

ARIZONA

# health guide

RESOURCES FOR THE UNINSURED

**GET WELL.  
STAY WELL.  
HERE'S HOW!**





Fellow Arizonans,

**You** hold in your hands a valuable guide that will help you access important health resources for you and your family. Whether you are seeking senior services, discount dental networks or affordable care for the uninsured, you have important information in the palm of your hand.

This guide will show you how to access Arizona's network of community health centers and other resources that are available through private or public health care systems. It also offers introductory suggestions for healthy living and preventive care that may help as you work to prevent life-threatening conditions such as heart disease, obesity and diabetes. The health of you and your loved ones is priceless. I hope you find this resource helpful as you work to keep yourself and your loved ones in good health.

Yours Very Truly,

A handwritten signature in black ink that reads "Janet Napolitano". The signature is written in a cursive, flowing style.

**Janet Napolitano**  
Governor of the State of Arizona

## 04 GET CARE COMMUNITY HEALTH CENTERS & PREVENTIVE CARE

»An ounce of prevention is worth a pound of cure, as they say. Visit a local community health center for all of your day-to-day health concerns.

## 16 AFFORDABLE HEALTH RESOURCES

»Low-cost private plans offer easy access to health services for you and your family.

## 18 COUNTY HEALTH RESOURCES

»Look to your county health department for vaccines, prenatal care and more.

## 20 INDIAN HEALTH SERVICES

»A wide array of health services are available to members of Arizona's 22 American Indian tribes – on or off the reservation.

## 22 GET COVERAGE STATE-SPONSORED INSURANCE PLANS

»Innovative solutions to help businesses, families and children in need.



## VETERANS' HEALTH SERVICES

»Our veterans deserve the best for their service to our country. Top-quality medical services are available through the federal and state government.

24

## PRESCRIPTION ASSISTANCE

»Sounds too good to be true, but you really can get medicines prescribed by your doctor free or at significant savings.

26

## 28 GET HELP ELDER HEALTH SERVICES

»Find out about special health resources for the elderly and those who care for them.

## 29 QUITTING SMOKING

»As if you didn't already have enough reasons to quit, the Arizona Smoker's Helpline (ASHLINE) offers free tips and medications.

## 30 BEHAVIORAL HEALTH SERVICES

»Services for children and adults with mental health needs, including help with substance abuse.

FUNDED ENTIRELY BY PRIVATE DONATIONS PROVIDED BY THE NATIONAL ASSOCIATION OF HISPANIC NURSES THROUGH A PARTNERSHIP WITH PFIZER HELPFUL ANSWERS®.





**We're close.  
We care.**

# Quality care

Community health centers are one of the best elements in Arizona's public health system, offering the preventive care and checkups that help keep Arizonans from developing life-threatening conditions that could require surgeries or medications down the road.

## COMMUNITY HEALTH CENTERS

Arizona's community health centers provide access to primary health care services for both insured and uninsured Arizonans. From your child's annual physical and school immunizations to prenatal care, from a common cold to diabetes care, they are your first stop on the road to good health.

**Types of care provided:**

- Primary care and preventive services
- Urgent medical services
- Immunizations
- Obstetrical care
- Chronic care of diabetes, asthma and hypertension
- Well Woman HealthCheck program (yearly visits, pap smears, clinical breast exams, and mammograms)
- Prescription assistance
- Breastfeeding education
- Diagnostic laboratory and X-rays
- Occupational health
- Family planning
- Prenatal and parenting education
- Health education
- Preventive therapeutic services
- Outreach services
- Translation services
- Substance abuse counseling and treatment

A sliding fee schedule (SFS) is used by providers offering discounted fees for services to persons without health insurance. The SFS determines, based on gross family income, the percentage or portion of billed charges that the uninsured patient will be responsible for paying.

The Arizona health service sites listed in this section offer discounted fees for services for those who do not have health insurance. Efforts have been made to verify that the information presented here is current as of the date prepared. However, since frequent changes occur, we ask that you call the facility before making a personal visit.

**APACHE COUNTY**

**North County Community Health Center**  
Round Valley  
830 E. Main St. Unit 230  
Springerville, AZ 85938  
Phone: 928-333-0127

**North County Community Health Center**  
Saint Johns  
625 North 13th St. West  
Saint Johns, AZ 85936  
Phone: 928-337-3705

**Northern Apache County Special Health Care District**  
Sage Memorial Hospital  
Highways 264 and US 191  
P.O. Box 457  
Ganado, AZ 86505-0457  
Phone: 928-755-4500

**Northern Apache County Special Health Care District**  
Saint Michaels Clinic  
359 W. State Highway  
264 #A  
Saint Michaels, AZ 86511  
Phone: 928-810-3809

**Northern Apache County Special Health Care District**  
Sanders Primary Care Clinic  
Sun Lane Road 49  
Sanders, AZ 86512-0488  
Phone: 928-688-3010

**Mountain Avenue Clinic**  
White Mountain Primary Care  
118 S. Mountain Ave.  
Springerville, AZ 85938  
Phone: 928-333-5333

**Saint John's Medical Clinic**  
80 East 1st North  
Saint Johns, AZ 85936  
Phone: 928-337-4802

**White Mountain Regional Medical Center**  
367 N. Main Street  
Eagar, AZ 85925-9675  
Phone: 928-333-3353

**White Mountain Regional Medical Center**  
Mountain Avenue Clinic  
606 North Main Street  
Eagar, AZ 85925-9813  
Phone: 928-333-5333

**White Mountain Regional Medical Center**  
TJS Health, Inc.  
367 N. Main Street, Ste. 11  
Eagar, AZ 85925  
Phone: 928-333-3353

**COCHISE COUNTY**

**Arizona Family Care Associates**  
1101 San Antonio Avenue  
Douglas, AZ 85607  
Phone: 520-364-7544

**Arizona Family Care Associates - Sierra Vista**  
6 South 2nd Street  
Sierra Vista, AZ 85635  
Phone: 520-452-2231

**Chiricahua Community Health Center - Bisbee**  
108 Arizona Street  
Bisbee, AZ 85603-1804  
Phone: 520-432-3309

**Chiricahua Community Health Center - Douglas**  
1100 F Ave  
Douglas, AZ 85607-1919  
Phone: 520-364-3285

**Chiricahua Community Health Center - Elfrida \***  
10566 N. US Hwy 191  
P.O. Box 263  
Elfrida, AZ 85610-0263  
Phone: 520-642-2222

**Copper Queen Medical Associates RHC - Douglas**  
100 East 5th Street  
Douglas, AZ 85607-2859  
Phone: 520-364-7659

**Copper Queen Medical Associates RHC**  
101 Cole Avenue  
Bisbee, AZ 85603-1327  
Phone: 520-432-5383

\* Dental services offered

## COMMUNITY HEALTH CENTERS

## A BRIGHT SMILE IS A SIGN OF VIBRANT HEALTH!

We now know that dental health has everything to do with overall physical well-being, especially a healthy heart. So safeguard your smile and the rest of your body by stopping by a community health center near you. Health centers that offer sliding-fee-scale dental services are marked on this list with an asterisk \*.

Additional dental resources are listed on pages 14 and 15.



### MDMed, Inc

6049 East Hwy 90  
Sierra Vista, AZ 85635  
Phone: 520-439-4441

### Progressive Healthcare Group, Inc

300 South Ocotillo  
Benson, AZ 85602  
Phone: 866-586-9111

### Southeast Arizona Medical Center

2174 West Oak Avenue  
Douglas, AZ 85607  
Phone: 520-364-7931

### United Pathology, Inc

75 Colonia de Salud #200D  
Sierra Vista, AZ 85635  
Phone: 520-459-1984

### COCONINO COUNTY

#### Canyon View Medical Center

601 North Navajo Drive  
P.O. Box 7050  
Page, AZ 86040-7050  
Phone: 928-645-8823

### Canyonlands

**Community Health Care \***  
Fredonia Community Health Center  
100 East Wood Hill Road  
P.O. Box 175  
Fredonia, AZ 86022-0175  
Phone: 928-643-6215

### Canyonlands

**Community Health Care**  
Lake Powell Medical Center  
467 Vista Avenue  
P.O. Box 1625  
Page, AZ 86040-1625  
Phone: 928-645-8123

### Canyonlands Community Health Care

Northwest Canyonlands Urgent Care/  
Walk-in Clinic  
440 North Navajo Drive  
Page, AZ 86040  
Phone: 928-645-1700

### North Country

**Community Health Center \***  
2920 North 4th Street  
Flagstaff, AZ 86004  
Phone: 928-213-6100

### North Country Community Health Center - Grand Canyon

1 Clinic Road, P.O. Box 369  
Grand Canyon, AZ 86023-0369  
Phone: 928-638-2551

### North Country Community Health Center - Seligman

22585 West Oak Street  
Seligman, AZ 86337  
Phone: 928-422-4017

### North Country Community Health Center - Winslow \*

620 West Lee  
Winslow, AZ 86047  
Phone: 928-289-2000

### Tuba City Indian Medical Center

167 North Main Street  
Tuba City, AZ 86045  
Phone: 928-283-2501

### GILA COUNTY

#### Family Practice Care of Globe

2059 Pioneer Hills Road  
Miami, AZ 85539  
Phone: 928-425-5793

\* Dental services offered

## COMMUNITY HEALTH CENTERS

**Globe Family Medical Clinic**

2005 Highway 60  
Globe, AZ 85001  
Phone: 928-425-5651

**Pleasant Valley Community Medical Center**

288 Tweksbury Road  
Young, AZ 85554  
Phone: 928-462-3435

**Red Rock Health Care**

5990 South Hospital Drive  
Globe, AZ 85501  
Phone: 928-425-8151

**GRAHAM COUNTY****Canyonlands Community Health Care**

Safford Clinic  
618 Central Avenue  
Safford, AZ 85546-2721  
Phone: 928-428-1500

**GREENLEE COUNTY**

**Canyonlands Community Health Care**  
Clifton Family Health Center  
759 Ward Canyon Rd., Ste. A  
Clifton, AZ 85533-8090  
(Opens in August 2008)

**Canyonlands Community Health Care - Duncan**

227 Main Street  
Duncan, AZ 85534  
Phone: 928-359-1380

**LA PAZ COUNTY**

**Bouse Medical Clinic**  
44031 East Plumosa Road  
Bouse, AZ 85325  
Phone: 928-851-2177

**La Paz Family Practice**  
1713 Kofa Avenue, Suite K  
Parker, AZ 85344  
Phone: 928-669-5223

**La Paz Medical Services**

150 E Tyson Road  
P.O. Box 4618  
Quartzsite, AZ 85359-4618  
Phone: 928-927-8747

**Parker Community Hospital**

La Paz Regional Hospital  
1200 West Mohave Rd.  
Parker, AZ 85344-6349  
Phone: 928-669-9201

**Tri Valley Medical Center**  
39726 Harquahala Mine Road  
Salome, AZ 85348  
Phone: 928-859-3460

**MARICOPA COUNTY**

**Advanced Cardiac Specialists**  
451 East 4th Place  
Mesa, AZ 85203  
Phone: 480-668-8667

**Arizona Grand Medical Center**  
370 East Virginia Avenue, Suite 100  
Phoenix, AZ 85004  
Phone: 602-200-8988

**Arizona Kidney Disease and Hypertension Center**  
3003 North Central Avenue  
Phoenix, AZ 85012  
Phone: 602-997-0484

**ASU Community Health Services Clinic**  
8117 East Roosevelt Street  
Scottsdale, AZ 85257-3818  
Phone: 480-941-9283

**CARE Partnership**  
466 South Bellview  
Mesa, AZ 85204-2502  
Phone: 480-962-5197

**Centro De Amistad, Inc**  
8202 South Avenida Del Yaqui  
Guadalupe, AZ 85283-1024  
Phone: 480-839-2926

\* Dental services offered

**VACCINES OFFER A SHOT AT GOOD HEALTH**

Not only do vaccines protect all of us from devastating diseases such as diphtheria, tetanus, polio, measles, hepatitis and the mumps – they are also required before your kids can enroll in school.

The state provides support for children to receive these free vaccines through their primary care doctor or at a community health center.

Parents can also bring their children to their local health departments, which are required by law to provide free vaccinations for those shots that are required for school entry. Contact information for each of the local health departments is listed in the County Health Resources section (pages 18-19).

For more information about free vaccinations visit: [www.azdhs.gov/phs/immun/iapccor1.htm](http://www.azdhs.gov/phs/immun/iapccor1.htm)



## COMMUNITY HEALTH CENTERS

**Clinica Adelante, Inc.**

Adelante Women's Health Care  
14300 W. Granite Valley Dr., Ste. A2  
Sun City West, AZ 85375-5865  
Phone: 623-544-3214

**Clinica Adelante, Inc. \***

Buckeye Dental Care  
306 East Monroe Avenue  
Buckeye, AZ 85326-2706  
Phone: 623-386-1630

**Clinica Adelante, Inc.**

Buckeye Family Care Center  
306 E. Monroe Ave.  
Buckeye, AZ 85326-2706  
Phone: 623-386-4814

**Clinica Adelante, Inc.**

East Valley Family Care  
2204 South Dobson Rd., Ste. 101  
Mesa, AZ 85202-6457  
Phone: 480-491-6235

**Clinica Adelante, Inc.**

Gila Bend Primary Care Center  
100 North Gila Blvd.  
Gila Bend, AZ 85337  
Phone: 928-683-2269

**Clinica Adelante, Inc.**

Rural Health Team  
306 East Monroe Ave.  
Buckeye, AZ 85326-2706  
Phone: 623-386-6114

**Clinica Adelante, Inc.**

Tidwell Family Care Center  
16560 North Dysart Road  
Surprise, AZ 85374-3717  
Phone: 623-546-2294

**Clinica Adelante, Inc.**

Wickenburg Family Care Center  
466 West Wickenburg Way  
Wickenburg, AZ 85390-2226  
Phone: 928-684-9555

**Desert Nephrology &**

**Hypertension, Inc.**  
1175 West Wickenburg Way #4  
Wickenburg, AZ 85390  
Phone: 928-684-5060

**Desert Nephrology &**

**Hypertension, Inc.**  
10503 W. Thunderbird, Ste. 113  
Sun City, AZ 85351  
Phone: 623-975-7171

**Dreamy Draw Clinic**

1855 East Northern Avenue  
Phoenix, AZ 85020  
Phone: 602-997-8199

**John C. Lincoln**

**Community Health Center \***  
John C. Lincoln Women's/ Children's  
Health Center  
9221 North Central Avenue  
Phoenix, AZ 85020-2415  
Phone: 602-331-5779

**Las Fuentes Health  
Clinic of Guadalupe**

8625 South Avenida Del Yaqui  
Guadalupe, AZ 85283-2504  
Phone: 480-777-2263

**Maricopa County Health  
Care For The Homeless**

220 South 12th Street  
Phoenix, AZ 85034  
Phone: 602-372-2100

**Maricopa Integrated  
Health System \***

Avondale Family Health Center  
950 East Van Buren Street  
Avondale, AZ 85323-1506  
Phone: 623-344-6800

**Maricopa Integrated  
Health System \***

Chandler Family Health Center  
811 South Hamilton Street  
Chandler, AZ 85225-6308  
Phone: 480-344-6100

**Maricopa Integrated  
Health Systems**

Comprehensive Health Center  
2525 East Roosevelt Street  
Phoenix, AZ 85008-4948  
Phone: 602-344-5011

**Maricopa Integrated  
Health System**

El Mirage Family Health Center  
12428 W. Thunderbird Rd.  
El Mirage, AZ 85335-3113  
Phone: 623-344-6500

**Maricopa Integrated  
Health System \***

Glendale Family Health Center  
5141 West Lamar Road  
Glendale, AZ 85301-3423  
Phone: 623-344-6700

**Maricopa Integrated  
Health System**

Guadalupe Family Health Center  
5825 East Calle Guadalupe  
Guadalupe, AZ 85283-2664  
Phone: 480-344-6000

**Maricopa Integrated  
Health System**

Maryvale Family Health Center  
4011 North 51st Avenue  
Phoenix, AZ 85031-2601  
Phone: 623-344-6900

**Maricopa Integrated  
Health System**

McDowell Healthcare Center  
1144 E. McDowell Rd., Ste. 300  
Phoenix, AZ 85006-2620  
Phone: 602-344-6550

**Maricopa Integrated  
Health System \***

Mesa Family Health Center  
59 South Hibbert  
Mesa, AZ 85210-1414  
Phone: 480-344-6200

**Maricopa Integrated  
Health System \***

Seventh Avenue Family Health Center  
1201 South 7th Avenue  
Phoenix, AZ 85007  
Phone: 602-344-6600

**Maricopa Integrated  
Health System \***

South Central Family Health Center  
33 West Tamarisk Street  
Phoenix, AZ 85041-2422  
Phone: 602-344-6400

**Maricopa Integrated  
Health System**

Sunnyslope Family Health Center  
934 W. Hatcher Road  
Phoenix, AZ 85021-3139  
Phone: 602-344-6300

**Maryvale Cardiology, P.C.**

5251 W. Campbell Avenue, #206  
Phoenix, AZ 85031  
Phone: 623-848-3295

**Mountain Park Health  
Center - Baseline \***

635 East Baseline Road  
Phoenix, AZ 85042-6583  
Phone: 602-243-7277

**Mountain Park Health  
Center - East Phoenix**

690 N. Cofco Center Ct., Ste. 230  
Phoenix, AZ 85008-6464  
Phone: 602-286-6090

**Mountain Park Health  
Center - Maryvale**

4616 North 51st Ave., Ste. 203  
Phoenix, AZ 85031-1721  
Phone: 623-247-6266

\* Dental services offered

## COMMUNITY HEALTH CENTERS



## BREAST AND CERVICAL CANCER SCREENING

All women should receive regular cancerscreening. The Well Woman HealthCheck Program wants to help! Free breast and cervical cancer screenings are available for women who are low-income and uninsured.

### Eligibility:

- Women between the ages of 18-64
- Uninsured
- Not eligible for any other public assistance program
- Meet certain income requirements

### Services available:

- Breast exam and mammography

for breast cancer screening

- Pelvic exam and PAP test for cervical cancer
- Further diagnostic services are available if initial screening results are abnormal.

### How to apply:

- Call the statewide hotline.
- If you are eligible for services, you will be referred to the health provider nearest you.

**Hotline:** 1-888-257-8502

### Website:

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

### Mountain Park Health Center - Tempe

Tempe Community Health Center  
1492 South Mill Avenue #312  
Tempe, AZ 85281  
Phone: 480-927-1000

### Mountain Park Health Center - Tolleson

9169 West Van Buren Street  
Tolleson, AZ 85353-2942  
Phone: 623-936-6795

### Native Health \*

Native American Community Health Center, Inc.  
4520 North Central Avenue  
Phoenix, AZ 85012  
Phone: 602-279-5262

### Neighborhood Christian Clinic \*

1929 West Fillmore St., Bldg. C  
Phoenix, AZ 85009-3812  
Phone: 602-258-6008

### Neonatology Associates, Ltd

300 W. Clarendon Avenue #375  
Phoenix, AZ 85013  
Phone: 602-277-4161

### Oso Medical

378 North Litchfield Rd.  
Goodyear, AZ 85338-1239  
Phone: 623-925-2622

### Pascua Yaqui Health Programs

9405 South Avenida Del Yaqui  
Guadalupe, AZ 85283-2529  
Phone: 480-768-2021

### Phoenix Medical Group - Glendale

8607 North 59th Ave., Ste. A1  
Glendale, AZ 85302  
Phone: 623-815-7800

### Phoenix Medical Group - Peoria

9171 W. Thunderbird Road, Ste. 101  
Peoria, AZ 85381  
Phone: 623-815-7800

### Phoenix Medical Group - Surprise

12129 West Bell Road #101  
Surprise, AZ 85374  
Phone: 623-815-7800

### PS Medical Group

515 W. Buckeye Road, Ste. 402  
Phoenix, AZ 85003-2651  
Phone: 602-257-9229

### Rainbow Medical

Group - Goodyear  
750 N. Estrella Parkway, Ste. 20  
Goodyear, AZ 85338  
Phone: 623-298-4642

### Rainbow Medical

Group - Maryvale  
4700 North 51 Avenue, Ste. 1  
Phoenix, AZ 85031  
Phone: 623-845-8200

### Rainbow Pediatrics

303 E. Baseline Road, Ste. 306  
Phoenix, AZ 85042  
Phone: 602-305-8200

### Saguaro Medical Associates, P.C.

5145 W. Thunderbird Road  
Glendale, AZ 85306  
Phone: 602-978-5600

### Scottsdale Healthcare

Heuser Family Medicine Center  
7301 East 2nd St., Ste. 210  
Scottsdale, AZ 85251-5620  
Phone: 480-675-4504

### Scottsdale Healthcare - NOAH

Paiute Neighborhood Center  
6535 East Osborn Road, Ste. 8  
Scottsdale, AZ 85251-6029  
Phone: 480-312-0007

### Scottsdale Healthcare

Mobile Health Unit  
7400 East Osborn Road  
Scottsdale, AZ 85251-6432  
Phone: 480-675-6017

### Southwest Family Medicine

1209 North Miller Road  
Buckeye, AZ 85326  
Phone: 623-386-5785

### Southwest Kidney Institute

2620 North 3rd Street #102  
Phoenix, AZ 85004  
Phone: 602-277-4429

### St. Vincent De Paul Medical/ Virginia G. Piper Dental Clinic \*

420 West Watkins Road  
Phoenix, AZ 85003-2830  
Phone: 602-261-6868

\* Dental services offered

## COMMUNITY HEALTH CENTERS



## SCHOOL-BASED CARE

Did you know that many of Arizona's public schools offer checkups, immunizations and other primary care services for your child? If you're not sure if your child's school offers such services, simply call or visit the main office and ask!

**Sun Health Del E. Webb Health Center**  
1395 West Wickenburg Way  
Wickenburg, AZ 85390-4231  
Phone: 928-684-5428

**Tempe Community Action Agency, Inc.**  
2150 East Orange Street  
Tempe, AZ 85281-4814  
Phone: 480-350-5880

**VHS Outpatient Clinics**  
5102 West Campbell  
Phoenix, AZ 85031-1703  
Phone: 623-848-5000

**MOHAVE COUNTY**

**Canyonlands Community Health Care\***  
Northwest Arizona  
Regional Health Center  
P.O. Box 490  
Littlefield, AZ 86432-0490  
Phone: 928-347-5971

**Central Mohave Medical Clinics, Inc.**  
16055 North Pierce Ferry Road  
Dolan Springs, AZ 86441-7502  
Phone: 928-767-3555

**Desert Oasis Medical Center**  
1225 Hancock Road, Ste. C  
Bullhead City, AZ 86442-5961  
Phone: 928-758-0121

**Silver Creek Family Practice, P.C.**  
1510 Turquoise Road  
Bullhead City, AZ 86442  
Phone: 928-763-9290

**Western Mountain Medical Center**  
3015 Highway 95 #107B  
Bullhead City, AZ 86442  
Phone: 928-763-0433

**NAVAJO COUNTY**

**Canyonlands Community Health Care**  
Chilchinbeto Clinic  
P.O. Box 1496  
Kayenta, AZ 86033-1496  
Phone: 928-697-8154

**Cedar Hills Health Center**  
8215 East Concho Highway  
Snowflake, AZ 85937  
Phone: 928-536-3858

**Dahl Chiropractic**  
Navajo Nation Shopping Ctr., Ste. E  
Kayenta, AZ 86033  
Phone: 520-697-3201

**North Country Community Health Center - Holbrook**  
Family Healing Center  
1401 West Florida Street  
Holbrook, AZ 86025-2218  
Phone: 928-524-2851

**North Country Community Health Center - Winslow**  
620 Lee Street  
Winslow, AZ 86047-2435  
Phone: 928-289-2000

**PIMA COUNTY**

**Arizona Medical Services, P.C.**  
Midvale Medical Center  
1460 West Valencia Road  
Tucson, AZ 85746  
Phone: 520-573-0966

**Desert Senita Community Health Center\***  
410 North Malacate Street  
Ajo, AZ 85321-2254  
Phone: 520-387-5651

**Desert Senita Dental Center\***  
140 West Estrella Avenue  
Ajo, AZ 85321-2753  
Phone: 520-387-5651

**El Rio Health Center**  
1101 E. Broadway Blvd., Ste  
Tucson, AZ 85719-5845  
Phone: 520-624-7750

**El Rio Health Center\***  
839 West Congress Street  
Tucson, AZ 85745-2891  
Phone: 520-792-9890

**El Rio Health Center**  
El Rio Birth and Women's Center  
2595 North Wyatt Drive  
Tucson, AZ 85712  
Phone: 520-795-9112

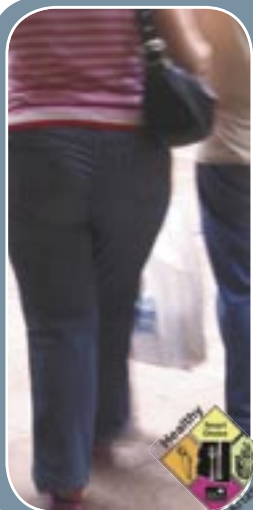
**El Rio Health Center\***  
El Rio Flowing Wells Dental  
4009 North Flowing Wells Rd.  
Tucson, AZ 85705-2404  
Phone: 520-408-0836

**El Rio Health Center**  
El Rio Pascua Yaqui Clinic  
7474 South Camino de Oeste  
Tucson, AZ 85746-9308  
Phone: 520-879-6225

**El Rio Health Center**  
El Rio Special Immunology Associates  
1701 W. Saint Marys Rd., Ste. 160  
Tucson, AZ 85745-2621  
Phone: 520-628-8287

\* Dental services offered

## COMMUNITY HEALTH CENTERS

**LIGHTEN UP!**

Obesity leads to serious adult health problems such as diabetes and heart disease and puts strain on the whole body. Childhood obesity and diabetes are also growing problems.

**Arizona Smart Choice Program**

Keeping fit is a choice that you have to make every day. One important choice is what we put in our mouths! The Smart Choice Program was created to help restaurant customers identify healthy menu options. As awareness of the

consequences of a poor diet and lack of physical activity spreads, more individuals are taking steps to manage their weight and improve their well-being by making healthy choices when eating out. Participating restaurants include Macayo's Mexican Kitchen®, McDonald's®, Outback Steakhouse® and Subway®. If you see the Smart Choice decal (pictured at left) on a restaurant window, it means they offer healthy choices. For more information, call 1-888-542-1886 or visit [www.azsmartchoice.com](http://www.azsmartchoice.com)

**El Rio Health Center**  
Summit View Elementary  
School Based Clinic  
1900 East Summit Street  
Tucson, AZ 85706-9127  
Phone: 520-545-3860

**El Rio Health Center Northwest**  
320 West Prince Road  
Tucson, AZ 85705-3526  
Phone: 520-670-3909

**El Rio Health Southwest \***  
1530 West Commerce Court  
Tucson, AZ 85746-6015  
Phone: 520-670-3909

**El Rio Health Center  
Southwest - Pediatrics**  
1500 West Commerce Court  
Tucson, AZ 85746  
Phone: 520-670-3909

**El Rio Health  
Southwest II, Internal Medicine**  
1510 West Commerce Court  
Tucson, AZ 85746-6015  
Phone: 520-670-3909

**El Rio OB/GYN Associates**  
225 West Irvington Road  
Tucson, AZ 85714-3054  
Phone: 520-884-7304

**Green Valley Family Practice**  
695 South Pecan Tree Lane  
Green Valley, AZ 85614-5114  
Phone: 520-625-8116

**Kino Community Hospital**  
2800 East Ajo Way  
Tucson, AZ 85713-6289  
Phone: 520-294-4471

**Marana Health Center, Inc.**  
11981 West Grier Road  
Marana, AZ 85653-9365  
Phone: 520-682-4560

**Marana Health Center, Inc.**  
Catalina Health Center  
3645 East Pima Street  
Tucson, AZ 85716-3320  
Phone: 520-232-8438

**Marana Health Center, Inc.**  
El Pueblo Health Center  
101 West Irvington Road  
Tucson, AZ 85714-3050  
Phone: 520-573-0096

**Marana Health Center, Inc.**  
Erickson Health Center  
6750 East Stella Road  
Tucson, AZ 85730-2202  
Phone: 520-584-5010

**Marana Health Center, Inc.**  
Flowing Wells Family Health Center  
1323 West Prince Road  
Tucson, AZ 85705-3114  
Phone: 520-887-0800

**Marana Health Center, Inc.**  
Freedom Park Health Center  
5000 East 29th Street  
Tucson, AZ 85711-6401  
Phone: 520-790-8500

**Marana Health Center, Inc.**  
Keeling Health Center  
435 East Glenn Street  
Tucson, AZ 85705-4664  
Phone: 520-696-6969

**Marana Health Center, Inc.**  
Ortiz Community Health  
12635 West Rucasill Road  
Tucson, AZ 85743-9724  
Phone: 520-682-3777

**Marana Health Center, Inc.**  
Rita Ranch Health Center  
8045 South Rita Road  
Tucson, AZ 85747-9018  
Phone: 520-547-1551

**Marana Health Center, Inc.**  
Santa Catalina Health Center  
15631 N. Oracle Rd., Ste. 141  
Tucson, AZ 85739-8691  
Phone: 520-825-6763

**Marana Health Center - OB/GYN**  
2055 West Hospital Drive  
Tucson, AZ 85704  
Phone: 520-797-0011

**MEL Center Clinic**  
5101 South Liberty Avenue  
Tucson, AZ 85706  
Phone: 520-545-2302

**St. Elizabeth of Hungary Clinic \***  
140 W. Speedway Blvd., Ste. 100  
Tucson, AZ 85705-7698  
Phone: 520-628-7871

\* Dental services offered

## COMMUNITY HEALTH CENTERS



**You and your family  
deserve the best.**

**St Elizabeth's at Santa Rosa  
Neighborhood Center**  
1080 South Tenth Avenue  
Tucson, AZ 85701  
Phone: 520-628-7871

**St. Elizabeth's at Flowing Wells  
Neighborhood Center**  
2561 West Ruthrauff Road  
Tucson, AZ 85705  
Phone: 520-628-7871

**United Community  
Health Center, Inc.**  
81 West Esperanza Blvd., Ste. 201  
Green Valley, AZ 85614-2666  
Phone: 520-625-4401

**United Community Health Center, Inc.**  
Continental Family Medical Center  
1260 South Campbell Ave.  
Green Valley, AZ 85614-0503  
Phone: 520-625-3691

**United Community  
Health Center, Inc.\***  
Continental Pediatrics/Dental  
1150 E. Whitehouse Canyon Rd.  
Green Valley, AZ 85614  
Phone: 520-625-3691

**United Community  
Health Center, Inc.**  
Presidio Point Clinic  
275 W. Continental Road, Ste. 142  
Green Valley, AZ 85614  
Phone: 520-625-3691

**United Community  
Health Center, Inc.**  
Sahuarita Wellness Center  
350 West Sahuarita Road  
Sahuarita, AZ 85629-9000  
Phone: 520-625-3502

**United Community  
Health Center - Arivaca**  
17388 West 3rd Street  
Arivaca, AZ 85601  
Phone: 520-398-2621

**United Community  
Health Center - Three Points**  
15921 West Ajo Way  
Tucson, AZ 85735  
Phone: 520-822-2335

#### **PINAL COUNTY**

**Advanced Cardiac Specialists**  
2050 W. Southern Avenue  
Apache Junction, AZ 85220  
Phone: 480-982-2800

**Arizona Heart Institute  
- Casa Grande**  
803 North Salk Drive  
Casa Grande, AZ 85222  
Phone: 520-836-6682

**Barefoot Doctors Healthcare, PC**  
822 E. Saguaro St. @  
Caliente Senior Community  
Florence, AZ 85232  
Phone: 520-868-0250

**Casa Grande  
Regional Medical Center**  
1800 East Florence Blvd.  
Casa Grande, AZ 85222-5399  
Phone: 520-381-6300

**Hu Hu Kam Memorial Hospital**  
P.O. Box 38  
Sacaton, AZ 85247  
Phone: 520-562-3321

**Kearny Clinic**  
355 Alden Road  
Kearny, AZ 85237  
Phone: 520-363-7612

**Main Street Family Practice**  
660 South Main Street  
Florence, AZ 85232  
Phone: 520-868-1400

\* Dental services offered

## COMMUNITY HEALTH CENTERS

## A FIXED ADDRESS IS NOT REQUIRED TO GET CARE

Being homeless doesn't mean you can't find care. In fact, Arizona has programs that specifically target the needs of our citizens who are between residences. Check in with these agencies that offer free health services and other assistance.

### HOMELESS CARE CENTERS/CLINICS

**Central Arizona Shelter Services (CASS) Dental Clinic**  
230 S. 12th Ave.  
Phoenix, AZ 85007  
Phone: 602-256-6945

**Compass Health Care**  
2475 N. Jack Rabbit Rd.  
Tucson, AZ 85745  
Phone: 520-882-5608

**El Rio Santa Cruz Neighborhood Health Center**  
1101 East Broadway  
Tucson, AZ 85719  
Phone: 520-624-7750

**Health Care for the Homeless**  
220 South 12th Ave.  
Phoenix, AZ 85007  
Phone: 602-372-2100  
Medical: 602-372-2110

**HomeBase Youth Services**  
1301 E. Almeria Road  
Phoenix, AZ 85006  
Phone: 602-263-7773

**Southwest Behavioral Health Center**  
1125 W. Jackson, Ste. 448  
Phoenix, AZ 85007  
Phone: 602-393-9930 ext. 3226



**Sun Life Family Health Center - Casa Grande\***  
865 North Arizona Road  
Casa Grande, AZ 85222-6011  
Phone: 520-836-3446

**Sun Life Family Health Center - Coolidge**  
1284 North Arizona Blvd.  
Coolidge, AZ 85228-3206  
Phone: 520-723-9131

**Sun Life Family Health Center - Eloy**  
501 North Main Street  
Eloy, AZ 85231-2515  
Phone: 520-466-7883

**Sun Life Family Health Center - Mammoth Clinic**  
110 Main Street  
Mammoth, AZ 85618  
Phone: 520-487-0322

**Sun Life Family Health Center - Maricopa**  
44765 West Hathaway Ave.  
Maricopa, AZ 85239  
Phone: 520-568-2245

**Sun Life Family Health Center - Oracle**  
1870 West American Ave.  
Oracle, AZ 85623-6015  
Phone: 520-896-2092

**Sun Life Family Health Center - San Manuel**  
23 South Mcnab Parkway  
San Manuel, AZ 85631  
Phone: 520-385-2234

**Superior Clinic**  
14 North Magma Avenue  
Superior, AZ 85273-2647  
Phone: 520-689-2423

### SANTA CRUZ COUNTY

**Carondelet Health Care Corp**  
Carondelet Holy Cross Hospital  
1171 West Target Range Road  
Nogales, AZ 85621-2415  
Phone: 520-285-3000

**Mariposa Community Health Center\***  
1852 North Mastick Way  
Nogales, AZ 85621-1061  
Phone: 520-281-1550

**Mariposa Community Health Center**  
Family Health Center - Patagonia  
101 North Taylor Lane  
Patagonia, AZ 85624-9600  
Phone: 520-394-2262

### YAVAPAI COUNTY

**Community Health Center of West Yavapai**  
3212 N. Windsong Drive, Ste. 200  
Prescott Valley, AZ 86314-2254  
Phone: 928-583-1000

**Community Health Center Of West Yavapai - Chino Valley\***  
1951 Voss Drive  
Chino Valley, AZ 86323-7604  
Phone: 928-583-1000

**Community Health Center of West Yavapai - Cottonwood**  
10 South 6th Street  
Cottonwood, AZ 86326-4236  
Phone: 928-639-8132

\* Dental services offered

COMMUNITY HEALTH CENTERS



**Community Health Center of West Yavapai - Prescott**  
1090 Commerce Drive  
Prescott, AZ 86305-3700  
Phone: 928-583-1000

**North Country Community Health Center - Ash Fork**  
112 Park Avenue  
Ash Fork, AZ 86320  
Phone: 928-637-2305

**North Country Community Health Center - Seligman**  
22585 West Oak Street  
P.O. Box 776  
Seligman, AZ 86337-0776  
Phone: 928-422-4017

**Randy C. Hancock, DO Family Practice**  
34601 South Phyllis Street  
Black Canyon City, AZ 85324  
Phone: 623-374-0200

**Verde Valley Medical Center**  
269 South Candy Lane  
Cottonwood, AZ 86326  
Phone: 928-634-2251

**YUMA COUNTY**

**Pediatric Associates of Yuma**  
1073 West 23rd Street  
Yuma, AZ 85364  
Phone: 928-783-0148

**Sunset Community Health Center - San Luis**  
815 East Juan Sanchez Blvd.  
San Luis, AZ 85349  
Phone: 928-627-3822

**Sunset Community Health Center - San Luis Dental \***  
801 North 2nd Avenue  
San Luis, AZ 85349  
Phone: 928-627-8584

**Sunset Community Health Center - Somerton**  
115 North Somerton Avenue  
Somerton, AZ 85350-0538  
Phone: 928-627-2051

**Sunset Community Health Center - Wellton \***  
10425 Williams Street  
Wellton, AZ 85356-0686  
Phone: 928-785-3256

**Sunset Community Health Center - Women's Health Group**  
2060 W. 24th St., Ste. B  
Yuma, AZ 85364-6255  
Phone: 928-726-5950

**Sunset Community Health Center - Pediatrics**  
2060 West 24th Street  
Yuma, AZ 85364-7176  
Phone: 928-344-5112

**Sunset Community Health Center - Adults**  
2060 W 24th Street  
Yuma, AZ 85364-6105  
Phone: 928-344-4216

**ADDITIONAL DENTAL RESOURCES FOR ELIGIBLE INDIVIDUALS**

**Area Agency on Aging (dentures only)**  
602-264-2255

**Arizona School of Dentistry and Oral Health**  
480-248-8100

**CASS Homeless Shelter**  
602-256-6945

**Children's Dental Clinic (adult wisdoms in emergency)**  
602-233-3133

**Children's Rehabilitative Services St. Joe's (cleft palate)**  
602-406-6400

**Coconino County Dept of Health**  
928-214-7169

**Comstock Children's Foundation**  
520-324-3100

**Coronado Dental Clinic**  
480-461-1232

**Dave Pratt Boys and Girls Club**  
602-271-9961

**Gompers Center**  
602-336-0061

\* Dental services offered

COMMUNITY HEALTH CENTERS

## BABY ARIZONA

Baby Arizona is a simple, faster way for pregnant women to start getting health care before the application process for AHCCCS health insurance is complete.

### Who should apply for Baby Arizona?

Pregnant women who:

- Live in Arizona
- Don't have health insurance
- Have little or no income
- Are U.S. citizens or qualified legal residents

### How do I start the application process?

- Call the Pregnancy and Breastfeeding Hotline at 1-800-833-4642.
- You will be given names of doctors who participate in the Baby Arizona Program.
- Choose a doctor near you and call to make an appointment for a prenatal (pregnancy) visit. Ask the doctor's office what you should bring with you for the Baby Arizona application process.
- At your first visit, the office staff will help you with your Baby Arizona application for AHCCCS health insurance.
- Make an appointment for a prenatal visit.

The application process should take 20 working days from the time the complete application is received. You may receive prenatal care



sooner, depending on the doctor's office schedule.

If you do not qualify for AHCCCS health insurance, the doctor's office will set up a reasonable payment plan for your prenatal services and should continue to care for you and your baby.

**For more info:** [www.babyarizona.gov](http://www.babyarizona.gov)

**Homeward Bound**  
602-263-7654

**Marana Dental Clinic**  
520-682-4111

**Maricopa County Integrated Health Intake**  
602-344-1005

**Maricopa Medical Center Dental Clinic-Adults**  
602-344-1005

**Mesa -- Coronado Dental Service**  
480-461-8683

**Mesa Senior Services Denture Program**  
480-962-5612

**Mohave Community College Hygiene School**  
928-704-7788

**NAU Hygiene School**  
928-523-3500

**NOAH - Paiute Center**  
480-312-0007

**North Country Clinic**  
928-213-6151

**Phoenix College Dental Clinic**  
602-285-7323

**Pima College Hygiene School & Lab Tech Program**  
520-206-6090

**Rio Salado Dental Hygiene School**  
480-517-8020

**St. Joe's Mercy Care Dental Clinic**  
602-406-3560

**Statewide -- Reachout Health Care America**  
623-434-9343

**Sunset Community Health Center**  
928-627-8806

**Tucson -- U of A Mobile**  
520-626-2267

**VA Medical Center**  
(for 100% disabled only)  
602-277-5551

**VA Medical Center Dental Clinic**  
928-776-6177



# Affordable health plans in your county!

Powerful private partnerships of community health centers, hospitals, physicians and others in the health care industry are working together to make communities healthier.

These programs make it easier for people to have access to such health services as:

- Primary care visits
- Hospitalization
- Laboratory services
- Radiology
- Specialty care
- Pharmacy discounts
- Urgent care
- Vision services

Call the program in your area to find out how to apply.

» **PCAP, PIMA COMMUNITY ACCESS PROGRAM**, is a not-for-profit organization that provides access to professional health care at discounted prices that the uninsured can afford.

PCAP links low-income, uninsured residents of Pima County with an affordable, comprehensive and coordinated network of health care providers.

## AFFORDABLE HEALTH RESOURCES

**Who qualifies?**

- Must be an uninsured resident of Pima County
- Cannot be eligible/enrolled in AHCCCS, Medicare or other health insurance
- Must have an income between 100% and 250% of the Federal Poverty Level: The eligible range for a family of four is \$21,204 - \$53,010\*

**Fees:**

- \$40 membership fee per person
- No monthly premium
- Affordable co-payments payable at time of services

**Phone:** 520-694-0418

**Website:** www.mypcap.org

**Address:** 2501 E. Elm St.  
Tucson, AZ 85716

**>> CAPAZ-MEX, COMMUNITY ACCESS PROGRAM OF ARIZONA AND MEXICO**, is

a bi-national, community-based program of the Regional Center for Border Health, Inc. that provides an affordable, comprehensive and coordinated network of health care providers on both sides of the U.S.-Mexico border for low-income, uninsured residents of Yuma County, AZ and San Luis, R.C., Sonora, Mexico.

**Who qualifies?**

- Must be a resident of Yuma County or San Luis, R.C.
- Must be uninsured
- Must have an income between 100% and 400% of the Federal Poverty Level: The eligible range for a family of four is \$21,204 - \$84,016\*

**Fees (for Yuma County residents):**

- \$80 membership fee per person for the first two family members; \$40 for each additional family member when family income is less than \$3,225 per month for a family of four

- \$160 membership fee per person for the first two family members; \$80 for each additional family member when family income is above \$3,225 per month for a family of four
- No monthly premium
- Affordable co-payments payable at time of services: \$50 for the first visit to a primary care doctor and \$35 for each following visit; \$90 for the first visit to a specialist and \$65 for each following visit

**Phone:** 928-627-9222

**Website:** www.rcfbh.org

**Address:** 214 W. Main St.  
Somerton, AZ 85350

**>> HEALTHCARE CONNECT** is a non-profit organization that connects low-income, uninsured residents of Maricopa County with complete, coordinated health care at affordable rates.

**Who qualifies?**

- Persons who do not qualify for any other programs (Medicaid, Medicare, employer-based commercial or private). Eligibility for AHCCCS or other government funded health care programs will be determined prior to enrollment in HealthCare Connect.
- Must have an income between 100% and 250% of the Federal Poverty Level, e.g.: the eligible range for a family of four is \$21,204 - \$53,010\*

**Fees:**

- There are no monthly premiums.
- \$50 membership fee a year for individuals; \$100 a year for families of two or more
- Very low fees are due at each visit

**Phone:** 602-288-7564

**Website:** www.healthcareconnect.org

**Address:** 320 E. McDowell Rd., Suite 320  
(3rd Floor), Phoenix, AZ 85004

\* Based on 2008 Federal Poverty Levels



# County care offers more choices

County health departments are another helpful resource for Arizonans seeking care. Each county has a health department, and larger counties may have more than one treatment site.

## **Immunizations**

It's a shot that your kids can't miss - literally. One of the most important services county health departments offer is affordable immunizations for kids. Protect them from such diseases as diphtheria, tetanus, polio, measles, hepatitis, tuberculosis and the mumps - and avoid any delay in getting them enrolled in school.

## **To know is to care: STD testing**

Tests for such sexually transmitted diseases as chlamydia, gonorrhea, syphilis and HIV are available at all county health departments on a sliding fee scale.

## **Baby, I love you: Prenatal care**

You may talk to your unborn children while they're in the womb, but the best way to say you love them is to visit your county health department or community health center for prenatal checkups.

## COUNTY HEALTH RESOURCES



## COUNTY HEALTH DEPARTMENTS

**Apache County**  
130 S. Mountain Ave.  
Springerville, AZ 85938  
Phone: 928-333-2415

**Cochise County**  
1415 Melody Lane, Bldg A  
Bisbee, AZ 85603  
Phone: 520-432-9400

**Satellite Offices**  
**Benson:** 520-586-8200  
**Douglas:** 520-805-5600  
**Sierra Vista:** 520-803-3900  
**Willcox:** 520-384-7100

**Coconino County**  
2625 North King Street  
Flagstaff, AZ 86004  
Phone: 928-522-7920  
1-877-522-7800

**Gila County**  
5515 S. Apache Ave.  
Globe, AZ 85501  
Phone: 928-402-8811

**Graham County**  
826 W. Main St.  
Safford, AZ 85546  
Phone: 928-428-1962

**Greenlee County**  
5th and Leonard Sts.  
Clifton, AZ 85533  
Phone: 928-865-2601

**Satellite Office**  
**Duncan:** 928-359-2866

**La Paz County**  
1112 Joshua Ave., Suite 206  
Parker, AZ 85344  
Phone: 928-669-1100

**Maricopa County**  
1645 East Roosevelt St.  
Phoenix, AZ 85006  
**Adult Clinic & Foreign Travel:**  
602-506-6068  
**Community Info and**  
**Referral Services:** 602-263-8856  
**Metro Phoenix:** 1-800-352-3792  
Statewide

**Mohave County**  
700 West Beale Street  
Kingman, AZ 86401  
Phone: 928-753-0714

**Satellite Offices**  
**Bullhead City:** 928-758-0703  
**Lake Havasu City:** 928-453-0703  
**Colorado City:** 928-875-8960

**Navajo County**  
251 N. Penrod Rd., Suite #1  
Show Low, AZ 85901  
Phone: 928-532-6050

**Satellite Offices**  
**Holbrook:** 928-524-4750  
**Winslow:** 928-289-6830

**Pima County**  
3950 S. Country Club Rd., Suite 100  
Tucson, AZ 85714  
Phone: 520-293-4620

**Satellite Offices**  
**North Office:** 520-243-2850  
**South Office:** 520-889-9543  
**East Office:** 520-298-3888  
**Immunization Hotline:**  
520-740-3925

**Pinal County**  
500 S. Central Avenue  
Florence, AZ 85232  
Phone: 520-866-7301

**Satellite Offices**  
**Apache Junction:** 520-866-6132  
**Coolidge:** 520-723-4174  
**Casa Grande:** 520-836-5931  
**Eloy:** 520-866-7699  
**Kearny:** 520-363-7612  
**Mammoth:** 520-487-2110  
**Oracle:** 520-896-9777  
**Superior:** 520-689-5953

**Santa Cruz County**  
2150 N. Congress Dr.  
Nogales, AZ 85621  
Phone: 520-375-7900

**Yavapai County**  
1090 Commerce Dr.  
Prescott, AZ 86305  
Phone: 928-583-1000

**Yuma County**  
2200 W. 28th St., Ste. 256  
Yuma, AZ 85364  
Phone: 928-317-4559



# Options – on and off the reservation

Arizona is home to 22 federally recognized American Indian tribes, whose members have targeted public health programs available to them, whether living on or off the reservation.

## IHS Facilities

A member of a federally recognized tribe may obtain care at a host of Indian Health Services (IHS) hospitals or clinics. Members are generally not responsible for any co-payments for medical, dental, pharmaceutical or other direct health services. To receive IHS health care benefits, you should go to the patient registration office of the local IHS facility.

## AHCCCS Eligibility

Arizonans who are Native Americans can also apply for AHCCCS by calling 602-417-5010 or 1-800-528-0142. An applicant can also visit a local DES office.

## Services include:

- Cardiology
- Dental
- Diabetes
- Elder care initiatives
- Injury prevention
- Maternal/child health
- Mental health
- Nutrition
- Optometry
- Pharmacy
- Substance abuse
- Women's health

## INDIAN HEALTH SERVICES



The following tribes also provide behavioral health services to individuals enrolled in or living within the communities of these specific tribes:

**Colorado River Indian Tribes**  
Member Services: 928-669-3256

**Gila River Indian Community**  
Crisis Line: 1-800-259-3449  
Member Services: 602-528-7140 or 520-562-7140

**Navajo Nation**  
Member Services: 928-871-6235

**Pasqua Yaqui Tribe**  
Crisis Line: 520-591-7206  
Member Services: 520-879-6060

**White Mountain Apache Tribe**  
Crisis Line: 928-338-3737  
Member Services: 928-338-4811

For additional behavioral health services available throughout the state of Arizona, please see page 30.

**NORTHERN ARIZONA**

**Chinle Health Care Facility**  
U.S. Hwy 191 & Hospital Dr.  
P.O. Box "PH"  
Chinle, AZ 86503  
Phone: 928-674-7001

**Ft. Defiance Service Unit**  
North Rte. 12 & corner of Rte 7  
P.O. Box 649  
Ft. Defiance, AZ 86504  
Phone: 928-729-8000

**Hopi Health Care Center**  
PHS Indian Health Services  
Hwy 264 Milepost 388  
P.O. Box 4000  
Polacca, AZ 86042  
Phone: 928-737-6000

**Inscription House Clinic**  
Hwy 98 & Navajo Rte 16  
P.O. Box 7379  
Shonto, AZ 86045  
Phone: 928-672-3049

**Kayenta Service Unit**  
Hwy 163 Bldg. KA2010  
P.O. Box 368  
Kayenta, AZ 86033  
Phone: 928-697-4000

**Navajo Area Indian Health Service (NAIHS)**  
Hwy 264 & St. Michael Road  
St. Michael, AZ 86511  
Phone: 928-871-5834

**Peach Springs Health Center**  
943 Hualapai Way  
P.O. Box 190  
Peach Springs, AZ 86434  
Phone: 928-769-2204

**Tuba City Indian Medical Center**  
167 North Main Street  
P.O. Box 600  
Tuba City, AZ 86045  
Phone: 928-283-2501

**Winslow Service Unit**  
500 North Indiana Avenue  
P.O. Box 40  
Winslow, AZ 86047  
Phone: 928-289-4646

**PHOENIX AREA**

**Cibecue PHS Indian Health Center**  
2 West 3rd Street  
P.O. Box 80037  
Cibecue, AZ 85911  
Phone: 928-332-2560

**Colorado River Service Unit**  
Parker PHS Indian Hospital  
12033 Agency Road  
Parker, AZ 85344  
Phone: 928-669-2137

**Fort Yuma Service Unit**  
Fort Yuma PHS Indian Hospital  
P.O. Box 1368  
Yuma, AZ 85364  
Phone: 760-572-0217

**Phoenix Area Indian Health Service**  
Two Renaissance Square  
40 North Central Avenue  
Phoenix, AZ 85004-4424  
Phone: 602-364-5039

**Phoenix Service Unit**  
Phoenix Indian Medical Center  
4212 North 16th Street  
Phoenix, AZ 85016  
Phone: 602-263-1200

**Phoenix Service Unit**  
Scottsdale Salt River Clinic  
10005 E. Osborne Rd  
Scottsdale, AZ 85256  
Phone: 480-946-9066

**San Carlos Service Unit**  
Bylas Health Center  
101 Medical Drive  
P.O. Box 208  
San Carlos, AZ 85550  
Phone: 928-475-2686

**San Carlos Service Unit**  
PHS Indian Hospital  
223 Seneca Lane  
P.O. Box 208  
San Carlos, AZ 85550  
Phone: 928-475-2371

**Whiteriver Service Unit**  
Whiteriver PHS Indian Hospital  
200 W. Hospital Drive  
P.O. Box 860  
Whiteriver, AZ 85941  
Phone: 928-338-4911

**SOUTHERN ARIZONA**

**Tucson Area Indian Health Service**  
PHS Indian Hospital  
Rte 19 and Hwy 86  
P.O. Box 548  
Sells, AZ 85634  
Phone: 520-383-7200

**Tucson Area Indian Health Service**  
Tucson Service Unit  
7900 S. J. Stock Road  
Tucson, AZ 85746-7012  
Phone: 520-295-2550

## STATE-SPONSORED HEALTH PLANS



# Insurance coverage is key to quality care

KidsCare, Healthcare Group and AHCCCS are valuable resources for you and your family.

## » ARIZONA STATE CHILDREN'S HEALTH INSURANCE PROGRAM

KidsCare is Arizona's health insurance for children age 18 and younger. Those who qualify can get medical, dental and vision services in one simple plan.

### Who qualifies?

- Arizona residents age 18 or younger
- Either a U.S. citizen or a qualified eligible immigrant - regardless of the status of the parents

- Not currently covered by other health insurance
- A member of a family that meets the KidsCare income requirements
- Parents of children who are eligible for KidsCare may also be eligible for state-sponsored health care by paying a monthly premium. Contact KidsCare to find out if you are eligible.

### How to apply:

Complete an application to see if you qualify. Get an application online or call to request one today.

**Phone:** 1-877-KIDS-NOW (1-877-543-7669)

**Website:** [www.azkidscare.gov](http://www.azkidscare.gov)

**Address:** KidsCare  
920 E. Madison, MD 500  
Phoenix, AZ 85034

## » ARIZONA STATE PROGRAM FOR UNINSURED SMALL BUSINESSES

Healthcare Group is a state-sponsored health plan that can help small businesses get health care coverage. It offers a variety of options and a

## STATE-SPONSORED HEALTH PLANS

comprehensive network of providers.

- Quality health plans to choose from with flexible benefits and co-pays
- Can be funded by employers or paid for by employees

**Phone:** 602-417-6755;  
1-800-247-2289 (toll-free from areas outside of Maricopa County)

**Website:** [www.hcgaz.com](http://www.hcgaz.com)

**Address:** 10851 N. Black Canyon Hwy, Suite 660  
Phoenix, AZ 85029

### >> AHCCCS IS ARIZONA'S MEDICAID PROGRAM

AHCCCS is designed to provide health care to those who cannot afford to pay for health insurance. AHCCCS administers a variety of programs for various groups, such as children, the elderly, pregnant women and individuals with disabilities. Each program has specific eligibility and income requirements.

A wide range of medical services are covered through the various programs, including:

- Doctor's visits
- Hospital services
- Emergency care
- Pregnancy care



**Call us today.**

- Surgery
- Lab and X-rays
- Vision care
- Dental care

#### **How to apply:**

AHCCCS programs have specific qualifications and income guidelines, but there is one application to complete that helps you get enrolled, if AHCCCS is right for you.

Most people do not have to pay a monthly premium for AHCCCS

health insurance, but even those with income above certain levels may be able to get it by paying a monthly premium.

**Phone:** 602-417-4000  
1-800-962-6690 (toll-free from areas outside of Maricopa County)

**Website:** [www.azahcccs.gov](http://www.azahcccs.gov)

**Address:** AHCCCS & DES offices exist statewide to offer you assistance. Applications are available online or by calling AHCCCS.

## VETERANS' HEALTH SERVICES

## VA MEDICAL CENTERS

**Anthem Clinic**

3618 W. Anthem Way, Ste. D-120  
Phoenix, AZ 85086  
Phone: 623-551-6092

**Arizona State Veteran Home**

4141 N. 3rd Street  
Phoenix, AZ 85012  
Phone: 1-800-406-3373  
602-248-1550

**Carl T. Hayden Medical Center**

650 E. Indian School Road  
Phoenix, AZ 85012  
Phone: 602-277-5551  
1-800-359-8262

**Casa Grande Extension Clinic**

900 E. Florence Blvd., Suite H  
Casa Grande, AZ 85222  
Phone: 520-836-2536

**Cottonwood Clinic**

203 Candy Lane, Suite 5B  
Cottonwood, AZ  
Phone: 928-649-1523

**Flagstaff Bellemont  
Community Based Clinic**

Camp Navajo, Bldg 68  
Bellemont, AZ 86015  
Phone: 928-226-1056

**Globe Extension Clinic**

5860 South Hospital Drive  
Globe, AZ 85501  
Phone: 928-425-0027/8

**Green Valley**

38 W. Vista Hermosa Drive # 140  
Green Valley, AZ 85614  
Phone: 520-629-4900  
1-800-470-8262

**Kingman VA Community Based  
Outpatient Clinic**

1726 Beverly Avenue  
Kingman, AZ 86401  
Phone: 928-692-0080

**Lake Havasu Clinic**

2035 Mesquite Ave., Suite D  
Lake Havasu City, AZ 86403  
Phone: 928-680-0090

# Support for our veterans!

Adjusting to life after armed forces service can be tough. Fortunately, veterans have access to help with finding medical services through the state and federal government.

The Veterans' Services Division provides a network of veterans benefits counselors who give information, counsel and assistance to veterans, their dependents and survivors in matters pertaining to federal and state benefits earned by honorable service in the armed forces of the United States. Veterans' benefits counselors travel to all 15 counties in Arizona. For a schedule of counselors' monthly travel to your area, call 1-800-852-VETS (8387).



## VETERANS' HEALTH SERVICES

**Northwest Extension Clinic**  
10147 W. Grand Avenue  
Sun City, AZ 85351  
Phone: 602-222-2630

**Payson Extension Clinic**  
1106 N. Beeline Hwy  
Payson, AZ 85541  
Phone: 928-472-3148

**Prescott VA Medical Center**  
500 Highway 89 North  
Prescott, AZ 86401  
Phone: 928-445-4860  
1-800-949-1005

**Safford Extension Clinic**  
711 South 14th Ave.  
Safford, AZ 85546  
Phone: 520-629-4900

**Showlow Extension Clinic**  
2450-A Showlow Lake Road  
Showlow, AZ 85091  
Phone: 928-532-1069

**Sierra Vista VA Clinic**  
Army Med. Dept., Bldg. 45006  
Ft. Huachuca, AZ 85613  
Phone: 520-629-4900

**Southeast Extension Clinic**  
6950 E. Williamsfield Road  
Mesa, AZ 85206  
Phone: 602-222-6568

**Tucson VA Medical Center**  
5301 East Grand Road  
Tucson, AZ 85712  
Phone: 520-327-5461  
1-800-470-8262

**Yuma VA Community Based  
Outpatient Clinic**  
2555 Gila Ridge Road  
Yuma, AZ 85365  
Phone: 520-327-5461

**For more information, contact:**

**DEPARTMENT OF VETERANS  
AFFAIRS REGIONAL OFFICE**  
3333 N. Central Avenue  
Phoenix, AZ 85012  
Phone: 1-800-827-1000

**Eligibility for federal medical care:**

- Must have served in the Army, Navy, Air Force, Marines, or Coast Guard, and been discharged under other than dishonorable conditions.
- Reservists and National Guard members who were called to active duty by a Federal Executive Order may qualify for VA health care benefits.
- Health care eligibility is not exclusive to those who served in combat – other groups may be eligible for some health benefits.

**How to apply:**

You can apply for VA health care, nursing home, domiciliary or dental benefits by completing VA Form 10-10EZ, Application for Health Benefits.

**You can obtain this form by:**

- Downloading it from the VA website: [www.va.gov/1010EZ.htm](http://www.va.gov/1010EZ.htm)
- Visiting, calling or writing any VA health care facility or Veterans' Benefits Office
- Calling VA's Health Benefits Service Center, toll-free at 877-222-VETS (8387), Monday through Friday between 7 a.m. and 8 p.m. EST

**What evidence is needed to apply?**

- A copy of your discharge papers (DD-214 or "WD" form) if you are not currently receiving benefits from VA

- Military service records indicating that you received a Purple Heart Medal, or
- Evidence that you received hostile fire or imminent-danger pay or a combat medal after this date if you indicated that you were in combat after November 11, 1998

**Covered services – medical benefits package (standard benefits)**

VA's medical benefits package provides the following health care services to all enrolled veterans:

- Preventive care services, such as immunizations, physical examinations, screenings and routine doctor's visits
- Ambulatory (outpatient) diagnostic and treatment services, including emergency outpatient care in VA facilities, medical and many surgical services, as well as mental health and substance abuse services
- Hospital (inpatient) diagnostic services and treatment, including emergency inpatient care in VA facilities, medical and many surgical services, and mental health and substance abuse services
- Medications and supplies, including prescription and over-the-counter medications, and medical and surgical supplies as prescribed by a VA provider



# Believe it!

It sounds too good to be true, but there are many programs that help people in need get access to medicines prescribed by their doctor at a savings or for free.

There are more than 475 public and private patient assistance programs offering access to over 2,500 brand-name and generic medications free or at a savings. More than 180 of these programs are offered by pharmaceutical companies.

## **PARTNERSHIP FOR PRESCRIPTION ASSISTANCE**

The Partnership for Prescription Assistance brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they need through a program that's right for them.



**Partnership for  
Prescription Assistance**

To find out more, call 888-477-2669 or visit [www.pparx.org](http://www.pparx.org).

## PRESCRIPTION ASSISTANCE

**THE COPPERX CARD®**

If you are an Arizona resident, you are eligible for the CoppeRx Card®, a plan created by Governor Janet Napolitano to provide significant discounts on prescription drugs for all Arizona residents.

**How to apply:**

- Enrollment is free and easy.
- Call 1-888-227-8315 or visit [www.azcoppercard.gov](http://www.azcoppercard.gov).

Simply present your CoppeRx Card® at one of more than 500 participating pharmacies when you fill your next prescription. Discounts are given at the time of purchase, so there are no receipts to submit or claim forms to fill out.

Savings typically range from 15% to 55% of the overall retail price. Your actual discount may be more or less, depending on the medication and the pharmacy you use.



Together Rx Access and the Together Rx Access logo are trademarks of Together Rx Access, LLC. All other marks are the property of their respective owners.

**TOGETHER RX ACCESS®**

Thousands of eligible hardworking people with no prescription drug coverage are now saving on the

medicines they need with the Together Rx Access® Card.

- Most cardholders save 25%-40% on brand-name prescription products.
- Over 300 prescription products are included.
- Savings are available on generic drugs as well.

**Eligibility:**

To qualify, applicants must:

- Have no prescription drug coverage
- Not be eligible for Medicare
- Be a legal resident of the U.S. or Puerto Rico

• Have household income equal to or less than:

- \$30,000 for a single person
- \$40,000 for a family of two
- \$50,000 for a family of three
- \$60,000 for a family of four
- \$70,000 for a family of five

**How to apply:**

Call 1-800-444-4106 or visit [www.togetherrxaccess.com](http://www.togetherrxaccess.com).

**If you require medicines made by a particular pharmaceutical company, here are some additional resources:**

**ABBOTT PATIENT ASSISTANCE PROGRAM**  
1-800-222-6885  
[www.helpingpatients.org](http://www.helpingpatients.org)

**ASTRAZENECA PATIENT ASSISTANCE PROGRAM AZ & ME**  
1-800-424-3727  
[www.azandme.com](http://www.azandme.com)

**BRISTOL-MYERS SQUIBB PATIENT ASSISTANCE FOUNDATION**  
1-800-736-0003  
[www.bmspf.org](http://www.bmspf.org)

**GLAXOSMITHKLINE BRIDGES TO ACCESS**  
1-866-728-4368  
[www.BridgesToAccess.com](http://www.BridgesToAccess.com)

**JANSSEN ACCESS2WELLNESS**  
(sponsored by Johnson & Johnson Health Care Systems Inc.)  
1-800-652-6227  
[www.access2wellness.com](http://www.access2wellness.com)

**KING PHARMACEUTICALS INC. PATIENT ASSISTANCE PROGRAM**  
1-866-734-7366  
[www.kingpharm.com/kingpharm/](http://www.kingpharm.com/kingpharm/)

**NOVARTIS PATIENT ASSISTANCE PROGRAM**  
1-800-277-2254  
[www.pharma.us.novartis.com/novartis/pap/pap.jsp](http://www.pharma.us.novartis.com/novartis/pap/pap.jsp)

**PFIZER HELPFUL ANSWERS®**  
1-866-706-2400  
[www.PfizerHelpfulAnswers.com](http://www.PfizerHelpfulAnswers.com)

# Care and compassion for our seniors

If you are a senior or a family member taking care of an elderly loved one, finding the right care is important. The Area Agencies on Aging can help people find answers to their questions on a variety of issues.



## Some of these issues may include:

- Information on benefits
- Recreation/senior centers
- Referrals to services
- Older-worker referrals
- Caregiver information
- Volunteer opportunities
- Counseling
- Adult day health care
- Housing options
- Support groups
- Home health aids
- Legal help
- Home-delivered meals
- Nurse visits
- Transportation

To find out where to start, contact your local Agency on Aging:

**Apache, Coconino, Navajo & Yavapai Counties**  
928-213-5226

**Cochise, Graham, Greenlee & Santa Cruz Counties**  
520-432-5301

**Division of Aging & Adult Services** 602-542-6572

**Gila & Pinal County**  
520-836-2758

**Inter-Tribal Council**  
620-258-4822 X1505

**La Paz, Mohave & Yuma Counties**  
928-782-1886 X122

**Maricopa County**  
602-264-4357

**Navajo Nation**  
928-871-6783

**Pima County**  
520-790-7262

**Tribal Community**  
602-258-4822

Or, call toll-free:  
**Arizona's Elder Resource and Referral**  
1-800-686-1431

# The latest trend in smoking: QUITTING

Smoking is linked not only to heart disease and lung cancer, but also to cancers of the mouth and throat, high blood pressure, deafness—even snoring. So... need help quitting?

Arizona Smoker's Helpline (ASHLINE) is Arizona's free hotline for smokers who need encouragement to kick the habit. ASHLINE's website has info on secondhand smoke, medications, tips for coping, cigarette-cost calculators and more. They'll even get you access to FREE smoking-cessation medications.

## No butts about it...

Call ASHLINE today!

**Phone:** 1-800-55-66-222  
**Mon-Thurs:** 8 a.m. - 8 p.m.  
**Friday:** 8 a.m. - 6 p.m.  
**Saturday:** 10 a.m. - 4 p.m.  
**Web:** [www.ashline.org](http://www.ashline.org)

(Service is also available in Spanish and Korean.)



# Take control

Are you looking for behavioral health services in Arizona? Did you know that each county in the state offers a range of behavioral health services?



## Behavioral health services include:

- Prevention programs for children and adults
- Services for children and adults with substance use and/or general mental health disorders
- Services for children with a serious emotional disturbance
- Services for adults with a serious mental illness
- Statewide crisis system - including crisis phones, mobile teams, inpatient psychiatric and detoxification facilities

## How can I get services in an emergency or crisis?

For life-threatening situations, always call 911. For non-life-threatening behavioral health situations, call the crisis line in your county. Crisis lines are open 24 hours a day, 7 days a week.

Behavioral health services are divided up by region. Use this guide to determine who to call when you need help:

### COCHISE, GRAHAM, GREENLEE, AND SANTA CRUZ COUNTIES

Community Partnership of Southern Arizona (CPSA)  
Crisis Line: 1-800-586-9161  
Member Services: 1-800-771-9889

### COCONINO, NAVAJO, YAVAPAI, APACHE AND MOHAVE COUNTIES

NARBHA (Northern Arizona Behavioral Health Services)  
Crisis Line: 1-877-756-4090  
Member Services: 1-800-640-2123

### MARICOPA COUNTY

Magellan Behavioral Health Services  
Crisis Line: 1-800-631-1314  
Member Services: 1-800-564-5465

### PIMA COUNTY

Community Partnership of Southern Arizona (CPSA)  
Crisis Line: 1-800-796-6762  
Member Services: 1-800-771-9889

### YUMA, LA PAZ, GILA AND PINAL COUNTIES

Cenpatico Behavioral Health of Arizona  
Crisis Line: 1-866-495-6735  
Member Services: 1-866-495-6738

For a listing of behavioral health services available in tribal areas, please see page 21.