A Plus Class
HEALTH & WELLNESS RESOURCES

FEDERAL INSURANCE & HEALTH PROGRAMS

Healthcare.gov

www.healthcare.gov

Federal website providing information and referral services for health care and health insurance related services. The site provides a listing of private insurance plans, public programs, and community services available by state.

Get Health Care

www.hrsa.gov/gethealthcare/index.html

The Health Resources and Services Administration site provides visitors with a listing based on zip code of health care centers, free or reduced cost care centers, HIV/AIDS care, and other resources.

Finding Dental Care

www.nidcr.nih.gov/FindingDentalCare

The National Institute of Dental and Craniofacial Research (NIDCR) provides a webpage dedicated to information and referral to help visitors locate low-cost dental care options.

Insure Kids Now

www.insurekidsnow.gov

"InsureKidsNow.gov provides information about Medicaid and CHIP services for families who need health insurance coverage. These programs are designed to be affordable for families who are not able to afford health insurance coverage in the private market or do not have coverage available to them. Even if you've been turned down in the past, you may be able to get health coverage for your child now."

ELDERCARE SPECIFIC RESOURCES

Eldercare Locator

www.eldercare.gov

The Eldercare Locator, a public service of the U.S. Administration on Aging connecting visitors to services for older adults and their families.

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Benefits CheckUp

www.benefitscheckup.org

"There are benefits you may be missing! BenefitsCheckUp helps you find and enroll in public and private benefits programs. You can also find an online application for Medicare's Extra Help. It's simple and free and always includes the most up-to-date information."

Medicare.gov

www.medicare.gov

The official U.S. Government site for Medicare.

National Clearinghouse for Long Term Care Planning

www.longtermcare.gov

This web site was developed by the U.S. Department of Health and Human Services to provide information and resources to help you and your family plan for future long-term care (LTC) needs.

RESOURCES FOR VETERANS

My healthevet

www.myhealth.va.gov

This web site was developed by the U.S. Department of Veterans Affairs to provide online access to refill prescriptions online, get VA Wellness Reminders, and contact their physicians. Check the website for eligibility requirements or call 1-800-827-1000 to find out more.

ASSISTANCE WITH PRESCRIPTIONS

Partnership for Prescription Assistance

www.pparx.org

The Partnership for Prescription Assistance helps qualifying patients without prescription drug coverage get the medicines they need through the program that is right for them. Many will get their medications free or nearly free.

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SelectCare Benefits Network

www.myrxadvocate.com

"The purpose of this organization is to enhance the quality of life for senior citizens, the poor, the distressed and the underprivileged through education, distribution of information and aid in accessing federal, state, commercial, private and public assistance programs that may be of benefit." You can contact them toll-free at 1-877-331-0362.

Eye Buy Direct

www.eyebuydirect.com

Online retailer for prescriptions eyeglasses without sacrificing quality, style, and affordable prices.

Helpful Tips for Prescription Expenses

- Tell your doctor if you don't have insurance or can't afford prescriptions. They might be able to help.
- Switch from brand-name drugs generic equivalents whenever possible
- Ask your physician for free samples
- Shop around and compare prices
- Get a discount card
- Apply to patient assistance programs
- Check out community health programs

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EMOTIONAL SUPPORT

Debtors Anonymous

www.debtorsanonymous.org

Debtors Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from compulsive debt. The only requirement for membership is a desire to stop incurring unsecured debt. General Service Office Telephone: (781) 453-2743 P.O. Box 920888 Fax: (781) 453-2745 Needham, MA 02492-0009

Gamblers Anonymous

www.gamblersanonymous.org

Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. The only requirement for membership is a desire to stop gambling. There are no dues or fees for Gamblers Anonymous membership; it is self-supporting through contributions. Gamblers Anonymous is not allied with any is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stop gambling and to help other compulsive gamblers do the same. Gamblers Anonymous Telephone: 213-386-8789 P.O. Box 17173 Fax: 213-386-0030 Los Angeles, CA 90017 E-mail isomain@gamblersanonymous.org Helpful Tips for Prescription Expense

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