.
Together Rx www.togetherrxaccess.com	1-800-444-4106	Online 24 hours a day, seven days a week. Available by phone Monday-Friday 7 AM – 7 PM.	Open to legal US residents. Savings may vary depending on the pharmacy's customary pricing for each specific product and the savings program offered by the participating company that makes it. Participating companies independently set the level of savings offered and the products included in the program.

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