

●=Spanish, ◆=Chinese, ■=Laotian
◐=Spanish at variable times
▲=Legal resident, citizen required

Dental

1-800-DENTIST..... 1-800-336-8422
Provides referrals to dentists with discounted services and/or payment plan; must request at time of call ●

Berkeley Free Clinic.... 1-800-625-4642
Provides free general medical and dental services for adults by appointment only for current clients. New clients are only accepted through a lottery; arrive before 6:15pm and go to lobby. ◐

Contra Costa Health Services Dental Clinics 1-877-905-4545
Bay Point Children's Dental..... 925-427-8302
Martinez 925-370-5300
Pittsburg 925-431-2501
San Pablo 510-231-9540
Accepts Medi-Cal, Medi-Cal/Denti-Cal, Basic Health Care for children 14 and under ●▲■◆

Denti-Cal/Medi-Cal Dental Program 1-800-322-6384
Provides referrals to Medi-Cal dentists for children (adult dental services not covered by Medi-Cal.) ▲

Dental Hygiene Clinic.....925-969-2692 (Diablo Valley College)
Provides dental cleaning, x-rays, fluoride treatment; ages 5+, screening exam required; if paying with check, need to show proper identification; adults \$25-\$55, children \$10, Medi-Cal. Services are closed during summer. ◐

La Clínica Monument Dental Clinic 925-363-2005

La Clínica Pittsburg Dental Clinic925-431-1251
Provides dental services for everyone; Denti-Cal and most private insurance accepted; sliding scale ●

Lifelong Medical Care- Brookside
San Pablo510-215-9092
Provides dental services; West county resident; Sliding scale for uninsured, Medi-Cal, other insurances ●■

University California San Francisco Dental School 415-476-1891
Provides low-cost dental services adults, and children; \$11 assessment fee; Photo ID required ●◆

Eye Exam/Glasses

California Vision Foundation 1-800-877-5738
Provides free eye exam and low-cost glasses; California resident, at least one adult in the household must be employed, low-income; must not have any insurance that covers vision services

Lions Center for the Visually Impaired925-432-3013
Provides eye exam and glasses at low cost or no cost for individuals with no vision insurance coverage; call number to locate service provider in area. ◐

University California Berkeley Eye Care Center510-642-2020
Provides low-cost eye services; fee must be paid at time of service ◐

Hearing Aids

Hear NOW 1-800-648-4327
Provides hearing aids; eligibility based on income; must be US citizen ▲

The Hearing Foundation 1-800-327-8077
Provides donated hearing aids to low income, US or legal immigrant; donation of \$150 per hearing aid; call to locate service provider in area ▲

Medical Care

Advice Nurse (Contra Costa Health Services)1-877-661-6230
Provides telephone health advice to anyone regardless of current health insurance. ●■◆

BAART Healthcare East...925-522-0124
BAART Healthcare West . 510-232-0874
Provides primary health care for adults; Medi-Cal, sliding scale

Berkeley Free Clinic.... 1-800-625-4642
Provides free general medical and dental services for adults by appointment only for current clients. New clients are only accepted through a lottery; arrive before 6:15pm and go to lobby. ◐

Charlotte Maxwell Complimentary Clinic (Oakland)..... 510-601-7660
Provides acupuncture, homeopathy, massage therapy for low income women with cancer diagnosis ●◆

Contra Costa County Health Services Health Centers..... 1-800-495-8885
Antioch, Bay Point, Brentwood, Concord, Martinez, Pittsburg, San Pablo ●▲■◆

Brighter Beginnings - Family Health Clinic

Antioch..... 925-303-4780
Richmond510-213-6681

Provides low cost primary health care for adults, teens and children who are uninsured. ●

Healthcare for Homeless Mobile Van
Call for locations/day/time 211
Provides free general medical services for homeless individuals ●◆■

La Clínica Monument.....925-363-2005

La Clínica Oakley925-776-8240

La Clínica Pittsburg925-431-1251
Provides primary health care; sliding scale for services; Medi-Cal, Medicare, CCHP, Family Pact, CHDP, BCEDP, private insurance, uninsured ●

Lifelong Medical Care- Brookside
Richmond..... 510-215-5001
Provides primary health care; West Contra Costa resident; Sliding scale for uninsured persons, Medi-Cal, Medicare, private insurance ●■

San Pablo510-215-9092
Provides primary health care and urgent care services on a walk-in basis to West Contra Costa resident; Sliding scale for uninsured persons, Medi-Cal, Medicare, private insurance ●■

Mobile Health Clinic.....925-363-7588 (John Muir)

Provides general medical services; every Saturday at Village Resource Center, Brentwood, 9-12:30; call to verify dates/times; for individuals without health insurance or unable to pay ●

Operation Access415-733-0052
Free outpatient surgery; uninsured, ineligible for Medi-Cal, Medicare, Healthy Families, possess less than \$5,000 in savings; referred by a doctor ●◆

Planned Parenthood.... 1-800-230-7526
Antioch, Concord, Hilltop, San Ramon, Richmond, Walnut Creek; provides health services including birth control, emergency contraception, testing/treatment of sexually transmitted disease, HIV testing/counseling, pregnancy tests, prenatal care & other health services; CCHP, Medi-Cal. If individual does not qualify for FFACT coverage there is a sliding fee scale. ●

RotaCare Clinic
Cambridge Elementary School, Concord925-429-6409
Thursdays, 1-3pm, Clinic, 5pm-9pm
St. Vincent de Paul Society, Pittsburg

.....925-439-2009
Wednesdays, 1-3pm, Clinic, 4pm-7pm
Brighter Beginnings, Richmond
.....510-213-6678
Tuesdays, 1-3pm, Clinic, 4pm-7pm
Provides free urgent care clinic for low-
income, uninsured; **Must** have
appointment, no walk-ins. ●
Sutter Delta Community Clinic
.....925-779-3676
Provides care for minor health problems,
prescription refills; low income, uninsured;
call when clinic is open for identification
requirement; sliding scale, \$20 minimum;
Sunday-Friday, 6pm-10pm drop-in Urgent
Care Clinic. ●

Medical Equipment

Economy Medical925-671-4800
Sells and rents home health care supplies;
repairs wheel chairs.
Lioness Hospital Equipment Lending
Martinez residents only 925-228-3983
ReCARES510-251-2273
Free used home healthcare and medical
equipment and supplies

Healthcare Option Assistance

Covered California 1-888-975-1142
..... www.coveredca.com
Provides information on health insurance
options through the Affordable Care Act.
●◆■▲

Patient Financial Counseling
..... 1-800-771-4270
Helps individuals find health insurance for
county health care services ●◆■

Gay, Lesbian, Bisexual, Transgender

GLBT National Help Center
..... 1-888-843-4564
Provides information on health and other
resources for the LGBT community; no
income or citizenship requirements.
**LGBT Health Care (Planned
Parenthood)** 1-800-230-7526
Offers health services for the LGBT
community; no citizenship requirements;
sliding scale. ●

Rainbow Community Center
..... 925-692-0090
Provides information on health and other
resources for the LGBT community; no
income or citizenship requirements. ●

Medical Insurance - Adults

AIM (Prenatal care)..... 1-800-433-2611
Low-cost health care coverage for pregnant
women whose income is too high or whose
health care deductible is over \$500, middle
income; legal immigration status ●▲
Medi-Cal 1-800-709-8348
Offers health, dental, vision, prescription
coverage; Full-scope Medi-Cal: citizen/
legal immigrant; income eligibility ●■◆▲
Prenatal care for pregnant women and
emergency care regardless of legal status.

Medical Insurance—Children 0-18

**Child Health & Disability Prevention
(CHDP)** 925-313-6150
Provides health assessments, referrals; no
medical coverage, meet income guideline,
ages 0-18 ●■◆

Kaiser Child Health Plan 1-800-464-4000
Offers a health, dental, vision, and
prescription plan with hospitalization;
children 0-18; low income, no citizenship
requirements ●■◆

Prescription Payment Help

Coast2Coast Rx Card . 1-800-931-8872
Provides discounted prescription card
which may lower the price of prescription
drugs. Available at most libraries, hospitals
and participating pharmacies.
www.coast2coastrx.com/contracostaca ●

NeedyMeds www.needymeds.org
Provides information on medicine and
healthcare assistance programs based on
needs; income/legal status varies by
provider; Internet only

**Partnership for Prescription
Assistance / Rx Help for Californians**
..... 1-888-477-2669
Provides prescription assistance to
individuals by directing them to drug
companies that provide their medications
free or low-cost; income/legal status varies
by drug provider; www.pparx.org ●

Rx Assist www.rxassist.org
Provides a list of drug companies that
provide expense assistance; income/legal
status varies by drug provider, Internet
only.

Rx Outreach 1-800-769-3880
Provides information on resources for
mail-order prescription assistance;
income/legal status varies by drug provider;
www.rxoutreach.com ●

Stores with Low-Cost Generic Drugs

Rite Aid: \$10/30 days; \$16/ 90 days; over
400 generics

Target Stores: \$4/30 days, \$10/90 days;
300 generics

Walgreens: \$5/30 days, \$10/90 days, 400
generics; \$20 individual, \$35 family
enrollment

Walmart: \$4/30 days, \$10/90 days; 300
generics

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**Need help and
don't know
where to go?**

Call 211
24/7 Spanish & English
Or go to:
www.211database.org

211 in Contra Costa
is operated by the
Contra Costa Crisis Center.

Need Medical Advice?

Contra Costa Health Plan's
Advice Nurse
1-877-661-6230

Open to the public, don't need
to be a CCHP member
(or have legal status) ●■◆

This resource guide is a
collaborative effort of the
Contra Costa Crisis Center and
Contra Costa Health Services.