



# HEALTH RESOURCES 2024

Specific hours and availability may be subject to change. Call before seeking services.

Name & Location	Phone Number	Days/Hours	Services Provided
<b>BASIC HEALTH CARE SERVICES</b>			
<b>Community Health Free Clinic</b> 947 14th Ave SE Cedar Rapids, IA 52401	319-363-0416	Clinic Hours, CLOSED on major holidays & severe weather M 8:00 AM - 1:00 PM Tu,W,Th,F 8:00 AM - 10:30 AM	Free medical care and community resources for uninsured and under-insured patients. Specialty clinics include internal medicine, eye care, orthopedic, otolaryngology and physical therapy. Prescription Assistance Clinics for long-term medication needs. Must provide proof of income to be seen in Prescription Assistance Clinic. [Patients: Please do not leave messages regarding questions about prescriptions, lab results or dental appointments. Bring all medications to clinic if you are seeing a doctor.] <a href="http://www.communityhfc.org">www.communityhfc.org</a>

For more information regarding community resources, contact United Way 2-1-1 on a landline telephone at 2-1-1, by cell phone at 319-739-4211, or 1-866-469-2211. 211 now has an app that can be downloaded by searching "211 Iowa" on either Apple App store or Google Play. For more information you can visit [www.211iowa.org/211app](http://www.211iowa.org/211app). To obtain a copy of the Resource Charts, go to [www.linncountyiowa.gov/communityservices](http://www.linncountyiowa.gov/communityservices) or contact Linn County Community Services at 319-892-5600. For questions about the Resource Charts, contact Linn County Community Services at 319-892-5600.



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Eastern Iowa Health Center</b> 1201 3rd Ave SE Cedar Rapids, IA 52403	319-730-7300 Call for appointment	Phone answered 24/7 M,Tu,W,Th 8:00 AM - 7:00 PM Phone answered 24/7 Limited pediatric patients on Saturdays F 8:00 AM - 5:00 PM	Offers full family practice, pediatric, behavioral health and OB/GYN services. Additional resources available include medical social workers, health coaches, homeless outreach social workers, interpretation services, assistance signing up for health insurance, transportation assistance, and referral assistance. A free book is given at all well child visits (through at 5) with the Reach Out and Read program. Financial assistance programs (including the Sliding Fee Scale program and the 340B Drug Discount program) are available for eligible patients. Accepts Medicaid and all forms of insurance. Please call for more information. <a href="http://www.easterniowahealthcenter.com">www.easterniowahealthcenter.com</a>



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>His Hands Free Clinic</b> 400 12th St SE Cedar Rapids, IA 52403	319-862-2636	Chiropractic Services & Physical Therapy Hours: (Based on provider availability) M,Tu,W,Th 9:00 AM - 4:00 PM F 9:00 AM - 12:00 PM Medical Clinic: (PM based on provider availability) Tu,Th 5:00 PM - 7:00 PM W,Th 10:00 AM - 2:00 PM	His Hands Free Clinic meets the physical, emotional and spiritual needs of those without adequate resources. His Hands provides medical, dental, chiropractic, mental health, women's health, physical therapy, spiritual care and limited pharmacy assistance to the underinsured and uninsured. A certified application counselor is available to assist with insurance enrollment. This is an appointment only clinic. <a href="http://www.hishandsclinic.org">www.hishandsclinic.org</a>
<b>Linn County Public Health</b> 1020 6th St SE Cedar Rapids, IA 52403	319-892-6000 Office 319-892-6093 Clinic	Clinic appointments are strongly encouraged M,Tu,W,Th,F 8:00 AM - 4:30 PM	Free or reduced hepatitis, STD, HIV and pregnancy testing (to those who qualify) and educational brochures. TB testing. Communicable disease investigations. Immunizations for adults & children. Free condoms available. Appointments are strongly encouraged. Healthy Home Assessments, housing related health and safety issues. Change of status for green card appointments for immigrants and refugees.



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Planned Parenthood of the Heartland</b> 850 Orchard St Iowa City, IA 52246	877-811-7526 Call for appointment Walk-ins welcome	M 9:00 AM - 5:00 PM Tu,W 8:00 AM - 4:00 PM Th 11:00 AM - 7:00 PM F 9:00 AM - 5:00 PM	Age-appropriate, medically accurate, comprehensive educational programming, including state and nationally approved research proven effective curricula. LGBT inclusive. Please check with your local Planned Parenthood center to determine exactly which services are offered there <a href="https://www.plannedparenthood.org/planned-parenthood-heartland">https://www.plannedparenthood.org/planned-parenthood-heartland</a>
<b>COUNSELING / DEVELOPMENTAL ASSESSMENT / DISABILITY SERVICES / OLDER ADULTS</b>			
<b>Alzheimer's Association - Medic Alert + Alzheimer's Safe Return</b> 317 7th Ave SE Cedar Rapids, IA 52401	319-294-9699 Local chapter 800-272-3900 24hr hotline	The Alzheimer's Association 24/7 Helpline operates 24/7, in 140 languages Please call the 24 hr line for all appointments M,Tu,W,Th,F 8:00 AM - 4:30 PM	A 24 hour nationwide emergency response services for persons with Alzheimer's disease or related dementia who wander or have a medical emergency. In the event of a wandering incident, caregivers can call the 24/hr emergency response line to report the incident. A community support network will then be activated, including local Alzheimer's Assoc. chapters and law enforcement. Please call for more information regarding this emergency response service. They also provide educational meetings for health care providers as well as caregivers about all aspects of Alzheimer's. Please call for more information. <a href="http://www.alz.org/eci">www.alz.org/eci</a>



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Eastern Iowa Health Center</b> 1201 3rd Ave SE Cedar Rapids, IA 52403	319-730-7300 Call for appointment	Phone answered 24/7 M,Tu,W,Th 8:00 AM - 5:00 PM F 8:00 AM - 5:00 PM	Offers a full range of behavioral health, talk therapy and cognitive behavioral therapy. Financial assistance programs (including the Sliding Fee Scale program and the 340B Drug Discount program) are available for eligible patients. Accepts Medicaid and all forms of insurance. Please call for more information. <a href="http://www.easterniowahealthcenter.com">www.easterniowahealthcenter.com</a>
<b>Grant Wood Area Education Agency (GWAEA)</b> 4401 6th St SW Cedar Rapids, IA 52404	319-399-6700 800-332-8488	M,Tu,W,Th,F 7:30 AM - 4:30 PM	Early Childhood Screening Van. Behavioral / emotional / developmental (speech, motor, hearing and vision screen). Children under age 18. Early Access program for children 0-3. Cognitive evaluation for children age 3-6. Opportunities available for academically advanced elementary and middle school students. <a href="http://www.aea10.k12.ia.us">www.aea10.k12.ia.us</a>
<b>Iowa COMPASS</b> 100 Hawkins Dr Iowa City, IA 52242	800-779-2001	M,Tu,W,Th,F 8:00 AM - 5:00 PM	Iowa Compass offers free disability information and referral to Iowans with disabilities, their families & service providers. You can call or search the database at <a href="http://www.iowacompass.org">www.iowacompass.org</a>



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Mercy Family Counseling &amp; EAP</b> 1340 Blairs Ferry Rd Hiawatha, IA 52233	319-398-6476 Crisis Mgt 319-398-6575	M,Tu,W,Th,F 8:00 AM - 4:30 PM	Psychological/medical/family counseling/mental health services. Developmental/behavioral evaluation. Services for children/adults with behavioral, emotional or adjustment problems, individual, family, relationship counseling; bereavement/grief counseling, behavioral management, ADHD evaluation and treatment, coordination of medical treatment with PCP and other relevant professionals; psychological, neurodevelopmental and neurobehavioral testing, and 24-hour crisis intervention. Call for more information.
<b>St. Luke's Child Protection Center</b> 1095 N Center Point Rd Hiawatha, IA 52233	319-369-7908	Must have referral M,Tu,W,Th,F 8:00 AM - 4:30 PM	The Child Protection Center accepts referrals from DHS and law enforcement for child abuse victims. Title 19 accepted. Financial assistance available through Crime Victims. The Child Protection Center provides centralized access and referral to a system of community services for abused children and their families. Coordinates interviews and medical examinations of child abuse victims, investigates incidents of child abuse and provides treatment for child abuse victims.



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Tanager Place Mental Health Clinic</b> 1030 5th Ave SE Cedar Rapids, IA 52403	319-286-4545 Clinic	M,Tu,W,Th 8:00 AM - 6:00 PM F 8:00 AM - 4:30 PM	Tanager Place Mental Health Clinic provides outpatient and in-patient comprehensive mental health services to children, adolescents and their families. The clinic staff offers child psychiatric assessment and medication management, individual and family therapy, play therapy, music therapy and applied behavior analysis. An individualized care plan and specific treatment goals are established for all patients. <a href="http://www.tanagerplace.org">www.tanagerplace.org</a>
<b>DENTAL HEALTH CARE</b>			
<b>HACAP I-Smile</b> P.O. Box 490 1515 Hawkeye Dr Hiawatha, IA 52233	319-329-5970	Leave a message if after hours M,Tu,W,Th,F 8:00 AM - 4:30 PM	For children who qualify, the program provides dental services including oral screenings, risk assessments, fluoride varnish applications, dental education, dental referral and care coordination, and then utilizes the I-Smile Provider Network System to ensure dental appointments have been completed and dental needs are fulfilled. All children through age 0-20 will be considered for services as well as pregnant women. Sealant program is available to any school that has a 40% or greater usage of the Free or Reduced Lunch Program. Parental consent is required.



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>His Hands Free Clinic</b> 400 12th St SE Cedar Rapids, IA 52403	319-862-2636	Dental clinics are held throughout the month according to provider availability	Provides restorative dental services, extractions, cleanings, x-rays, root canals on interior teeth, partials and education. Will serve anyone in Iowa without insurance, 18 years old and older.
<b>Linn County Dental Discount Program c/o Linn County Community Services</b> 1240 26th Ave Ct SW Cedar Rapids, IA 52404	319-892-5600 877-354-6226	See Website M,Tu,W,Th,F 8:00 AM - 4:30 PM	Linn County residents can receive discounts on check-ups, fillings, crowns, x-rays and more with the Linn County “Low Fee” Dental Discount Program through the National Association of Counties (NACo). Savings range from 5% to 50% and include providers nationwide. For more information on the Dental Discount Program, go to <a href="http://www.nacohealth.org">www.nacohealth.org</a> or pick up a Prescription, Health & Dental Discount Card at the following County locations: Community Services Building (Community Services Office); Jean Oxley Public Service Center or Linn County Public Health. <a href="http://www.mycountycares.com">www.mycountycares.com</a>
<b>The Dr. Rhys B. Jones Dental Health Center: UnityPoint Health</b> 855 A Ave NE Cedar Rapids, IA 52402	319-369-7730	M,Tu,W,Th,F 1:00 PM - 4:00 PM 8:30 AM - 12:00 PM	Comprehensive dental care for children, infants through high school age and adults with developmental disabilities. Based on income and family size with no private insurance (Title XIX and Hawk-I accepted). Individuals are also seen on a sliding fee scale based on the family’s income and number in the family.





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Name & Location	Phone Number	Days/Hours	Services Provided
<b>University of Iowa College of Dentistry &amp; Dental Clinic</b> 801 Newton Rd Iowa City, IA 52242	319-335-7499 Adults 319-355-7485 Children	No walk-ins M,Tu,W,Th,F 8:00 AM - 5:00 PM	Provides dental care including surgery and emergencies. Reduced fees for care because care is given by dental students. Iowa Medicaid (Title XIX) and Hawk-I accepted.
<b>EMERGENCY HEALTH CARE SERVICES</b>			
<b>Mercy Medical Center</b> 701 10th St SE Cedar Rapids, IA 52403	319-398-6011 Main 319-398-6037 Emergency	24/7	Emergency care.
<b>UnityPoint - St. Luke's Hospital</b> 1026 A Ave NE Cedar Rapids, IA 52402	319-369-7105 Emergency 319-369-7211 Main	24/7	Emergency care.
<b>University of Iowa Hospitals &amp; Clinics</b> 200 Hawkins Dr Iowa City, IA 52242	319-384-8442 800-777-8442	24/7	Call for appointment Monday through Friday between 8:00 AM and 5:00 PM. University of Iowa Health Care access. Outpatient, inpatient and emergency care. For emergencies, call 911.
<b>HEALTH CARE EDUCATION</b>			



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Buy. Eat. Live Healthy, Iowa State University Extension &amp; Outreach: Linn County</b> 1770 Boyson Road, Suite 702 Hiawatha, IA 52233	319-377-9839	Classes are held at various times & locations. Call for availability and current class schedules	Buy. Eat. Live Healthy is a series of nutrition and cooking lessons provided free to people with limited income. The program includes information on how to choose nutritious foods, save money on food, cook at home, and handle food safely. Classes are fun, hands-on sessions that include cooking demos, recipe sampling, and tools to help make positive changes to diet and physical activity. Individual and group classes are always starting at various locations in the county. Offered in-person and online. Contact a Buy. Eat. Live Healthy Program Assistant at the Linn County Extension Office for more information. <a href="https://www.extension.iastate.edu/linn/buy-eat-live-healthy">https://www.extension.iastate.edu/linn/buy-eat-live-healthy</a>



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Helen G. Nassif Community Cancer Center</b> 202 10th St SE Cedar Rapids, IA 52403	319-558-4876	Day & evening hours available call to schedule an appointment & for class schedules M,Tu,W,Th,F 8:30 AM - 4:30 PM	Available to cancer patients and their families in the community to help with exercise, nutritional or psychosocial need. Available resources include: exercise specialist for individual consultations, group exercise classes, nutritional counseling, individual and family counseling, a variety of classes and educational offerings, and complementary therapies and resources. The Cancer Wellness program is available to anyone in the community facing or who has faced cancer, in support of their quality of life. Visit <a href="http://www.communitycancercenter.org">www.communitycancercenter.org</a> for class schedule and more information.
<b>Hy-Vee Food &amp; Drug Stores</b>	319-377-4803	Varies by location	Full range of pharmacy and dietitian services available including immunizations, prescription services, medication therapy management, biometric health screenings, hemoglobin A1C checks, free blood pressure checks, free nutrition-focused store tours, healthy cooking classes and individual and group nutrition education. Free weekly menus (including heart-healthy, diabetes-friendly and weight management) available at <a href="http://www.hy-vee.com/meal-solutions/weekly-menus/weekly-menu.aspx">www.hy-vee.com/meal-solutions/weekly-menus/weekly-menu.aspx</a>



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Mercy Thrive Cancer Fitness &amp; Wellness Program, Hall Perrine Cancer Center</b> 701 10th St SE Cedar Rapids, IA 52403	319-398-6915	Via physician referral	Thrive offers a comprehensive approach to address the physical, spiritual and emotional well-being of cancer patients and survivors as well as their caregivers. Programming includes individualized personal training, and education. Educational opportunities address stress reduction and relaxation techniques, healing arts, integrative medicine, creative expression and much more.
<b>UnityPoint Clinic Multi-Specialty</b> 1002 4th Ave SE Cedar Rapids, IA 52403	319-363-3565	M,Tu,W,Th,F 8:00 AM - 5:00 PM	Health Connections provides programs and services for individuals who are at risk or living with a chronic health condition such as lung disease, pulmonary disease, and infectious disease. Our programs will help you better manage your health and improve the quality of life.
<b>HEALTH CARE FINANCIAL ASSISTANCE</b>			
<b>Care for Yourself (Iowa Breast &amp; Cervical Cancer Early Detection Program)</b> 1201 3rd Ave SE Cedar Rapids, IA 52403	319-730-7324	Hours vary M,Tu,W,Th,F	Care for Yourself: No cost mammograms and pap tests (and limited diagnostic testing) for women age 18 and older who are below 250% of poverty level. ***Call BEFORE making appointment*** Financial assistance for breast cancer screening/diagnostic services. <a href="https://hhs.iowa.gov/cfy/cervical-cancer">https://hhs.iowa.gov/cfy/cervical-cancer</a>



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>HACAP Hawk-I Children's Health Insurance</b> P.O. Box 490 1515 Hawkeye Dr Hiawatha, IA 52233	1-800-257-8563 319-393-7811 319-551-4329	M,Tu,W,Th,F 8:00 AM - 5:00 PM	No cost or low cost medical, dental and prescription insurance for individuals ages 0-21. Call to apply at one of several convenient locations.
<b>Iowa DHS, Medicaia, Linn County Department of Human Services</b> 411 3rd St SE Cedar Rapids, IA 52401	319-892-6700 800-338-8366	M,Tu,W,Th,F 8:00 AM - 4:30 PM	Health care for people of all ages. Primary care, referrals to specialists, inpatient services, transportation, prescription drug benefits and dental wellness plan. Income based program. Applications can be submitted by phone, online, or paper form. <a href="http://dhsiowa.gov">http://dhsiowa.gov</a>
<b>Susan G. Komen Iowa: Especially For You Race Fund Hall Perrine Cancer Center</b> 701 10th St SE Cedar Rapids, IA 52403	319-398-6582	M,Tu,W,Th,F 8:00 AM - 4:00 PM	Income guidelines apply. Assistance for screening and diagnostic services available for breast and gynecological.
<b>The Anna Purna Ghosh (APG) Foundation</b> PO Box 1248 Cedar Rapids, IA 52406	319-573-6136 Voicemail 319-899-6025 Program Coordinator	Contact 24 hours a day email: <a href="mailto:apgfoundation@hotmail.com">apgfoundation@hotmail.com</a>	The Anna Purna Ghosh Foundation was founded in the Fall of 2002 with the primary mission to provide financial assistance to cancer and blood disease patients in obtaining the prescription drugs needed for their treatment. Website <a href="http://www.apgfoundation.org/">http://www.apgfoundation.org/</a> Forms are located on the website

## MEDICAL EQUIPMENT



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Easter Seals Iowa/Assistive Technology Center</b> 401 NE 66th Ave Des Moines, IA 50333	515-289-1933 515-289-4069 TTY	M,Tu,W,Th,F 8:00 AM - 5:00 PM	Medical equipment available for loan for a fee. For those looking to purchase equipment, Easter Seals Iowa also provides customers with the opportunity to checkout equipment to try for up to 30 days without charge. Application required. Camp and respite available for adults and children. Rural Solutions is for farmers with disabilities (or their family members) who want to return to farming. Call for more information regarding other services. <a href="https://www.easterseals.com/ia">https://www.easterseals.com/ia</a>
<b>His Hands Free Clinic</b> 400 12th St SE Cedar Rapids, IA 52403	319-862-2636	M,Tu,W,Th 9:00 AM - 4:00 PM F 9:00 AM - 12:00 PM	No cost durable medical equipment such as walkers, toilet risers, canes, wheelchairs, etc. Adult pull-ups/ briefs also available. Smaller medical items also available - please call first to check availability.
<b>Lion's Club</b>	319-827-1395 For hearing aids	Please leave a message Someone will return your call	Iowa Lion's Hearing Aid Bank. Limited financial assistance available for hearing aids. Contact by email at <a href="mailto:ialionshearingaidbank@gmail.com">ialionshearingaidbank@gmail.com</a> <a href="http://www.iowalions.org">www.iowalions.org</a>
<b>Medical Lending Closet: Grace Episcopal Church</b> 525 A Ave NE Cedar Rapids, IA 52402	319-362-1929	Please leave a message Someone will return your call M,F 10:00 AM - 1:00 PM W 12:00 PM - 3:00 PM	Medical equipment available. Crutches, wheelchairs, walkers with wheels, commode chairs, risers, hospital beds and canes. No referral needed. Call for more information and equipment availability. There is no charge for the loan of any equipment; however, a small deposit may be required for larger equipment.



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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Muscular Dystrophy Association</b> 3925 Fountains Blvd Cedar Rapids, IA 52411	319-393-8905	M,Tu,W,Th,F 9:00 AM - 5:00 PM	Helps persons with Muscular Dystrophy by assisting with initial and follow-up clinic visits at the University of Iowa Hospital. Communication devices. Provides the public with information about Muscular Dystrophy by offering other volunteer services and advocacy. Summer camp also offered for ages 8-17. Call for more information. When prescribed, assistance is provided to obtain medical equipment through the National Equipment Loan Program.
<b>UnityPoint - St. Luke's Home Medical Equipment</b> 298 Blairs Ferry Rd. NE Cedar Rapids, IA 52402	319-369-8686	On-call 24 hours for emergency needs M,Tu,W,Th,F 8:00 AM - 5:00 PM	Durable medical equipment such as oxygen, beds, wheelchairs, walking aids, nebulizers and CPAP/BiPAP. Also carries smaller items available for retail. Many baby products such as breast pumps, beds, bouncy balls etc. Offers mastectomy camisole and prosthetic fitting services.
<b>PRESCRIPTION ASSISTANCE</b>			
<b>Cedar Rapids Free Prescription Discount Card</b> 101 First Street SE Cedar Rapids, IA 52401	888-369-8686	A card may be obtained at: Cedar Rapids Library 2600 Edgewood Drive SW Cedar Rapids City Hall 101 First Street SE 24/7	Discount cards may be used by all residents of Cedar Rapids. No restrictions based on the resident's age, income level, or existing health coverage. The discount card will cover any medication not covered by insurance. The discount cards offer residents an average savings of 20% off the retail price of commonly prescribed medications. <a href="http://www.caremark.com">www.caremark.com</a>



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<b>Eastern Iowa Health Center</b> 1201 3rd Ave SE Cedar Rapids, IA 52403	319-730-7300 Call for appointment	Phone answered 24/7. M,Tu,W,Th 8:00 AM - 7:00 PM F 8:00 AM - 5:00 PM	Offers full family practice, pediatric, behavioral health and OB/GYN services. Financial assistance programs (including the Sliding Fee Scale program and the 340B Drug Discount program) are available for eligible patients. Accepts Medicaid and all forms of insurance. Please call for more information. <a href="http://www.easterniowahealthcenter.com">www.easterniowahealthcenter.com</a>
<b>GoodRx</b>	844-329-2241	Online 24/7	GoodRx gathers prices, coupons and saving tips for prescriptions at almost every US pharmacy. Can be used instead of insurance or Medicare. It cannot be combined with any federal or state-funded program such as Medicare. <a href="http://www.goodrx.com">www.goodrx.com</a>
<b>His Hands Free Clinic</b> 400 12th St SE Cedar Rapids, IA 52406	319-862-2636	Tu,Th 5:00 PM - 7:00 PM W,Th 10:00 AM - 2:00 PM	Provides limited prescription assistance to patients with written prescriptions.





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Name & Location	Phone Number	Days/Hours	Services Provided
<b>Iowa Drug Card</b>	800-223-2146 Pharmacy Helpline 877-321-6755 Customer Service	24/7	Iowa Drug Card is a free discount prescription assistance program for all Iowa residents. A free prescription card can be printed from <a href="http://www.iowadrugcard.com">www.iowadrugcard.com</a> . The program is accepted at all major pharmacies (68,000 pharmacies around the country), as well as many independents, and covers generic and name brand medications. There are no eligibility requirements for this program.
<b>Iowa Prescription Drug Corporation (IPDC)</b>	515-327-5405 866-282-5817	M,Tu,W,Th 8:00 AM - 4:30 PM Fs 8:00 AM - 12:00 PM	The corporation provides assistance to help reduce the cost of prescription medications for uninsured and under-insured Iowans with incomes at or under 200% of the Federal Poverty Level. Programs available include the Iowa Drug Donation Repository. Please visit the website for program information. <a href="http://www.iowapdc.org">www.iowapdc.org</a>



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<b>Linn County Rx / NACo Prescription Discount Card Program</b> 1240 26th Ave Ct. SW Cedar Rapids, IA 52404	319-892-5600 For a card	M,Tu,W,Th,F 8:00 AM - 4:30 PM	Free prescription discount drug card may be used for prescriptions that are not covered by insurance for an average savings of 24% at participating pharmacies. There are no enrollment forms, membership fees or limits on frequency of use. Any Linn County resident without prescription drug insurance can use the program. Even persons with insurance for prescription drugs may benefit by using the card for prescription drugs not covered by their existing plan. Cards can also be used for pets if they take medications that are used for human conditions. Does not cover controlled medications/substances. <a href="http://www.nacorx.org">www.nacorx.org</a>
<b>Needy Meds</b>	800-503-5687	Online 24/7	NeedyMeds is a 501(c)(3) national non-profit that connects people to programs that will help them afford their medications and other healthcare costs. Mission Statement: NeedyMeds educates and empowers those seeking affordable healthcare. Vision Statement: Our vision is affordable healthcare for all. How We Do It: NeedyMeds, a national non-profit, achieves its mission by providing information on healthcare programs, offering direct assistance and facilitating programs. <a href="http://www.needy meds.com">www.needy meds.com</a>



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<b>Partnership for Prescription Assistance</b>	888-477-2669	(Eastern time), Online 24/7 M,Tu,W,Th,F 9:00 AM - 7:00 PM	The Partnership for Prescription Assistance is an industry program that offers a single point of access to more than 275 patient assistance programs, including nearly 200 programs offered by biopharmaceutical companies. Helps qualifying patients without prescription drug coverage get medicines they need for free or nearly free. <a href="http://www.pparx.org">www.pparx.org</a>
<b>Prescription Assistance Office: Community Health Free Clinic</b> 715 10th Ave SE Cedar Rapids, IA 52403	319-363-0416	M,Tu,W,Th 9:00 AM - 1:00 PM	Rx Program for the Community Health Free Medical Clinic. Assists individuals with chronic disease who have long-term medication needs. Based on financial requirements.
<b>SafeNet Rx</b>	515-327-5405 866-282-5817	Online 24/7	iowans at or below 200% of the federal poverty level as well as individuals who are uninsured or under-insured are eligible to receive donated drugs. Any organization or individual in the country can donate medications in their original sealed container or in tamper evident packaging. Any pharmacy or medical facility with authorization to dispense per State of Iowa administrative rules may re-dispense donated medications. <a href="https://safenetrx.org/">https://safenetrx.org/</a>



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<b>Together RX</b>	800-444-4106	Online 24/7 Call center representative available. All other times, an automated system will assist in enrollment. (Eastern Standard time) M,Tu,W,Th,F 9:00 AM - 5:00 PM	Savings may vary depending on the pharmacy's customary pricing for each specific product and the savings program offered by the participating company that makes it. Participating companies independently set the level of savings offered and the products included in the program. In order to be eligible for Together Rx, you may not have prescription drug coverage and/or Medicare. <a href="http://www.togetherrxaccess.com/p/prescription-savings">www.togetherrxaccess.com/p/prescription-savings</a>
<b>VETERANS SERVICES</b>			
<b>Cedar Rapids Veterans Affairs Outpatient Clinic</b> 2230 Wiley Blvd SW Cedar Rapids, IA 52404	319-369-4340	by appointment only M,Tu,W,Th,F 8:00 AM - 4:30 PM	Provides primary care, preventative health and wellness services to Veterans. Personal care. Mental health services including substance abuse and smoking cessation also provided. Educational sessions; individual and group nutrition, diabetes, and weight loss. Blood draw services. Prescriptions: processed via mail, <a href="http://www.myhealth.va.gov">www.myhealth.va.gov</a> and by phone.
<b>Linn County Veteran Affairs Office</b> 1240 26th Ave Ct SW Cedar Rapids, IA 52404	319-892-5160	M,Tu,W,Th,F 7:30 AM - 4:00 PM	Veteran Service Officers are available to help veterans and dependents understand and apply for VA medical benefits. Must provide DD214, have been discharged honorably, and have served 90 days or more of Federal active-duty services. <a href="http://www.linncounty.org/154/Veteran-Affairs">www.linncounty.org/154/Veteran-Affairs</a>



# HEALTH RESOURCES 2024

Specific hours and availability may be subject to change. Call before seeking services.

Name & Location	Phone Number	Days/Hours	Services Provided
<b>WOMEN &amp; CHILDREN SERVICES</b>			
<b>Bethany Christian Services</b>	319-832-2321	Call for appointment	Free options counseling for pregnancy. Financial assistance for basic needs available based on individual need. Provides domestic adoption services. Post adoption services as well. Call for appointment.
<b>Birthright of Cedar Rapids</b> 375 Collins Rd NE Cedar Rapids, IA 52402	319-393-3251	by appointment only M,Tu,W,Th	Pregnancy tests available. Confidential friendship counseling. Referral for professional services. All services are free and confidential. Maternity voucher and baby basket for Birthright clients. Coupon for maternity clothes for Birthright clients. Call for more information.
<b>Bridgehaven Pregnancy Support Center</b> 701 Center Point Rd NE Cedar Rapids, IA 52402	319-364-8967	M,Tu,W 10:00 AM - 5:00 PM Th 10:00 AM - 7:00 PM F 10:00 AM - 4:00 PM	Earn While You Learn Program: offering classes with weekly assistance. Parenting support services through Life Skills classes. Clothing and food assistance earned with class participation. One time emergency assistance available to non-clients. Pregnancy tests with options counseling, abortion alternatives and ultrasounds provided. Call for more information or to schedule an appointment.



# HEALTH RESOURCES 2024

Specific hours and availability may be subject to change. Call before seeking services.

Name & Location	Phone Number	Days/Hours	Services Provided
<b>Eastern Iowa Health Center</b> 1201 3rd Ave SE Cedar Rapids, IA 52403	319-730-7300 Call for appt	Phone answered 24 hours per day, 7 days per week for questions or patient concerns M,Tu,W,Th 8:00 AM - 7:00 PM F 8:00 AM - 5:00 PM	Offers the full range on women's health services: OB / prenatal care, deliver babies, family planning, annual PAP and pelvic exams, gynecological services and procedures, physicals, STD testing and treatments, HPV vaccines. Sliding fee scale available. Accepts Medicaid and all forms of insurance. Eastern Iowa Health Center has full Pediatric services for children. Please call for more information. <a href="http://www.easterniowahealthcenter.com">www.easterniowahealthcenter.com</a> .
<b>Hawkeye Area Community Action Program (HACAP)</b>	319-200-8650 Marion Center 319-366-7632 Urban Center 319-892-6024 LCPH Center	M,Tu,W,Th 8:00 AM - 4:30 PM M,W,Th,F 8:00 AM - 4:30 PM Please see website for hours: <a href="https://www.hacap.org/wictest/locations-hours">https://www.hacap.org/wictest/locations-hours</a> M,Tu,W,Th,F 8:00 AM - 4:30 PM	WIC, well child screening, maternal health, nutritional counseling, hearing and vision screenings, dental screenings. <a href="https://www.hacap.org/">https://www.hacap.org/</a>
<b>Hillcrest Family Services</b> 317 7th Ave SE Cedar Rapids, IA 52401	319-362-3149 Call for appt	or by appointment M,Tu,W,Th,F 8:30 AM - 4:30 PM	Unplanned pregnancy counseling. Supervised apartment living for adults with mental illness. Adoption planning.



# HEALTH RESOURCES 2024

Specific hours and availability may be subject to change. Call before seeking services.

Name & Location	Phone Number	Days/Hours	Services Provided
<b>Linn County Public Health</b> 1020 6th St SE Cedar Rapids, IA 52403	319-892-6000 Office 319-892-6093 Clinic	Clinic - appointments are strongly encouraged. M,Tu,W,Th,F 8:00 AM - 4:30 PM	Free or reduced STD, HIV and pregnancy testing (to those who qualify) and educational brochures. TB testing. Communicable disease investigations. Immunizations for adults & children. Free condoms available. Appointments are strongly encouraged. Healthy Home Assessments, housing related health and safety issues. Change of status for green card appointments for immigrants and refugees. Health insurance assistance for Medicaid or Affordable Care Act Marketplace. Resource and referral assistance.
<b>Metro Care Connection</b> Office: Metro High School Cedar Rapids, IA 52403	319-558-2221 Jefferson 319-558-2272 Metro	during the school year [Note: Hours at clinics may vary] Please call - schedule an appointment M,Tu,W,Th,F 8:00 AM - 3:00 PM	Provides school-based health care to students (and their siblings) in the Cedar Rapids Community School District. Services include: Physical exams, immunizations, treatment for minor illnesses, basic laboratory tests, prescriptions for medications, health education and counseling, referral for complex medical conditions, and referral for mental health and substance abuse counseling.



# HEALTH RESOURCES 2024

Specific hours and availability may be subject to change. Call before seeking services.

Name & Location	Phone Number	Days/Hours	Services Provided
<b>Planned Parenthood of the Heartland</b> 850 Orchard St Iowa City, IA 52246	877-811-7526 Call for appointment Walk-ins welcome	M 9:00 AM - 5:00 PM Tu 8:00 AM - 4:00 PM W 8:00 AM - 4:00 PM Th 11:00 AM - 7:00 PM F 9:00 AM - 5:00 PM	Age-appropriate, medically accurate, comprehensive educational programming, including state and nationally approved research proven effective curricula. LGBT inclusive. Please check with your local Planned Parenthood center to determine exactly which services are offered there <a href="https://www.plannedparenthood.org/planned-parenthood-heartland">https://www.plannedparenthood.org/planned-parenthood-heartland</a>
<b>Safe Sleep Task Force, Eastern Iowa Women's Health Center</b> 4251 River Center Ct NE Cedar Rapids, IA 52402	319-369-7908 call to register for class or with any questions 319-730-7300	Class 4th Tuesday 5 -7 pm, 4th Wednesday 9 -11 am of each month	Foreign language classes available. Free educational class for families expecting a baby or families with newborns. The class educates about the importance of safe sleep for infants, the importance of well child examinations and immunizations, postpartum depression and car seat safety. Participants will receive a free pack 'n play after the class if they meet income requirements.