

●=Spanish, ◆=Chinese, ■=Laotian  
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**Dental**

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

**Brookside Community Health Center**  
 Richmond..... 510-215-5001  
 San Pablo..... 510-215-9092  
 Provides dental services; West County resident; Sliding scale for uninsured, Medi-Cal, Healthy Families, other insurances ●■

**Contra Costa Health Services Dental Clinics**..... 1-877-905-4545  
 Bay Point, Martinez, Pittsburg, Richmond; Medi-Cal, CCHP ●▲ Children 21 and under, Medi-Cal/Denti-Cal, Basic Health Care for children 14 and under ●

**La Clínica Pittsburg Dental Clinic** .....925-431-1251

**La Clínica Monument Dental Clinic** ..... 925-363-2005  
 Provides dental services for everyone; Denti-Cal and most private insurance accepted; sliding scale ●

**Dental Hygiene Clinic**.....925-685-1230 (Diablo Valley College) .....Ext.2534  
 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. ◀

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

**University of the Pacific Dental School - SF**.....415-929-6501  
 Union City.....510-489-5200  
 Provides low-cost dental services for adults and children; initial fee; most insurance accepted; flexible payment plans; accepts cash, checks, Visa & MasterCard.

**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 as of 7/1/2009) ▲

**Eye Exam/Glasses**

**California Vision Project** 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 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 ▲

**Lions Hearing Foundation, East Bay** ..... 925-687-3883  
 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**

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

**Berkeley Free Clinic**.....1-800-625-4642  
 Provides free general medical services for adults by appointment only; homeless: call at 5:30pm, others call at 5:45pm; appointments from 7pm-8:45pm ◀

**Brookside Community Health Center**  
 Richmond..... 510-215-5001  
 San Pablo..... 510-215-9092  
 Provides primary health care; West Contra Costa resident; Sliding scale for uninsured persons, Medi-Cal, Medicare, Healthy Families, private insurance ●■

**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** ..... 1-877-905-4545  
 Antioch, Bay Point, Brentwood, Concord, Martinez, Pittsburg, Richmond ●▲

**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 Pittsburg** ..... 925-431-1251  
 Provides primary health care; sliding scale for services; Medi-Cal, Medicare, CCHP, Family Pact, CHDP, BCEDP, private insurance, uninsured ●

**Mobile Health Clinic**..... 925-513-3107  
 Provides general medical services; some Saturdays monthly 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 \$2,000 in savings; referred by a doctor ●◆

**Planned Parenthood**..1-800-230-PLAN  
 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, MediCal and credit cards accepted. If individual does not qualify for FPACT coverage there is a sliding fee scale. No checks accepted. ●

**RotaCare Clinic**  
 Cambridge Elementary School, Concord ..... 925-429-6409  
 Provides free urgent care clinic for low-income, uninsured; Appointments: Thursdays, 1-3pm, Clinic, 5pm-9pm; **Must** have appointment, no walk-ins ●

**Urgent Care Clinic Sutter Delta**  
 Antioch..... 925-779-3676  
 Provides care for minor health problems, prescription refills; low income, uninsured; call when clinic is open for identification required; sliding scale, \$20 minimum; Sunday-Friday, 6pm-10pm drop-in Urgent Care Clinic. ●

**Medical Equipment**

**Economy Medical** ..... 925-671-4800  
 Used wheelchairs starting at \$250

**Home CARES** ..... 510-251-2273  
 Free used home healthcare and medical equipment and supplies

**Lioness Hospital Equipment Lending**  
 Martinez residents only ..... 925-228-0724  
 Loans medical equipment (walkers, etc.)

**Healthcare Option Assistance**

**Health Access Line** .... 1-877-503-9350  
Helps individuals find health insurance for county health care services ●▲

**US Uninsured Help Line** 1-800-234-1317  
Provides health care options dependent on income, legal status for individuals, families, children, pregnant women; [www.coverageforall.org](http://www.coverageforall.org) ●

**Gay, Lesbian, Bisexual,**

**Gay & Lesbian National Hotline** .....  
..... 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-PLAN  
Offers health services for the LGBT community; no citizenship requirements; sliding scale. ●

**Local LGBTQ Resources**  
..... [www.EastbayPride.com](http://www.EastbayPride.com)  
Provides information on health and other resources for the LGBT community; no income or citizenship requirements.

**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  
Prenatal medical care + 60 days after delivery; infant is enrolled in Healthy Families Program up to age 1; low income; legal immigration status ●▲

**Basic Health Care (BHC)** 1-800-771-4270  
Provides temporary health coverage for Contra Costa adults who can show proof of legal residency, do not have any medical insurance and meet income guidelines; covers medical services at the county hospital /clinics ●▲

**Health Coverage Initiative**  
..... 1-800-771-4270  
Offers health care for uninsured Contra Costa residents; meet income guidelines, ineligible Medi-Cal or other insurance, no insurance 3 months prior, ages 19-64 ●▲

**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**

**Basic Health Care (BHC)** 1-800-771-4270  
Provides temporary health coverage for Contra Costa children age 21 and under who do not have any medical insurance and meet income guidelines; covers medical services at the county hospital /clinics, no proof of legal residency required for children ●▲

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

**Contra Costa Health Plan Options For Kids Only** ..... 1-800-211-8040  
Offers health, dental, vision, and prescription coverage; children 0-18;; no income or citizenship requirements ●

**Healthy Families** ..... 1-800-880-5305  
Offers health, dental, vision, and prescription coverage; children 0-18, must be ineligible for no-cost Medi-Cal or employer-based coverage; California residents and legal immigrants, starting July 17, 2009 there is a waitlist for enrollment. ●▲

**Kaiser Child Health Plan** 1-800-255-5053  
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](http://www.coast2coastrx.com/contracostaca) ●

**NeedyMeds** ..... [www.needymeds.org](http://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](http://www.pparx.org) ●

**Rx Assist** ..... [www.rxassist.org](http://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](http://www.rxoutreach.com) ●

**Stores with low-cost generic drugs**  
**Rite Aid:** \$9/30 days; \$16 for 90 days; 500 generics

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

**Walgreens:** \$12/90 days, 400 generics; \$20 enrollment

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

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▲=Legal resident, citizen required

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

**Call 211**

**24/7 Spanish & English**

Or go to:

[www.211database.org](http://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.



Changes: [211database@crisis-center.org](mailto:211database@crisis-center.org)