March 2017
www.211database.org

Contra Costa County LOW COST MEDICAL RESOURCES

CONTRA COSTA CRISIS CENTER

●=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 19 and under. ●▲■◆

Denti-Cal/Medi-Cal Dental Program
..... 1-800-322-6384
Provides referrals to Medi-Cal dentists for children. ▲

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 Clinic
.....925-431-1251
Provides dental services for everyone; Denti-Cal and most private insurance accepted; sliding scale. ●

Lifelong Medical Care- Brookside
San Pablo 510-215-9092
Provides dental services; West county resident; Sliding scale for uninsured, Medi-Cal, other insurances. ●■

Respite Dental Care Concord
.....925-646-5016
Provides free general dental services for homeless individuals. ●■◆

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 Impaired
.....925-432-3013
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 Center 510-642-2020
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 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
Richmond ……..510-213-6681
Provides low cost primary health care for adults, teens and children who are uninsured. ●

Healthcare for Homeless Mobile Van
Call for locations/day/time 925-313-6166
Provides free general medical services for homeless individuals ●◆■

La Clínica Monument.....925-363-2005
La Clínica Oakley 925-776-8240
La Clínica Pittsburg 925-431-1251
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 Pablo 510-215-9092
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 Access 415-733-0052
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 FPACT coverage there is a sliding fee scale. ●

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Respite Health Care Concord 925-313-6166
Provides free general medical services for homeless individuals ●■◆

RotaCare Clinic
Cambridge Elementary School, Concord 925-429-6409
Clinic: Thur. 5-9pm; Call Thur. 1-2pm

Family Justice Center, Richmond 510-213-6678
Clinic: Tue. 5:30-7:30pm, 2nd & 4th Sat.

Monument Crisis Center, Concord 925-429-6409
Clinic: 1st & 3rd Tues. 5-9pm

St. Vincent de Paul Society, Pittsburg 925-439-2009
Clinic: Wed. 4-7pm , 2nd & 4th Sat, 9-12pm

Women's Health Clinic, Concord 925-429-6409
Clinic: 2nd & 4th Tues. 5-9pm
Provides free urgent care clinic for low-income, uninsured; **Must** have appointment, no walk-ins. ●

Medical Equipment

Economy Medical 925-671-4800
Sells and rents home health care supplies; repairs wheel chairs.

John Muir Medical Equipment Loan Program 510-251-2273
Loans medical equipment to residents of Central and East Contra Costa County ●

Lioness Hospital Equipment Lending
Martinez residents only 925-228-3983

ReCARES 510-251-2273
Free used home healthcare and medical equipment and supplies

Healthcare Option Assistance

Covered California ….. 1-800-300-1506
……. 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. ●■◆

LGBT Pride Initiative (CCHS) 925-313-6763
Offers health services for the LGBT community. ●▲■◆

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

Medi-Cal Access Program 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 0-19; low income, no citizenship requirements ●■◆

Prescription Payment Help

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 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.

CONTRA COSTA HEALTH SERVICES