



## HEALTH RESOURCES & REFERENCES

### General Care

#### **Rx Help for Californians, A Partnership for Prescription Assistance**

Rx Help for Californians, A Partnership for Prescription Assistance helps uninsured and underinsured people learn if they are eligible for free or nearly free prescription medicines. Rx Help for Californians is the state chapter of the national Partnership for Prescription Assistance, which has matched more than 2.5 million people nationwide with public and private patient assistance programs. Learn more about this valuable, FREE service and how easy it is to use.

For more information

Web site: [www.rxhelpforca.org](http://www.rxhelpforca.org) or [www.pparx.org](http://www.pparx.org)

#### **Medicare Rx Access Network of California**

The Medicare Rx Access Network of California is a network of locally based health care, social service and professional organizations that have come together to educate beneficiaries and their caregivers about the new Medicare prescription drug benefit. The Network is available to you as a resource for up-to-date Medicare information and help with events. Find out more about Low Income Subsidy enrollment and Medicare's emphasis on preventive services.

For more Medicare information contact: 1-800-MEDICARE (1-800-633-4227)

Web site: [www.medicare.gov](http://www.medicare.gov)

#### **U.S. Health Resources and Services Administration**

##### **Bureau of Primary Health Care -- Health Center Program**

A Web tool to locate clinical services providing for a variety of health needs including primary medical care, obstetrics and gynecology, substance abuse programs and mental health, dental care, as well as health education and translation services.

For more information

Web site: <http://ask.hrsa.gov/pc/>

#### **The AIDS Treatment Data Network**

The network assists and advocates for people with AIDS/HIV, as well as people with hepatitis co-infection, to access treatments and health care services covered by Medicaid, Medicare, AIDS Drug Assistance Programs (ADAPs), and pharmaceutical industry sponsored patient assistance and expanded access programs.

For more information

Web site: <http://www.atdn.org/access/states/ca/ca.html>

Email: [TheNetwork@atdn.org](mailto:TheNetwork@atdn.org)

#### **California Care Network**

A web tool through the California Department of Health Services that can locate health services for primary care, mental health and in-home support for various levels of Medi-Cal and Medicare program eligibility.

For more information

Web site: <http://www.calcarenet.ca.gov/default.asp>



### **California Smokers' Helpline**

Provides free professional and confidential telephone counseling for anyone living in California, whether you are currently addicted to tobacco, have already quit, or want information for a friend or relative. When you call, a staff person will offer a choice of services, including self-help materials, if you would like to quit on your own.

For more information

Web site: <http://www.californiasmokershelpline.org/>

Phone:

*English* - 1-800-NO-BUTTS (1-800-662-8887)

*Spanish* - 1-800-45-NO-FUME (1-800-456-6386)

*Mandarin and Cantonese* - 1-800-838-8917

*Vietnamese* - 1-800-778-8440

*Korean* - 1-800-556-5564

*Deaf/Hearing Impaired* - 1-800-933-4TDD (1-800-933-4833)

*Chew/Smokeless Tobacco* - 1-800-844-CHEW (1-800-844-2439)

### [Women's Health](#)

#### **Annie Appleseed Project**

The Annie Appleseed Project, a nonprofit corporation, provides information, education, advocacy and awareness for people with cancer, family and friends interested in, complimentary, alternative medicine (CAM), natural therapies from the patient perspective.

For more information

Web site: <http://www.annieappleseedproject.org>

#### **Breast and Cervical Cancer Treatment Program (BCCTP) – California Department of Health Services**

Under this program, low-income California residents who have breast and/or cervical cancer can enroll at a doctor's office to get no-cost cancer treatment coverage.

For more information

Web site: <http://www.dhs.ca.gov/mcs/mcpd/meb/bcctp/>

Phone: 1-800-824-0088

#### **Cancer Detection Section – California Department of Health Services**

##### **Breast Cancer**

The California *Cancer Detection Programs: Every Woman Counts* program provides free breast exams and mammograms for low-income, uninsured or underinsured women age 40 and older who qualify. For those that are not eligible, additional low-cost alternatives are provided.

For more information

Web site: <http://www.dhs.ca.gov/cancerdetection/breastcancer/breastcancer.htm>

Phone: 1-800-511-2300



## **Cancer Detection Section – California Department of Health Services**

### **Cervical Cancer**

Women age 25 and older who qualify for free cervical cancer screening with *Cancer Detection Programs: Every Woman Counts* may receive a Pap test every year. If the Pap test is normal three years in a row then the Pap test can be repeated every three years instead of every year. Services are available in English, Spanish, Mandarin, Cantonese, Korean, and Vietnamese. If you qualify, you will be referred to participating doctors in your neighborhood. For those who don't qualify, other resources will be provided to receive similar services.

For more information

Web site: <http://www.dhs.ca.gov/cancerdetection/cervicalcancer/cervicalcancer.htm>

Phone: 1-800-511-2300

### **Centers for Disease Control and Prevention**

#### **The National Breast and Cervical Cancer Early Detection Program**

The CDC provides low-income, uninsured, and underserved women access to timely, high-quality screening and diagnostic services, to detect breast and cervical cancer at the earliest stages, through the National Breast and Cervical Cancer Early Detection Program (NBCCEDP). The program is offered in CDC provides low-income, uninsured, and underserved women access to timely, high-quality screening and diagnostic services, to detect breast and cervical cancer at the earliest stages, through the National Breast and Cervical Cancer Early Detection Program (NBCCEDP).

For more information

Web site: <http://www.cdc.gov/cancer/NBCCEDP/>

#### **Heart of the Family (Corazón de la Familia)**

Part of the national WISEWOMEN program, the goal of this project is to reduce the risk of morbidity and mortality from cardiovascular disease in Latino women who are also enrolled in *Cancer Detection Programs: Every Woman Counts (CDP:EWC)*. These women are aged 40 - 64, have low income, and are uninsured or underinsured. Current programs are underway in Los Angeles and San Diego counties.

For more information

Web site: <http://www.dhs.ca.gov/cancerdetection/wisewoman/default.htm>

Fact sheet: <http://www.dhs.ca.gov/cancerdetection/wisewoman/wisewomanfactsheet.pdf>

#### **Susan G. Komen Breast Cancer Foundation**

For more than 20 years, the Susan G. Komen Breast Cancer Foundation has been a global leader in the fight against breast cancer through its support of innovative research and community-based outreach programs. Working through a network of U.S. and international Affiliates and events like the Komen Race for the Cure®, the Komen Foundation is fighting to eradicate breast cancer as a life-threatening disease by funding research grants and supporting education, screening and treatment projects in communities around the world.

For more information

Web site: <http://www.komen.org>

Phone: 1-800-462-9273

#### **Y-Me National Breast Cancer Organization**

The mission of Y-ME National Breast Cancer Organization is to ensure, through information, empowerment and peer support, that no one faces breast cancer alone.

For more information

Web site: <http://www.y-me.org>

Phone: 1-800-221-2141



## Men's Health

### **Cancer Detection Section – CA Dept. of Health Services**

#### **Prostate Cancer**

Offers free prostate cancer treatment for Californians age 18 and over with minimal health insurance who are not covered by Medi-Cal or Medicare and have been diagnosed with prostate cancer.

For more information

Web site: <http://www.dhs.ca.gov/cancerdetection/prostate/default.htm>

Phone: 1-800-409-8252

Fact sheet: <http://www.dhs.ca.gov/cancerdetection/documents/prostate.pdf>

#### **IMPACT – Improving access, counseling, and treatment for Californian's with prostate cancer**

IMPACT will pay for prostate cancer treatment for up to 12 months for qualified individuals. If you qualify, you will be referred to participating doctors in your neighborhood. Currently IMPACT has over 600 contracted health care providers statewide.

For more information

Web site: [www.california-impact.org](http://www.california-impact.org)

Email: [info@california-impact.org](mailto:info@california-impact.org)

Phone: (800) 409-8252

## Nutrition

### **5 A Day for Better Health**

The Produce for Better Health Foundation (PBH) is a non-profit consumer education foundation whose mission is to be the catalyst for creating a healthier America through increased consumption of a variety of fruits and vegetables. PBH is chair of the National 5 A Day Partnership, consisting of government agencies, non-profit organizations, and industry working in collaboration to expand 5 A Day efforts to increase consumption of fruits and vegetables for improved public health. The 5 A Day for Better Health program is the nation's largest public-private nutrition education initiative with 5 A Day coordinators in each state, territory, and the military.

For more information

Web site: <http://www.5aday.com>

### **American Dietetic Association**

With nearly 65,000 members, the American Dietetic Association is the nation's largest organization of food and nutrition professionals. ADA serves the public by promoting optimal nutrition, health and well-being. ADA members are the nation's food and nutrition experts, translating the science of nutrition into practical solutions for healthy living.

For more information

Web site: <http://www.eatright.org>



### **American Heart Association**

Our mission is to reduce disability and death from cardiovascular diseases and stroke. That single purpose drives all we do. The need for our work is beyond question.

For more information

Web site: <http://www.americanheart.org>

### **California Project LEAN**

California Project LEAN (Leaders Encouraging Activity and Nutrition) (CPL) is a joint program of the California Department of Health Services and the Public Health Institute focusing on youth empowerment, policy and environmental change strategies, and community-based solutions. CPL's mission is to increase healthy eating and physical activity to reduce the prevalence of obesity and chronic diseases; such as, heart disease, cancer, stroke, osteoporosis, and diabetes.

For more information

Web site: <http://www.californiaprojectlean.org>

### **The Food and Nutrition Information Center**

The Food and Nutrition Information Center is a leader in food and human nutrition information dissemination since 1971. Provides credible, accurate, and practical resources for nutrition and health professionals, educators, government personnel and consumers.

For more information

Web site: [http://fnic.nal.usda.gov/nal\\_display/index.php?tax\\_level=1&info\\_center=4](http://fnic.nal.usda.gov/nal_display/index.php?tax_level=1&info_center=4)

Phone: (301) 504-5414

### **Nutrition.gov**

Nutrition.gov provides easy access to the best food and nutrition information from across the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers, educators and health professionals.

For more information

Web site: <http://www.nutrition.gov>

### [Local County Services](#)

Numerous additional public health services are available through individual California county health departments and agencies. Please see the following list of public health resources by county:

#### **A**

Alameda

<http://www.acphd.org/user/services/listing.asp>

Alpine

[http://www.co.alpine.ca.us/departments/health\\_and\\_human\\_services/public\\_health\\_services](http://www.co.alpine.ca.us/departments/health_and_human_services/public_health_services)

Amador

[http://www.co.amador.ca.us/depts/public\\_health/index.cfm](http://www.co.amador.ca.us/depts/public_health/index.cfm)

#### **B**

Butte

<http://buttecounty.net/Default.aspx?alias=buttecounty.net/publichealth>



**C**

Calaveras

[http://www.co.calaveras.ca.us/departments/pub\\_health/PHD\\_Services.html](http://www.co.calaveras.ca.us/departments/pub_health/PHD_Services.html)

Colusa

<http://www.colusadhhs.org/content/thirdTier/pubHealth.html>

Contra Costa

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

**D**

Del Norte

<http://www.dnco.org/cf/pubweb1.cfm?topic=Health%20and%20Human%20Care>

**E**

El Dorado

<http://www.co.el-dorado.ca.us/publichealth/clinic.html>

**F**

Fresno

<http://www.fresnohumanservices.org/CommunityHealth/default.htm>

**G**

Glenn

[http://www.countyofglenn.net/Public\\_Health\\_Department/home\\_page.asp](http://www.countyofglenn.net/Public_Health_Department/home_page.asp)

**H**

Humboldt

<http://co.humboldt.ca.us/health/>

**I**

Imperial

[www.co.imperial.ca.us](http://www.co.imperial.ca.us)

Inyo

<http://www.inyocounty.us/first5/resources.htm#county>

**K**

Kern

<http://www.co.kern.ca.us/health/programs.asp>

Kings

<http://www.countyofkings.com/health/nurse/index.htm>

**L**

Lake

<http://www.co.lake.ca.us/health/publichealth/clinicschedule.asp>

Lassen

[http://www.co.lassen.ca.us/public\\_mission.htm](http://www.co.lassen.ca.us/public_mission.htm)



Los Angeles

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

**M**

Madera

<http://www.madera-county.com/publichealth/>

Marin

<http://www.co.marin.ca.us/depts/HH/main/hs/CHPS/Prevention.cfm>

Mariposa

<http://www.mariposacounty.org/healthdepartment/ServicesProvided.htm>

Mendocino

<http://www.co.mendocino.ca.us/ph/>

Merced

<http://www.co.merced.ca.us/health/contacts/contactshome.html>

Modoc

<http://www.modoccohealthservices.com/publichealth.html>

Mono

<http://www.monohealth.com/ph.html>

Monterey

<http://www.co.monterey.ca.us/health/Services/services.htm>

**N**

Napa

<http://www.co.napa.ca.us/GOV/Departments/DeptDefault.asp?DID=40000>

Nevada

<http://new.mynevadacounty.com/ph/index.cfm>

**O**

Orange

<http://www.ochealthinfo.com/public/>

**P**

Placer

<http://www.placer.ca.gov/hhs.aspx>

Plumas

<http://www.placer.ca.gov/hhs.aspx>

**R**

Riverside

<http://www.rivcoph.org/phsvcs.htm#directory>

**S**

Sacramento

<http://www.sacdhs.com/services.asp?CategoryID=1&UpLinkID=21>



San Benito

<http://www.sanbenitoco.org/programs.htm>

San Bernardino

[http://www.co.san-bernardino.ca.us/pubhlth/directory\\_Programs\\_eng.htm](http://www.co.san-bernardino.ca.us/pubhlth/directory_Programs_eng.htm)

San Diego

<http://www2.sdcounty.ca.gov/hhsa/programservices.asp?ProgramID=4>

San Francisco

<http://www.sfgov.org/site/frame.asp?u=http://www.dph.sf.ca.us/>

San Joaquin

<http://www.sigov.org/PHS/>

San Luis Obispo

<http://www.slocounty.ca.gov/health/publichealth.htm>

San Mateo

[http://www.co.sanmateo.ca.us/smc/department/home/0,2151,1954\\_36037,00.html](http://www.co.sanmateo.ca.us/smc/department/home/0,2151,1954_36037,00.html)

Santa Barbara

<http://www.countyofsb.org/health-environment.asp>

Santa Clara

<http://www.sccgov.org/portal/site/scc/menuitem.2c9f27538b48f388dfe093102830a429/?path=%2Fv7%2FSCC%20Public%20Portal%2FHealth%20and%20Human%20Care%2FTaking%20Care%20of%20Your%20Health>

Santa Cruz

<http://www.santacruzhealth.org/phealth/2phs.htm>

Shasta

<http://www.co.shasta.ca.us/Departments/PublicHealth/services/services%20main.shtml>

Sierra

[http://www.sierracounty.ws/index.php?module=pagemaster&PAGE\\_user\\_op=view\\_page&PAGE\\_id=3&MMN\\_position=28:28](http://www.sierracounty.ws/index.php?module=pagemaster&PAGE_user_op=view_page&PAGE_id=3&MMN_position=28:28)

Siskiyou

<http://www.co.siskiyou.ca.us/phs/enter.htm>

Solano

<http://www.co.solano.ca.us/SubSection/SubSection.asp?NavID=1036>

Sonoma

[http://www.sonoma-county.org/health/ph/programs\\_services/index.htm](http://www.sonoma-county.org/health/ph/programs_services/index.htm)

Stanislaus

<http://www.schsa.org/PublicHealth/programs/index.html>

Sutter

[http://www.co.sutter.ca.us/doc/government/depts/hs/ph/hs\\_public\\_health](http://www.co.sutter.ca.us/doc/government/depts/hs/ph/hs_public_health)



## **T**

Tehama

[http://www.co.sutter.ca.us/doc/government/depts/hs/ph/hs\\_public\\_health](http://www.co.sutter.ca.us/doc/government/depts/hs/ph/hs_public_health)

Trinity

<http://www.trinitycounty.org/Departments/HHS/health.htm>

Tulare

[http://www.tularehhsa.org/health\\_serv/Content\\_HCC\\_Locations.cfm](http://www.tularehhsa.org/health_serv/Content_HCC_Locations.cfm)

Tuolumne

[http://portal.co.tuolumne.ca.us/psp/ps/TUP\\_PUBLIC\\_HEALTH/ENTP/c/TU\\_DEPT\\_MENU.TUOCM\\_HTML\\_CO\\_MP.GBL?action=U&CONTENT\\_PNM=EMPLOYEE&CATGID=1207&FolderPath=PORTAL\\_ROOT\\_OBJECT.ADMN\\_TUOCM\\_MENUREF\\_1207&IsFolder=false&IgnoreParamTempl=FolderPath%2clsFolder](http://portal.co.tuolumne.ca.us/psp/ps/TUP_PUBLIC_HEALTH/ENTP/c/TU_DEPT_MENU.TUOCM_HTML_CO_MP.GBL?action=U&CONTENT_PNM=EMPLOYEE&CATGID=1207&FolderPath=PORTAL_ROOT_OBJECT.ADMN_TUOCM_MENUREF_1207&IsFolder=false&IgnoreParamTempl=FolderPath%2clsFolder)

## **V**

Ventura

<http://www.vchca.org/ph/ed/index.htm>

## **Y**

Yolo

<http://www.yolocounty.org/org/health/ph/>

Yuba

<http://www.co.yuba.ca.us/content/departments/hhsd/wp.asp>