



FREE CHIP AND MEDICAID ASSISTANCE

DO YOU OR YOUR CHILDREN HAVE HEALTH INSURANCE?

CALL US!

DELIA: (801)-205-9017

CLAUDIA: (801)-688-1009

DIXI : (801)-901-0201

Esmeralda: (801) 865-6220

801-265-1111

Alliance Community Services - 5286 S. Commerce
Drive Suite A-136, Murray, UT 84107



alliance-community.org



FREE OR LOW COST RESOURCES

For the latin/ hispanic community

LEGAL

ASSISTANCE WITH

- DACA
- VAWA
- FAMILY PETITIONS
- GREEN CARD
RENEWALS
- & MORE

HEALTH

ASSISTANCE WITH

- COVID-19
- CHIP & MEDICAID
- FREE CANCER
SCREENINGS
- SUPPORT GROUP
- WORKPLACE SAFETY

THE WELLNESS BUS



FREE HEALTH SCREENINGS, COACHING & EDUCATION

The Wellness Bus helps to prevent disease and improve health. We offer FREE health screenings and services to all. No insurance or ID is required. Everyone is welcome.

MONDAYS
9AM-1 PM

West Valley City
Redwood Rec. Center
3060 S Lester St
West Valley City, UT 84119

SERVICES OFFERED:

Health Screenings for:

- Blood (sugar) Glucose
- Blood Pressure
- Cholesterol
- Body Mass Index (BMI)

Lifestyle and Nutrition
Coaching and Education.

Referrals to health and
social services.

WHO'S ON THE BUS?

Our friendly team of health
professionals includes:

- Registered Dietitians
- Community Health Workers
- University of Utah students

WE SPEAK MANY LANGUAGES!

We have interpretation
services available for over
240 languages and dialects.

For most current locations
and times check our
Facebook or Twitter:

11 Utah Wellness Bus
- @UtahWellnessBus

**DRIVING OUT
DIABETES**

A LARRY H MILLER FAMILY
WELLNESS INITIATIVE

U HEALTH
UNIVERSITY OF UTAH

LARRY H. & GAIL
MILLER
FAMILY FOUNDATION

TO LEARN MORE

WELLNESSBUS.ORG OR 801.587.5257

TUESDAYS
~~2-6PM~~
2PM-6PM

Glendale
Sorenson Unity Center
1383 S 900 W
Salt Lake City, UT 84104

WEDNESDAYS
~~2-6PM~~
2PM-6PM

Kearns
Kearns Library
4275 W 5345 S
Kearns, UT 84118

THURSDAYS
9AM-1 PM

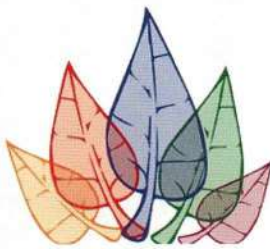
South Salt Lake
Central Park
Community Center
2797 S 200 E
Salt Lake City, UT 84115

1ST/3RD FRIDAYS
10AM- 2 PM

Provo
Community Action Services
815 S Freedom Blvd.
Provo, UT 84601

2ND/4TH FRIDAYS
10AM-2 PM

Ogden
Marshall White Center
222 28th St
Ogden, UT 84401



Multicultural Counseling Center

Individual Therapy

Couples Therapy

Family Therapy

Substance Use Evaluation and Treatment

Domestic Violence Evaluation and Treatment



(801) 915-0359



West Jordan / Tooele /
Moab / Via Telehealth

Our practice provides services in a culturally competent environment. All of our services are available in English and Spanish

www.mccounseling.com

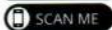


ARE YOU UNINSURED?

*We can answer questions or help you sign up
for FREE!*

Take Care Utah Can help!

- Medicaid
- CHIP
- Obamacare



Call us at 801-433-2299 or scan the
code to book online!

UTAH HEALTH POLICY PROJECT

Fatuma (She/Her) | Somali and English

Health Access Assister

2369 Orton Circle, Ste 20
West Valley City, UT 84119

Direct Line: 385-722-4226 | Office 801-433-2299 ext. 112

email: fatuma@healthpolicyproject.org

healthpolicyproject.org | takecareutah.org





AN AUTHORIZED MEDICAID PROVIDER

FREE EYEGASSES WITH EXAM

FOR FAMILIES NOT COVERED BY MEDICAID

\$35 for Child Exam

\$50 for Adult Exam

Eyeglasses include basic frames, single vision lenses with any prescription.

Hundreds of frames to choose from!

CALL FOR AN APPOINTMENT

801.255.8525

WWW.EYECARE4KIDS.ORG

6911 SOUTH STATE STREET
MIDVALE, UT 84047



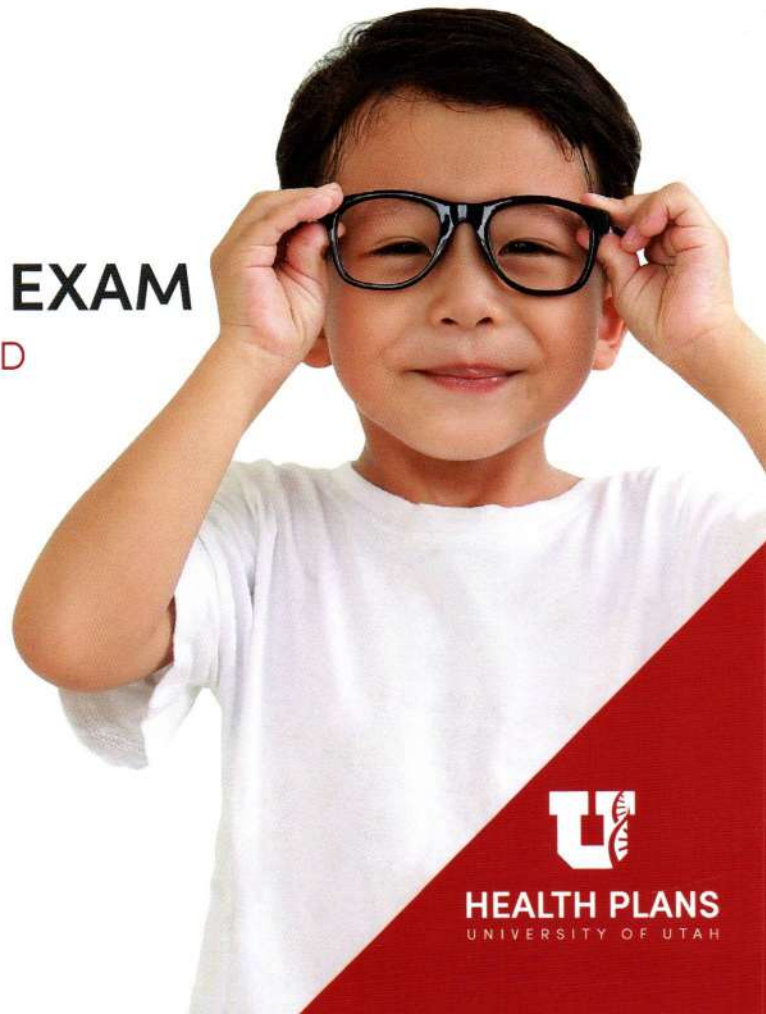
Eye Care 4 Kids



@eyecare_4kids



eyecare_4kids



HEALTH PLANS
UNIVERSITY OF UTAH



WHAT DOES YOUR CHILD SEE?

YOU KNOW THE DIFFERENCE.
THEY DON'T.

To a child, the world is full of shapes and colors. They don't know the difference between a bottle of juice and a bottle of cleaner. Kids taste, smell and touch everything they see. The safety of your child is in your hands. Keep poisons out of theirs.

CALL US. We are here to help. Every second counts in a poison emergency.



utahpoisoncontrol.org



REDWOOD HEALTH CENTER

PRIMARY CARE:

- + Family Medicine
- + Internal Medicine
- + Pediatrics
- + Spanish Clinic

SPECIALTY SERVICES:

- + Behavioral Health
- + Cardiology
 - Echocardiography
 - Electrophysiology
- + Care Management
- + Diabetes Education
- + Endoscopy
- + General Surgery
- + Gastroenterology
- + Moran Eye Center

- + Neurology
- + Obstetrics & Gynecology
- + Occupational Medicine
- + Pharmacy
- + Physical Therapy
- + Podiatry
- + Radiology
 - CT
 - DEXA
 - Mammogram
 - Ultrasound
 - X-Ray
- + Sports Medicine
- + Vascular Ultrasound



PRIMARY CARE

7 AM–6 PM
Monday–Friday



PHARMACY

8 AM–8:30 PM
Monday–Friday
9 AM–8:30 PM
Saturday–Sunday



URGENT CARE

9 AM–8:30 PM
7-days a week

No appointment needed

Same-day appointments available for primary care

Most insurance plans accepted

Interpreters available in clinic and over the phone



HEALTH
UNIVERSITY OF UTAH

1525 West 2100 South, Salt Lake City, UT 84119

801.213.9900 | redwood.uofuhealth.org



American Heart Association.
Heart and Stroke Walk™

F.A.S.T. is how we come together to end stroke®

Learn the stroke warnings signs

F.A.S.T.

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911

Every 40 seconds, someone in the U.S. has a stroke.

It could happen on your street, in your workplace, at a store where you shop — anywhere. Your readiness to spot the stroke warning signs and call 911 could save a life or make the difference between a full recovery and long-term disability. That's why it's so important to learn the stroke warning signs and urge everyone you know to do the same.

The faster stroke is treated, the more likely the patient is to recover.

In fact, stroke patients who are treated with the clot-busting drug IV r-tPA Alteplase within 90 minutes of their first symptoms were almost three times more likely to recover with little or no disability.

In some cases, a procedure to remove the clot causing the stroke is also recommended. Ninety-one percent of stroke patients who were treated with a stent retriever within 150 minutes of first symptoms recovered with little or no disability.

The thing to remember is that stroke is largely treatable. It's a matter of getting the right treatment, right away.

Stroke.org

©2019 American Heart Association 3/19DS14553

Locally Sponsored by



VISION SCREENING RESULTS

Visual Acuity: Right ____ Left ____ Both ____

__ You are able to read the appropriate line for your age.

__ You are NOT able to read the appropriate line for your age.

Results from the SPOT Photo Vision Screening:

__ All measurements are within range.

__ A complete eye exam is recommended.

What can I do next?

- Private health insurance: Contact your health plan and ask about vision benefits.
- Medicaid or CHIP: Contact your health plan to find out if you have vision benefits, and what providers you can visit. For eligibility for Medicaid or CHIP, call Utah Workforce Services at 1-866-435-7414.
- No insurance coverage: Call Friends for Sight for community resources available to you at 801-524-2020.

Thank you for getting your eyes tested with:



Your Child's Vision



Saving Sight. Changing Lives.

One million screened and counting.

Healthy eyes and vision are an important part of your child's development. Early detection is key to ensuring your kids have the visual skills they need.

CONTACT US

Call: 801-524-2020 **Web:** www.friendsforsight.org

Visit: 6715 South 1300 East, Suite 250
Salt Lake City, Utah 84121

Routine Vision Screenings

The chart below shows when your child's eyes should be checked:

Newborn	Newborns should have their eyes checked by a doctor.
First Year	Regularly screen for eye health during checkups.
3 Years Old	Health care providers should test visual acuity to measure sharpness of vision.
5 Years +	Continue to screen for visual acuity and check for proper eye alignment. After age five routine screenings should be done at school and your primary doctor's office.

Spotting Vision Problems

Appearance

- Crossed eyes
- Red-rimmed, encrusted, or swollen eyes
- Inflamed or watery eyes

Behavior

- Rubs eyes often
- Tilts head or shuts/covers one eye
- Difficulty reading

Complaints

- Eyes itch or burn
- Cannot see well
- Blurred or double vision

A vision screening is not a substitute for a complete eye exam and vision evaluation by an eye doctor.



Vision Screening Results

Thank you for getting your eyes tested
with Friends for Sight!

Screening Overview

- You are able to read the appropriate line for your age.
- You are NOT able to read the appropriate line for your age. We recommend that you see an eye care physician as soon as possible for a complete exam.

Visual Acuity: Right _____ Left _____ Both _____

- Since you are aged 35 or over, we tested your intraocular pressure during your vision screening today and did NOT find any evidence of abnormal pressure.
- Since you are aged 35 or over, we tested your intraocular pressure during your vision screening today and found abnormal intraocular pressure. We recommend that you see an eye care physician as soon as possible for a complete exam.

Tonometer Reading: Right _____ Left _____

What Can You Do Next?

- If you have private health insurance, contact your provider and ask about vision benefits.
- If you have Medicare or Medicaid, call your insurance provider for information on vision coverage.
- To determine if you are eligible for Medicare or Medicaid, call Utah Workforce Services at 1-866-435-7414.
- If you do not have insurance coverage, call Friends for Sight for information on community resources at 801-524-2020.

ADULT



FRIENDS_{FOR}
SIGHT™

Saving Sight. Changing Lives.
One million screened and counting.

CONTACT US

Call: 801-524-2020 **Web:** www.friendsforsight.org

Visit: 6715 South 1300 East, Suite 250
Salt Lake City, Utah 84121

Prevent Vision Loss

Doctors recommend that adults receive regular eye exams to prevent or correct loss of sight due to diseases and disorders such as:

Glaucoma: Increased eye pressure inside the eye, which can lead to blindness if untreated.

Nearsightedness: Vision is clear up close, but blurry at a distance.

Farsightedness: Vision is clear at a distance, but blurry up close.

The Impact of Your Eyesight

Vision is one of our most important senses for taking in and understanding the world around us. Without sight, our ability to work, stay active, and interact with others in our communities is hindered. Despite the rise in occurrence of vision disorders in adults, early treatment of these issues can prevent vision loss.

How Often Should You Get a Checkup?

Adults 18 – 60: Every two years

Adults 61 and older: Annually

Adults at risk for eye disease: Annually or as recommended by a doctor

Please note: Friends for Sight vision screenings are conducted by volunteers, not licensed physicians. Screening results are intended to inform you about the status of your vision. They are not to be used in place of a health care provider's advice or diagnosis. If you failed the screening today, we recommend that you consult an optometrist or ophthalmologist before initiating any treatment or taking any medication.



GOOD NEWS: MEDICAID HAS EXPANDED.

Medicaid enrollment has opened for over 100,000 Utahns.
And you can apply year-round.



HEALTH
UNIVERSITY OF UTAH

COVERED SERVICES INCLUDE:

- Doctor, hospital, and emergency services
- Prescriptions
- Laboratory and x-rays
- Behavioral health services
- Addiction and recovery treatment services
- Family planning services
- Maternity care
- Home health services
- Preventive and wellness services
- Chronic disease management services
- And more!

WHO MAY BE ELIGIBLE FOR MEDICAID:

- Utah resident
- United States citizen or legal resident
- Ages 19 through 64
- Those meeting the following income requirements, which vary by household size (before taxes):

YOU MAY QUALIFY FOR MEDICAID IF YOU MAKE LESS THAN:

Household Size		Household Size	
1	\$18,084/year	5	\$43,188/year
2	\$24,360/year	6	\$49,464/year
3	\$30,636/year	7	\$55,752/year
4	\$36,912/year	8	\$62,028/year

For families/households with more members, add \$523 month or \$6,276/annual for each additional person.

MEDICAID MEMBERS HAVE \$0 PREMIUM AND THE FOLLOWING CO-PAYS:

SERVICE	CO-PAY
Pharmacy	\$4 co-pay per prescription, up to \$20 per month
Physician visits, podiatrist and outpatient hospital services	\$4 co-pay, up to \$100 per year*
Vision services	\$4 co-pay for ophthalmologists
Family planning; immunizations; preventive services; radiology; lab services; nursing home stays; outpatient mental health/substance use disorder treatment	Certain populations qualify for no co-pay
Inpatient hospital	\$75 co-pay for each inpatient hospital stay
Emergency Room (ER)	\$0 co-pay for emergency use of ER; \$8 co-pay for non-emergency use of ER

**A co-pay year is January through December*

IF YOU EARN LESS THAN THE LISTED HOUSEHOLD INCOME, APPLY FOR MEDICAID.

- Government Medicaid Assistance: Medicaid.Utah.gov/Apply-Medicaid or 1.866.435.7414 (Toll Free)
- Free Enrollment Assistance with Medicaid or HealthCare.gov: TakeCareUtah.org or Call 801-433-2299

If you earn more than the listed household income, you may qualify for financial assistance on HEALTHCARE.GOV.



ATTENTION MEDICAID PATIENTS

UPDATE YOUR CONTACT INFORMATION

If DWS cannot reach you when the COVID public health emergency ends, you may lose your Medicaid.

PLEASE UPDATE YOUR CONTACT INFO
BY CALLING **1-866-608-9422**
OR VISITING
[JOBS.UTAH.GOV/MYCASE](https://jobs.utah.gov/mycase)





ESTADÍSTICAS

OUR SUPPORT GROUP HAS A NETWORK OF OVER 540 WOMEN THROUGHOUT UTAH. WE HAVE BEEN ABLE TO HELP THESE WOMEN WITH TRANSPORTATION, CANCER SCREENINGS, AND TRANSLATION.

CONTACT US

For more information you contact Alliance Community Services at 801-265-1111



Laura: 385-313-5095

Margarita: 801-718-0674

Pilar: 801-664-5770

**5286 S. Commerce Drive
Suite A-136, Murray, UT 84107**



**ALLIANCE
COMMUNITY SERVICES**



**BREAST & CERVICAL
CANCER PROGRAM**



#TRIUNFADORAS

Hispanic Women and Cancer

Hispanic women face unique barriers when diagnosed with and seeking cancer treatment, including cultural misunderstandings about health care, fear, finances, and language barriers.

Our programs help people work with the health care system for screening and treatment to return to normal life. Our success comes largely from a hand-in-hand network as well as providing education on health, wellness, nutrition, and fitness. We also offer monthly meetings via our TRIUNFADORAS support group where Hispanic women can come together in times of healing.

TRIUNFADORAS IS THE PLACE
WHERE I LEARNED TO HOLD ON AND
TAKE CARE OF MYSELF, WHILE I LET
GO AND LET FLOW; TO LAUGH AT MY
MISTAKES AND KNOW THAT LIFE
GOES ON

-ARACELY VANDEHER



OUR SERVICES

TRANSPORTATION

We offer free transportation to your appointments, cancer screenings, and treatment.

TRANSLATION

Our team can help you translate any medical information and assist you at your appointment to translate the information.

FREE OR LOW COST CANCER SCREENINGS

We offer free or low-cost vouchers for mammograms and other cancer screenings.

MORE

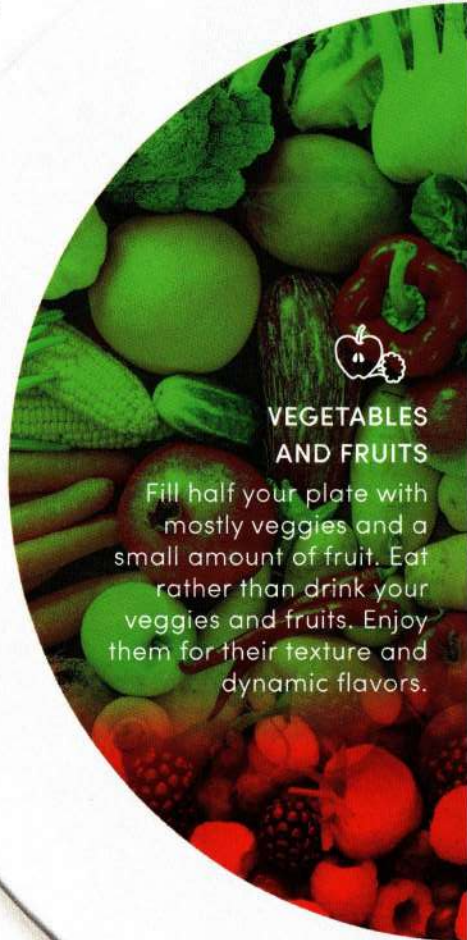
Are you looking for other resources?
Contact our team for more information

HEALTHY EATING PLATE



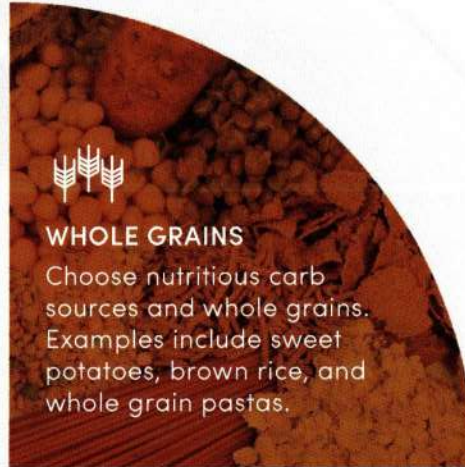
EXERCISE

Pair regular physical activity with a nutritious diet for overall health.



VEGETABLES AND FRUITS

Fill half your plate with mostly veggies and a small amount of fruit. Eat rather than drink your veggies and fruits. Enjoy them for their texture and dynamic flavors.



WHOLE GRAINS

Choose nutritious carb sources and whole grains. Examples include sweet potatoes, brown rice, and whole grain pastas.



LEAN PROTEIN

Choose proteins like fish, chicken, turkey, beans, nuts and seeds. Try to limit proteins like red meat, bacon, sausage and other processed meats.



WATER

Satisfy your thirst with water first; tea and coffee are good alternative options as long as you have little to no sugar. Avoid sweet or sweetened drinks.



HEALTHY OILS

Choose oils like olive or canola for cooking and salad dressings.

