

Beaumont

Macomb County, Michigan – Resources to Address Health Needs

Beaumont Health

| Facility Name | Description | Website | Phone Number |
|----------------------------------|--|--|--------------|
| Beaumont Hospital, Grosse Pointe | Beaumont Hospital, Grosse Pointe is a 250-bed hospital opened in 1945 by the Sisters of Bon Secours offering medical, surgical, emergency, obstetric, pediatric and critical care services for residents of Wayne and Macomb Counties. Classes, events and support services are available to address a wide variety of health needs. | beaumont.org | 313-473-1000 |
| Beaumont Hospital, Troy | Beaumont Hospital, Troy opened in 1977 and is now a 520-bed facility offering a comprehensive array of health care services to meet the needs of the growing communities it serves in Macomb and Oakland Counties. Classes, events and support services are available to address a wide variety of health needs. | beaumont.org | 248-964-5000 |

Macomb County Health Department

| Program Name | Description | Website | Phone Number |
|---|--|--|--------------|
| Macomb County Health Department – Health and Community Services | The Macomb County Health Department provides a wide range of programs and services through three major divisions: The Environmental Health Services Division, which includes restaurant inspection, community health and safety, shelter, waste, and water quality management; the Family Health Services Division, which includes immunization, family planning, WIC, and other family and maternal/child health programs; and the Health Promotion/Disease Control Division, which includes health education, nutrition, community-based chronic disease prevention, and disease surveillance and control programs | health.macombgov.org | 586-469-5235 |

Child and Adolescent Health Centers

| Program Name | Description | Website | Phone Number |
|--------------------------|---|---|--------------|
| Fitzgerald Health Center | A wide variety of health services are offered to children ages 10-21 who attend certain public schools in Macomb County. Services are offered either at a low cost or no charge depending upon the situation. | http://fitz.k12.mi.us/schools-programs/fitzgerald-high-school/health-center/ | 586-759-9070 |

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Low Cost/ Free Health Centers

| Facility Name | Address | Phone Number |
|---|---|--------------|
| Advantage Health Center | 4669 E. Eight Mile, Warren, MI 48091 | 313-416-6200 |
| American Indian Health & Family Services of SE MI | 4880 Lawndale, Detroit, MI 48210 | 313-846-3718 |
| CBM Health Care | 42627 Garfield Rd Suite 213, Clinton Township, MI 48038 | 586-783-3904 |
| Downriver Community Services | 58144 Gratiot Ave, New Haven, MI 48048 | 586-749-5197 |
| Fitzgerald Health Center | 23200 Ryan Rd, Warren, MI 48091 | 586-759-9070 |
| Macomb County Health Department Southwest Health Center | 27690 Van Dyke Ave., Warren, MI 48093 | 586-465-8434 |
| MyCare Health Center | 43740 N. Groesbeck Highway, Clinton Township, MI 48036 | 586-469-7629 |
| Neighbors Caring for Neighbors - Samaritan House | 62324 Van Dyke Road, Washington Township, MI 48094 | 586-336-9288 |
| Neighbors Caring for Neighbors - Warren | 15420 19 Mile Road, Suite 200, Clinton Township, MI 48038 | 586-756-7005 |
| Trinity Community Care | 47511 Van Dyke, Shelby Township, MI 48317 | 586-649-3014 |

Health Care Plans and Coverage

| Program Name | Description | Website | Phone Number |
|--|---|--|------------------------------|
| Health Insurance Marketplace | The Marketplace is a new way to find health coverage that fits your budget and meets your needs. With one application, you can see all your options and enroll. | healthcare.gov | 800-318-2596 |
| Healthy Kids | Healthy Kids is a Michigan Department of Health and Human Services program that provides a wide range of health care coverage and support services for qualifying pregnant women, babies and children under age 19. | michigan.gov/mdhhs | 517-373-3740 |
| Healthy Michigan Plan | Health care coverage is available to individuals and families who meet certain eligibility requirements. | healthymichiganplan.org | 855-789-5610 |
| Macomb Care Connect | Macomb County residents aged 19-64 who are not eligible for Medicare or Medicaid are offered free health insurance through Macomb Care Connect. | macombhealthplan.org/macombcareconnect.php | 586-783-9355 |
| Michigan Department of Health and Human Services (MDHHS) | Michigan offers several medical assistance programs. Each program covers different groups of people and each program has different eligibility requirements. | michigan.gov/mibridges michigan.gov/mdhhs | 517-373-2035 855-ASK-MICH |

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Health Information and Referral

| Program Name | Description | Website | Phone Number |
|--------------------------|---|--|--------------|
| Area Agency on Aging 1-B | Area Agency on Aging 1-B (AAA 1-B) is a nonprofit 501(c) 3 organization with a 40+ year history of serving older adults and people with disabilities in southeast Michigan. We serve a six-county region that includes Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. We are part of a national network of Area Agencies on Aging and a leader in aging services in southeast Michigan. | aaa1b.org | 800-852-7795 |
| Michigan 2-1-1 | By dialing 2-1-1 you can get access to health and human care services in Wayne, Oakland, and Macomb counties in partnership with United Way. | mi211.org | 800-552-1183 |

Alcohol, Substance Abuse, Tobacco

| Program Name | Description | Website | Phone Number |
|---|---|--|--------------|
| Alliance of Coalitions for Health Communities (ACHC) | Aims to prevent alcohol use and substance abuse by youth and adults. | achcmi.org | 248-221-7101 |
| CARE of Southeastern Michigan | Provides clinical assessments for those dealing with substance abuse issues. Also provides counseling, workshops, and case management. | careofsem.com | 586-541-CARE |
| Macomb County Community Mental Health Office of Substance Abuse | Offers support services for individuals and existing programs in dealing with substance abuse prevention and treatment. | mcosa.net | 586-469-5278 |
| Macomb County Tobacco Prevention Coalition | Lead by the Macomb County Health Department, the Macomb County Tobacco Prevention Coalition educates adolescents of the dangers of smoking, encourages smoking cessation, and advocates for the ban of smoking in various settings. | macombtobaccoprevention.com | 586-412-3399 |
| Macomb Harbor Light | As part of The Salvation Army, Macomb Harbor Light provides substance abuse treatment to men and women affected by addiction. Core programs include: screening-assessment-referral-and follow-up, detoxification, residential treatment, outpatient treatment and relapse prevention. | salmich.org | 586-954-1838 |
| Sacred Heart Center | Services include substance abuse disorder prevention and treatment and other mental illness treatments. Treatment options are also available to individuals addicted to opiates. | sacredheartcenter.com | 888-802-7472 |

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| Southeast Michigan Community Alliance (SEMCA) | SEMCA maintains an active presence in Southeast Michigan substance abuse delivery system by utilizing all their resources, experience and expertise in evaluating, monitoring, and funding distribution. | semca.org | 734- 229-3500 |
| Tobacco Control Program | Michigan Department of Health and Human Services program to reduce and eliminate tobacco-related deaths and diseases in Michigan through leadership, collaboration and education. | michigan.gov/mdhhs | 517- 335-8803 |

Asthma

| Program Name | Description | Website | Phone Number |
|-------------------------------|--|--|--------------|
| Asthma Initiative of Michigan | Provides information about asthma and asthma activities in Michigan in the areas of clinical care, education, environmental quality, and surveillance. | getastmahelp.org | 517-335-9463 |

Cancer

| Program Name | Description | Website | Phone Number |
|--|--|--|---------------|
| American Cancer Society | Working to save lives and create a world with less cancer and more birthdays by helping people stay well, helping people get well, finding cures, and fighting back against cancer. | cancer.org | 248- 663-3400 |
| Breast and Cervical Cancer Control Program | Michigan Department of Health and Human Services provides the comprehensive Breast and Cervical Cancer Control Program (BCCCP) through a multi-year grant from the Centers for Disease Control and Prevention (CDC). The program provides breast and cervical screening and diagnostic services to eligible women who otherwise would not have access to these services. | michigan.gov/mdhhs | 517-373-3740 |
| Cancer Prevention and Control Program | Michigan Department of Health and Human Services program providing various educational materials, resources, and brochures on different types of cancer. | michigan.gov/mdhhs | 517-373-3740 |
| Colorectal Cancer Early Detection Program | The Michigan Department of Health and Human Services implements the Michigan Colorectal Cancer Early Detection Program to provide outreach and colorectal cancer education, individualized risk assessment, and screening to eligible 50- to 64-year-old men and women living in 38 Michigan counties. | michigancancer.org/colorectal | 517-373-3740 |

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| Michigan Cancer Consortium | The Michigan Cancer Consortium is a statewide, inclusive, broad-based partnership of public and private organizations that provides a forum for collaboration (i.e., communication, coordination and the sharing of resources) to reduce the human and economic burden of cancer among the citizens of Michigan. | michigancancer.org/colorectal | 877- 588-6224 |
|----------------------------|--|--|---------------|

Chronic Disease Management

| Program Name | Description | Website | Phone Number |
|---|---|--|---------------|
| Personal Action Toward Health (PATH) - Michigan | The Stanford Chronic Disease Self-Management Program (PATH in Michigan) was developed to help people learn techniques and strategies for the day-to-day management of chronic or long-term health conditions. Workshops are offered in community locations. Program providers include the National Kidney Foundation of Michigan. | michigan.gov/mdhhs | 517- 335-1236 |

Dental Care

| Program Name | Description | Website | Phone Number |
|---|---|--|--------------|
| Children’s ToothFairy Foundation | Along with the University of Detroit Mercy School of Dentistry, the Children’s ToothFairy Foundation screens families for Medicaid eligibility. If a family is eligible, the Children’s ToothFairy Foundation will sign them up for the program; if the family is not eligible, 100% of the dental bill is covered after patients their regimen of care. Services uninsured children in Wayne, Oakland, Macomb, and Washtenaw Counties. | toothfairykids.org | 248-855-4227 |
| Family Health Care | Provides preventive, restorative, and other dental care to individuals who are low income, have Medicaid, or who are underinsured. | familyhealthcare.org/dental.html | 231-689-1608 |
| Macomb County Health Department Southwest Health Center | Provides preventive and restorative treatment for low income children and adults who are residents of Macomb County. | health.macombgov.org | 586-465-9152 |
| St. John Detroit Hospital Oral and Maxillofacial Surgery Clinic | Offers dental care to children under 18, low-income residents, and disabled individuals. | sjomfs.com | 313-499-4775 |
| Tri-County Dental Health Council | Provides referrals for free or reduced cost dentistry. | dentalhealthcouncil.org | 248-559-7767 |

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| Trinity Community Care | Provides free dental care to individuals aged 18 and up who are 200% or less of the poverty level. | trinitycommunitycare.org | 586-649-3014 |
|------------------------|--|--|--------------|

Diabetes

| Program Name | Description | Website | Phone Number |
|---|---|--|---------------|
| American Diabetes Association | Committed to educating the public about how to stop diabetes and support those living with the disease. | diabetes.org | 248-433-3830 |
| Diabetes Partners in Action Coalition | Through active collaboration, DPAC mobilizes resources to assure a unified course toward the reduction of diabetes and its complications in Michigan. | dpacmi.org | 734-718-6534 |
| Diabetes Prevention Program | At the Michigan Diabetes Prevention and Control Program, partners collaborate to educate and inform the public and health care providers about the facts on diabetes prevention and provide links to resources and community classes. Program providers include Beaumont Health and the National Kidney Foundation of Michigan. | michigan.gov/mdhhs | 517-373-3740 |
| National Kidney Foundation of Michigan | Working to prevent kidney disease and improve the quality of life for those living with it. Because 70% of kidney disease can be prevented, programs focus on addressing the root causes of kidney disease which are obesity, diabetes and hypertension. | nkfm.org | 800- 482-1455 |
| Personal Action Toward Health (PATH) for Diabetes | The Stanford Chronic Disease Self-Management Program (PATH in Michigan) was developed to help people learn techniques and strategies for the day-to-day management of chronic or long-term health conditions. Workshops are offered in community locations. Program providers include Beaumont Health and the National Kidney Foundation of Michigan. | michigan.gov/mdhhs mihealthyprograms.org/diabetes-path.aspx | 517- 335-1236 |

Disability Services

| Program Name | Description | Website | Phone Number |
|--------------------------|---|--|--------------|
| Area Agency on Aging 1-B | Area Agency on Aging 1-B (AAA 1-B) is a nonprofit 501(c) 3 organization with a 40+ year history of serving older adults and people with disabilities in southeast | aaa1b.org | 800-852-7795 |

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|---------------------------|--|--|---------------|
| | Michigan. We serve a six-county region that includes Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. We are part of a national network of Area Agencies on Aging and a leader in aging services in southeast Michigan. | | |
| Disability Health Program | The Michigan Health Promotion for People with Disabilities Initiative is a statewide partnership committed to reducing the health disparities between people with disabilities and people without disabilities through member collaboration, expertise, and leveraged resources. | michigan.gov/mdhhs | 517- 335-3188 |
| Judson Center | A non-profit, human service agency located in Southeastern Michigan helping children, adults and families improve their lives through mental health services, child and family services and disability services. | judsoncenter.org | 313-794-5653 |
| The Arc Collaborative | The Arc Collaborative of Southeast Michigan works to assure that children and adults with disabilities can successfully access and utilize the crisis and basic needs support systems available to them, and to address mobilizing community assets and partners. | arcmi.org | 313- 831-0202 |
| VSA Michigan | VSA Michigan promotes creativity in people with disabilities by creating an inclusive society where they may participate in, learn through, excel in, and enjoy the arts. | vsami.org | 313- 870-9624 |

Domestic Violence

| Program Name | Description | Website | Phone Number |
|---------------|---|--|--------------|
| Turning Point | Turning Point services to end domestic and sexual violence includes providing emergency and support services to meet both the immediate and long-term needs of survivors of domestic and sexual violence. | turningpointmacomb.org | 586.463.4430 |

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Early Childhood Resources

| Program Name | Description | Website | Phone Number |
|---|--|--|--------------|
| Head Start and Early Head Start | Macomb County Community Services Agency Head Start (for ages 3-5) is a school readiness program provided at no cost to eligible families. We address each child's needs individually in a play-based and supportive environment to facilitate a smooth transition into kindergarten. Early Head Start (for ages 0-3) staff interact with families on a wide variety of early childhood development topics. Services include assistance with pre- and post-natal care, early literacy, health, nutrition, positive parent-child activities, social services, and parent education provided at no cost to eligible families. | mca.macombgov.org/MCA-CFS-HeadStart | 586-469-5215 |
| Healthy Mothers, Healthy Babies Coalition | Michigan Healthy Mothers, Healthy Babies (HMHB) is a statewide coalition, developed in 1984, for organizations and individuals to address maternal/child health issues and the high infant mortality rate in our state. HMHB's mission is to improve the health and safety of mothers, babies, and families through education and collaborative partnerships of public and private organizations. | hmhb.org | 989-859-6268 |

Food Assistance Programs

| Program Name | Description | Website | Phone Number |
|---|---|--|--------------|
| Gleaners Community Food Bank of Southeastern Michigan | Gleaners Community Food Bank distributes emergency food to over 510 partner soup kitchens, shelters, and pantries in Wayne, Oakland, Macomb, Livingston, and Monroe counties. | gcfb.org pantrynet.org foodpantries.org | 866-453-2637 |
| Hope Center | Hope Center is a public pantry available to residents of Macomb county that offers fresh fruits, vegetables, meat, and other items. Hope Center also provides other forms of assistance such as legal aid, tax help, and housing assistance services. | hopecentermacomb.org | 586-294-4673 |
| Macomb Food Program | The Macomb Food Program provides emergency relief to Macomb residents through over fifty food pantries and hunger relief organizations. | mca.macombgov.org/MCA-CFS-HeadStart | 586-469-6004 |

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| Michigan Food Assistance Program | The Michigan Department of Health & Human Services offers temporary food assistance for eligible low-income families and individuals. | michigan.gov/mdhhs/0,5885,7-339-71547_5527---,00.html | 855-275-6424 |
| Senior Project FRESH/Market FRESH | The Michigan Department of Health & Human Services Aging and Adult Services program provides older adults who qualify with unprocessed, Michigan-grown products from authorized farmers markets and roadside stands throughout Michigan. If a participant has difficulty getting to a market, they can assign a proxy. Participants also receive nutrition education via classes, one-to-one or sometimes at the market. The program runs from May - October each year. | mdhhs.gov/osa | 517-373-8230 |
| Women, Infants, and Children (WIC) | As part of the Macomb County Health Department, WIC is a free nutrition education program that helps families eat well and stay healthy by providing support such as: free nutritious foods and infant formula, immunizations, breastfeeding support, and nutrition education. | health.macombgov.org/Health-Programs-FamilyHealthServices-WIC | 586-469-5471 |

Heart Disease and Stroke

| Program Name | Description | Website | Phone Number |
|---|--|--|---------------|
| American Heart Association | Dedicated to building healthier lives, free of cardiovascular diseases. | heart.org | 248- 827-4214 |
| American Stroke Association | Dedicated to prevention, diagnosis and treatment to save lives from stroke. | strokeassociation.org | 888-478-7653 |
| Cardiovascular Health, Nutrition, and Physical Activity | A heart disease and stroke prevention program from the Michigan Department of Health and Human Services. | michigan.gov/mdhhs | 517-335-8180 |
| Healthy Kids - Healthy Hearts | Program designed to teach fourth graders throughout Macomb County healthy habits that will prevent heart disease later in life. | health.macombgov.org/Health-Programs-HPDC-CardiovascularDiseaseRiskReduction | 586-412-3387 |
| Heart Health for Seniors | Assists seniors in making heart health a priority and also in recognizing and controlling cardiovascular disease risk factors. | health.macombgov.org/Health-Programs-HPDC-CardiovascularDiseaseRiskReduction | 586-412-3387 |
| WISEWOMAN Program | The WISEWOMAN Program provides chronic disease risk factor screening and lifestyle interventions to Michigan women with little or no insurance. Administered by the Centers for Disease Control and Prevention (CDC) Division for Heart Disease and Stroke Prevention. | cdc.gov/wisewoman | 877-588-6224 |

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HIV/AIDS Services

| Program Name | Description | Website | Phone Number |
|---|---|--|---------------|
| AIDS Partnership-Michigan | As the state's leading AIDS organization, AIDS Partnership Michigan is dedicated to preventing the spread of HIV. Offers a range of services statewide and in Detroit, from testing to counseling to answering questions on our hotline. | miunified.org | 800- 872-2437 |
| Matrix Ryan White HIV/AIDS Program | The Ryan White program provides comprehensive services to assist individuals living with HIV/AIDS. Offering service coverage that extends across Wayne, Oakland, Macomb, St. Clair, Monroe and Lapeer counties, the Matrix Ryan White Program's safety net ensures patients are linked and maintained in medical care through medical and community service referrals, mental health therapy, in-home health care, case management, and more. | matrixhumanservices.org/programs/ryanwhite | 877- 931-3248 |
| Michigan HIV/AIDS Drug Assistance Program | The Michigan Drug Assistance Program (MIDAP) helps cover prescription drug costs for certain FDA-approved drugs for HIV/AIDS patients who qualify for the program. | michigan.gov/mdhhs | 888- 826-6565 |
| The Horizons Project | The Horizons Project is a program of the Wayne State University School of Medicine. The program continues to grow as the only HIV/AIDS program in Michigan that focuses on providing services to HIV positive and at-risk youth ages 13 to 24. | peds.med.wayne.edu/horizons | 313-577-6096 |

Injury

| Program Name | Description | Website | Phone Number |
|----------------------------------|---|--|---------------|
| Kohl's Injury Prevention Program | The Kohl's Injury Prevention Program (KIPP) gives children and their family's information and support to make positive, health-promoting choices about their personal safety and well-being. The KIPP curriculum is taught in schools throughout the school year and KIPP also provides safety items (e.g. helmets and smoke detectors) free of charge or at discount cost. | childrensdmc.org/KIPP | 313- 745-0072 |
| Safe Kids Michigan | State and local Safe Kids Coalitions work to create an environment where children 14 and under are free from accidental injury. This is accomplished through community partnerships, advocacy of best practices, public awareness, distribution of safety equipment, and education and training on the proper use of safety devices. | safekids.org/coalition/safe-kids-michigan | 517- 335-9519 |

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| Safety and Injury Prevention | Michigan Department of Health and Human Services implements public health programs related to injury and violence prevention in the state of Michigan. | michigan.gov/mdhhs | 517-335-9518 |
|------------------------------|--|--|--------------|

Kidney Disease

| Program Name | Description | Website | Phone Number |
|--|--|--|---------------|
| National Kidney Foundation of Michigan | Working to prevent kidney disease and improve the quality of life for those living with it. Because 70% of kidney disease can be prevented, programs focus on addressing the root causes of kidney disease which are obesity, diabetes and hypertension. | nkfm.org | 800- 482-1455 |

Mental Health and Suicide Prevention

| Program Name | Description | Website | Phone Number |
|--|--|--|--------------|
| American Indian Health and Family Services | Non-profit health center serving the Native American community of Southeastern Michigan. | aihfs.org | 313-846-3718 |
| Catholic Services of Macomb | Provides low-cost behavioral health counseling to individuals of all ages dealing with depression, anxiety, substance abuse, grief and loss, and behavioral problems. Payment is a sliding fee scale based on ability to pay. | ccsem.org | 586-416-2300 |
| Covenant Counseling Center | Offers a variety of mental health services at an ability-to-pay rate. | joakhomes.com | 586-792-1654 |
| Heron Ridge | Heron Ridge has facilities located in Oakland, Wayne, and Washtenaw counties. Services address a wide variety of mental health issues, and are offered to individuals, families, and groups. Heron Ridge also offers education and training to various groups. | heronridgeassocs.com | 734-454-3560 |
| Hope Network Behavioral Health Services | Helps individuals overcome mental illness. Also helps integrate adults into community-based living situations, helping them to learn independence throughout their course of treatment. | hopenetwork.org | 248-338-7458 |
| Judson Center | A non-profit, human service agency located in Southeastern Michigan helping children, adults and families improve their lives through mental health services, child and family services and disability services. | judsoncenter.org | 313-794-5653 |

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| Macomb County Community Mental Health | Offers services to adults and children with mental illnesses, crisis center services, support to individuals with developmental disabilities, and services to individuals dealing with substance abuse. | mccmh.net | 586-469-5275 |
| Macomb County Crisis Center | System offering 24-hour telephone counseling, community information, suicide prevention, and referral. | Phone only | 586-307-9100 |
| National Alliance on Mental Illness (NAMI) Michigan | NAMI Michigan’s purpose is to assist affiliates, provide support, promote education, pursue advocacy and encourage research on mental illness | namimi.org | 800-331-4264 |

Obesity, Nutrition, and Physical Activity

| Program Name | Description | Website | Phone Number |
|--|--|--|---------------|
| Be Smart, Eat Smart | One-time presentation given to elementary students emphasizing the importance of making healthy nutritional choices. | health.macombgov.org/Health-Programs-HPDC-CardiovascularDiseaseRiskReduction | 586-412-3387 |
| Cardiovascular Health, Nutrition and Physical Activity | The Cardiovascular Health, Nutrition and Physical Activity Section is a heart disease and stroke prevention program from the Michigan Department of Health and Human Services. | michigan.gov/mdhhs | 517-335-8180 |
| Healthy Kids Healthy Futures | Community-based coalition in partnership with the Macomb County Health Department that targets obesity and chronic disease prevention in children in Macomb County. Mainly, the coalition focuses on the consequences of poor nutrition, lack of physical activity, and obesity in children. | hkhf.macombgov.org/?q=HKHF-About | 586-412-3399 |
| Healthy Weight Partnership | The Michigan Healthy Weight Partnership was established for the purpose of overseeing the implementation and evaluation of Michigan's obesity state plan. Members include over 50 states, local, public and private organizations. | michigan.gov/mdhhs | 517- 335-9595 |
| Lakeshore YMCA | Recreational services are provided to individuals of all ages. Financial assistance is offered for low-income individuals and families to pay for membership. | ymcadetroit.org/lakeshore | 586-778-5811 |
| Macomb Family YMCA | The Macomb Family YMCA provides individuals and families with a variety of services that contribute to development and healthy living. Various sports and recreation events are offered, as is child care services. | ymcadetroit.org/macomb | 586-468-1411 |

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| Macomb in Motion | One-time presentation given to elementary students emphasizing the importance of getting at least an hour of physical activity a day. | health.macombgov.org/Health-Programs-HPDC-CardiovascularDiseaseRiskReduction | 586-412-3387 |
| Michigan State University Extension Food and Health Programs | MSU Extension programs promote healthy lifestyles and empower Michigan residents to take control and manage their personal health. In Participants learn to consume nutritious diets on a budget; improve personal, family and community relationships; reduce the spread of foodborne disease; and become leaders in the food industry. | msue.anr.msu.edu | 248-858-0897 |
| Michigan Nutrition, Physical Activity and Obesity Program | The goal of Michigan Department of Health and Human Services Nutrition, Physical Activity, and Obesity (NPAO) Program is to prevent and control obesity and other chronic diseases through healthful eating and physical activity, including strategic public health efforts aimed at policies and standards, and social and environmental factors to promote healthful eating and physical activity. | michigan.gov/mdhhs | 517-335-9595 |
| National Kidney Foundation of Michigan | Working to prevent kidney disease and improve the quality of life for those living with it. Because 70% of kidney disease can be prevented, programs focus on addressing the root causes of kidney disease which are obesity, diabetes and hypertension. | nkfm.org | 800- 482-1455 |
| Share Our Strength's Cooking Matters | Share Our Strength's Cooking Matters, in partnership with Gleaners Community Food Bank of Southeastern Michigan, empowers families with skills, knowledge and confidence to prepare healthy and affordable meals. Cooking Matters programs are available specifically for teens, kids, families, adults, adults living with HIV/AIDS, and adults living with diabetes. Program providers include Beaumont Health. | gcfb.org | 313-453-2637 |
| Women, Infants, and Children (WIC) | As part of the Macomb County Health Department, WIC is a free nutrition education program that helps families eat well and stay healthy by providing support such as: free nutritious foods and infant formula, immunizations, breastfeeding support, and nutrition education. | health.macombgov.org/Health-Programs-FamilyHealthServices-WIC | 586-469-5471 |

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Prenatal Care

| Program Name | Description | Website | Phone Number |
|---------------------------------------|--|--|--------------|
| March of Dimes | Nonprofit organization that works to improve the health of mothers and babies. | marchofdimes.com | 248-359-1557 |
| Maternal Infant Health Program (MIHP) | MIHP is a Michigan Department of Health and Human Services program for all Michigan women with Medicaid health insurance who are pregnant and all infants with Medicaid. It is a benefit of their insurance. MIHP provides support to promote healthy pregnancies, good birth outcomes, and healthy infants. | michigan.gov/mihp | 517-335-8898 |
| Women, Infants, and Children (WIC) | As part of the Macomb County Health Department, WIC is a free nutrition education program that helps families eat well and stay healthy by providing support such as: free nutritious foods and infant formula, immunizations, breastfeeding support, and nutrition education. | health.macombgov.org/Health-Programs-FamilyHealthServices-WIC | 586-469-5471 |

Prescription and Co-pay Assistance

| Program Name | Description | Website | Phone Number |
|---|--|--|--------------|
| AARP Prescription Discount Program | AARP Prescription Discounts (“Program”) is a discounted prescription drug program for individuals age 50 and older. Members are entitled to receive a discount on FDA-approved drugs from participating network pharmacies. | aarp-pharmacy.com | 800-289-8849 |
| Generic Drugs – The Unadvertised Brand | Brought to you by Blue Cross Blue Shield of Michigan. An educational resource for low cost generic drugs. Find your local store and call to see what medicines you might be able to get for \$4-\$6 a month. Meijer stores also offer FREE antibiotics and pre-natal vitamins. | theunadvertisedbrand.com | N/A |
| Live Healthy Free Prescription Discount Program | If a prescription is not covered by insurance, Macomb County residents are able to receive a prescription discount card that can be used at participating pharmacies. | nacorx.org | 877-321-2652 |
| Merck Patient Assistance Program | This private and confidential program provides medicine free of charge to eligible individuals, primarily the uninsured who, without assistance, could not afford needed Merck medicines. | merck.com | 800-727-5400 |
| MIRx (My Prescription) | The MIRx card program is free. There is no cost for the card. Prescription is filled at a discounted price. | mihealth.org/mirx | 800-259-8016 |

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| Program Name | Description | Website | Phone Number |
|---|---|--|--------------|
| NeedyMeds | NeedyMeds is a 501(c)(3) non-profit with the mission of helping people who cannot afford medicine or healthcare costs. The information at NeedyMeds is available anonymously and free of charge. | needymeds.com | 877-726-0815 |
| Partnership for Prescription Assistance | Helps qualifying patients without prescription drug coverage get the medicines they need for free or nearly free. | pparx.org | 888-477-2669 |
| Rx Hope | Helps people in need in obtaining critical medications that they would normally have trouble affording. RxHope acts as your advocate in making the patient assistance program journey easier and faster by supplying vital information and help. | rxhope.com | 877-267-0517 |
| Together Rx Access, LLC | Uninsured Americans gain access to immediate savings on prescription products at their neighborhood pharmacies. The Together Rx Access website also provides resources and information about the Health Insurance Marketplace, the Affordable Care Act, and pharmaceutical company patient assistance programs. | togetherrxaccess.com | 800-444-4106 |