

IF YOU NEED MEDICAL ASSISTANCE, WHICH IS NOT LIFE THREATENING, AND HAVE NO INCOME, ONE OF THE FOLLOWING FREE CLINICS CAN PROVIDE BASIC MEDICAL CARE AND SOME DIABETES MEDICATION:

A. NEIGHBORHOOD CLINIC at 1323 South Yakima located in the basement of Catholic Community Services, Tacoma. Generally they are open on Monday & Thursday from 5:00 PM to 8:00 PM. It is first come, first serve basis. Please arrive early as they may not be able to accommodate all who show up. There are no appointments and no one will return phone calls. To find out if they are open on a holiday, call (253) 627-6353 for a recorded message.

B. Trinity Neighborhood Clinic at 1615 - 6th. Ave., Tacoma. They are located in the house behind the Trinity Lutheran Church. They are open on Tuesday from 5:00 PM to 7:00 PM. It is first come, first serve basis. Please arrive early as they may not be able to accommodate all who show up. There are no appointments and no one will return phone calls. To find out if they are open on a holiday, call (253) 272-8819.

THE FOLLOWING CLINICS OFFER MEDICAL CARE ON A SLIDING FEE SCALE AND ACCEPT MEDICAL COUPONS. PLEASE CALL TO MAKE AN APPOINTMENT:

A. Community Health Care Clinics are located throughout Pierce County. Call and make an appointment with the nearest clinic:

a. Hilltop Clinic: 1201 Martin Luther King Jr. Way, Tacoma 98405. Phone number: (253) 597-3813.

b. Eastside Clinic: 1708 East 44th. Street, Tacoma, 98404. Phone number: (253) 471-4553.

c. Lakewood Clinic: 10510 Gravelly Lake Dr. SW, Lakewood, 98499. Phone number: (253) 589-7030.

d. Parkland Clinic: 11225 Pacific Ave. S., Parkland, 98444. Phone number: (253) 536-2020.

e. Spanaway Clinic: 134 - 188th. Street South, Spanaway, 98387. Phone number: (253) 847-2304.

B. Sea Mar Community Health Centers have clinics in Pierce County. Call and make an appointment with the nearest clinic:

a. Tacoma Clinic: 1112 South Cushman, Tacoma, 98405. Phone number: (253) 593-2144.

b. Puyallup Clinic: 10217 - 125th. Street Ct. East, Suite 300 (2nd. floor), Puyallup, 98374. Phone number: (253) 864-4550.

c. Tillicum Clinic: 14916 Washington Ave. SW, Lakewood, 98498. Phone number: (253) 280-9890.

IF YOU NEED MEDICAL SUPPLIES, YOU CAN CONTACT THE FOLLOWING GROUPS WHICH HAVE SOME RESOURCES:

- A. Partnerships for Prescriptions Assistance (PPA). Has been set up by pharmaceutical companies to help people on limited income receive insulin and diabetes medication. Call 1-888-477-2669.
- B. Washington Prescription Drug Program (WPDP) is a prescription drug discount open to all state residents who do not have drug insurance coverage or the insurance (e.g. Medicare Part D) does not cover all their prescription drug needs. Call 1-800-913-4146.
- C. Salvation Army Tacoma and Salvation Army Puyallup. On a one time basis they will provide a voucher for must need prescriptions when free clinics are not open. Tacoma call (253) 572-8452. Puyallup call (253) 841-1491.
- D. All Saints Community Services will help Puyallup residents with prescriptions. Call (253) 848-2000.
- E. Lakewood Area Shelter will help Lakewood/Steilacoom residents with prescriptions. Call (253) 581-8689.
- F. Walmart, Walgreens, Safeway, Rite Aid and Fred Meyers sell their own brand meter and test strips. The cost for their brand name meter and test strips is about half the cost compared to major pharmaceutical companies.

IF YOU NEED HELP APPLYING FOR HEALTH CARE INSURANCE AND/OR PAYING FOR PRESCRIPTION DRUGS, YOU CAN CONTACT THE FOLLOWING AGENCIES FOR ASSISTANCE.

- A. Washington State Office of the Insurance Commissioner's Consumer Hotline at 1-800-562-6900.
- B. Client Outreach is offered through the Tacoma Pierce County Health Department. This program assists people in advocacy and completing the paperwork to receive medical benefits. Call (253) 798-6451 or 1-866-798-6451.

OTHER SERVICES:

- A. Tacoma Adventist Community Services provides food for people on special diets, e.g. diabetes. They are open Monday through Thursday from 10:00 AM to 2:00 PM. Call to make an appointment (253) 272-8289.
- B. Call the Help Line at 211 or 1-877-211-9274 for a complete listing of resources for food, housing, employment, etc.