



## **Intervention and Prevention of Ongoing Diseases I.P.O.D**

### **Resource Guide**

**Made possible through a collaboration of the following organizations:**

Andover's St. Joseph Emergency & Diagnostic Center  
Ashtabula City Health Department  
Ashtabula County Department of Health  
Ashtabula County Family Planning Association  
Ashtabula County Medical Center  
Conneaut City Health Department  
University Hospitals Conneaut Medical Center  
University Hospitals Geneva Medical Center



## **Intervention and Prevention of Ongoing Diseases I.P.O.D**

**In order to plan for future programs, the IPOD committee felt that more sharing of the resources on chronic diseases already available was needed. In conjunction with the Ashtabula County Health Needs Assessment Committee, the IPOD committee has organized and compiled this information for resources and educational programs that address chronic diseases in Ashtabula County. The resources and education programs that are listed in this resource guide may assist health and medical professionals in providing their patients with additional opportunity to prevent or reduce the severity of chronic disease that may be affecting them.**

Exercise &  
Recreational  
Facilities

# **EXERCISE & RECREATIONAL FACILITIES**

## **Ashtabula County:**

### **Ashtabula County Metro Parks**

**Address:** 25 West Jefferson Street, Jefferson, Ohio 44047

**Website:** <http://www.ashtabulacountymetroparks.org/index.htm>

**Phone Number:** (440) 576-0717

**Venue of Exercise:** Hiking/ Walking/ Biking

**Western Reserve Greenway Trail- See Attached Map**

### **Harpersfield Covered Bridge**

**Address:** Harpersfield Road, Harpersfield, Ohio

### **Ashtabula Township Parks**

#### **Indian Trails**

**Address:** State Road South Ashtabula, Ohio 44004

**Venue of Exercise:** Hiking/ Walking

#### **Lake Shore Park**

**Address:** 1700 East 1st. Ashtabula, Ohio 44004

**Venue of Exercise:** Hiking/ Walking/ Volleyball/Horseshoes/Bocce Courts/18 Hole Disc Golf course/Swimming/Boating

### **Austinburg Township Park**

**Address:** Austinburg, Ohio 44010

**Venue of Exercise:** Walking/Playground

### **Geneva Township Park**

**Address:** 5045 Lake Rd. Geneva, Ohio 44041

**Venue of Exercise:** Walking/Playground

### **Saybrook Township Park**

**Address:** 5941 Lake Rd. West, Ashtabula, Ohio 44004

**Venue of Exercise:** Walking/Playground

## **Andover:**

### **Andover Christian Church Walking Ministry**

**Address:** 150 Stillman Ave. Andover, Ohio 44003

**Website:** <http://www.andoverchristian.org/content/contacts>

**Contact:** Freda Flask, Secretary

**Phone Number:** (440) 293-6381

**Venue of Exercise:** Indoor Walking, Monday, Wednesday, and Friday 9:30am -10:30 am

### **Andover United Methodist Church**

**Address:** 181 South Main Street, Andover, Ohio 44003

**Website:** <http://andoverfirstumc.org/>

**Phone Number:** (440) 293-6290

**Venue of Exercise:** Walking & Fitness Program, Simple Steps

Tues & Thursday @ 8:30am

October through April

### **Pymatuning Valley Schools Fitness Center**

**Address:** 5571 Route 6 Andover, Ohio 44003

**Website:** <http://www.pvschools.k12.oh.us/fitness.html>

**Contact:** Eric Stasiak, Contact for rates and times.

**Phone Number:** (440) 293-6842

**Venue of Exercise:** Walking on Outside Track

Fitness Center- Weights & Exercise machines

Call for summer and standard operating hours.

### **Ohio Pymatuning State Park**

**Address:** 6260 Pymatuning Lake Road Andover, Ohio 44003

**Website:** <http://www.dnr.state.oh.us/parks/tabid/781/Default.aspx>

**Phone Number:** (440) 293-6030

**Venue of Exercise:** Hiking, Swimming, Boating, Camping, etc.

## Ashtabula City:

### Ashtabula Family Roller Den

**Address:** 2255 West Ave. Ashtabula, Ohio 44004  
**Email Address:** rollerden@roadrunner.com  
**Website:** <http://www.rollerden.net>  
**Phone Number:** (440) 964-9199 or (440) 964-8200  
**Venue of Exercise:** Roller skating and jungle gym

### The Chalk Box Gymnastics & Aerobics

**Address:** 5521 Main Ave, Ashtabula, Ohio 44004  
**Website:** [www.chalkboxgymnastics.com](http://www.chalkboxgymnastics.com)  
**Phone Number:** (440) 992-9619  
**Venue of Exercise:** Fees are charged for all classes. Classes available: Gymnastics, Tae Kwon Do, Dance, Fitness, Kick Fit, Zumba, Aerobics

### Wellness and Total Learning Center

**Address:** 715 West 30<sup>th</sup> Street Ashtabula, Ohio 44004  
**Email Address:** [wtlc@ncp.net](mailto:wtlc@ncp.net)  
**Phone Number:** (440) 997-5353  
**Venue of Exercise:** Yoga and Tai-Chi

### YMCA

**Address:** 263 West Prospect Rd. Ashtabula, Ohio 44004  
**Website:** <http://www.ashtabulaymca.org>  
**Phone Number:** (440) 997-5321 Contact for fees.  
**Venue of Exercise:** Healthy Living Classes, Pool and Gymnasium, and Group exercise programs (Core Strength classes, Group cycling, Zumbatomic, Step, Tai chi, Zumba, Kettle ball, Pilates, Silver Sneakers, Cardio Sculpt and Beach yoga.

### Premiere Fitness

**Address:** 2231 Lake Ave.  
**Website:** <http://www.premierefitness.com>  
**Phone Number:** (440) 998-3488  
**Venue of Exercise:** Yoga, Pilates, Zumba, Kid Fit, Indoor Cycle, Silver sneakers Chair Yoga, Equipment Orientation, Beach Boot Camp, and Power up.

## **Walnut Beach**

**Address:** 1645 Walnut Beach

**Website:** <http://www.cityofashtabula.com>

**Phone Number:** (440) 992-7103

**Venue of Exercise:** Bocce Courts, skate park, nature trail, tennis courts, playground and beach

## **Smith Field**

**Address:** 1550 West 19 Street Ashtabula, Ohio 44004

**Website:** <http://www.cityofashtabula.com>

**Phone Number:** (440) 992-7103

**Venue of Exercise:** Walking track and baseball field

## **East 48<sup>th</sup> St. Park**

**Address:** East 48<sup>th</sup> Street, Ashtabula, Ohio 44004

**Website:** <http://www.cityofashtabula.com>

**Phone Number:** (440) 992-7103

**Venue of Exercise:** Playground

## **West 38<sup>th</sup> St Park**

**Address:** West 38<sup>th</sup> Street Ashtabula, Ohio 44004

**Website:** <http://www.cityofashtabula.com>

**Phone Number:** (440) 992-7103

**Venue of Exercise:** Playground and basketball hoops

## **Frank A. Nappi Field**

**Address:** West 11<sup>th</sup> Street Ashtabula, Ohio

**Website:** <http://www.cityofashtabula.com>

**Phone Number:** (440) 992-7103

**Venue of Exercise:** Baseball Field and Playground

## **Massucci Memorial Field**

**Address:** Columbus Ave. Ashtabula, Ohio 44004

**Website:** <http://www.cityofashtabula.com>

**Phone Number:** (440) 992-7103

**Venue of Exercise:** Baseball and Football field

## **Columbus Ave. Field**

**Address:** Columbus Ave. Ashtabula, Ohio 44004

**Email Address:** <http://www.cityofashtabula.com>

**Phone Number:** (440) 992-7103

**Venue of Exercise:** Baseball Field

## **Softball City**

**Address:** 2255 West Ave. Ashtabula, Ohio 44004

**Website:** <http://www.rollerden.net>

**Phone Number:** (440) 992-0373

**Venue of Exercise:** Softball and sand volleyball

## **ARU Marina**

**Address:** 1500 Great Lakes Drive Ashtabula, Ohio 44004

**Phone Number:** (440) 992-9445

**Venue of Exercise:** Marina and campground

## **Brockway Northcoast Marina**

**Address:** 115 East 24<sup>th</sup> St Ashtabula, Ohio 44004

**Website:** <http://www.northcoastmarina.com>

**Phone Number:** (440) 998-6272

**Venue of Exercise:** Marina, pool and campground

## **Jack's Marine**

**Address:** 2000 Great Lakes Ave

**Phone Number:** (440) 997-5060

**Venue of Exercise:** Marina, pool and campground

## **Kister Marina**

**Address:** 950 West 5<sup>th</sup> St Ashtabula, Ohio 44004

**Phone Number:** (440) 997-5676

**Venue of Exercise:** Marina and campground



### **East Ashtabula Club**

**Address:** 2323 Columbus Ave. Ashtabula, Ohio 44004  
**Phone Number:** (440) 993-3036  
**Venue of Exercise:** Bocce Courts

### **Son's of Italy #1169**

**Address:** 1412 Columbus Ave. Ashtabula, Ohio 44004  
**Phone Number:** (440) 964-9260  
**Venue of Exercise:** Bocce Courts

### **Ashtabula Bowling Center (ABC Lanes)**

**Address:** 340 West 44<sup>th</sup> St Ashtabula, Ohio 44004  
**Phone Number:** (440) 993-7586  
**Venue of Exercise:** Bowling Alley

### **Lakeshore Lanes**

**Address:** 2234 Lake Ave Ashtabula, Ohio 44004  
**Phone Number:** (440) 993-1172  
**Venue of Exercise:** Bowling Alley

## **Conneaut Area:**

### **Malek Park**

**Address:** Parrish Rd. Conneaut, Ohio 44030  
**Venue of Exercise:** Walking path, nature trail, playground, softball field

### **Conneaut Township Park**

**Address:** Conneaut, Ohio 44030  
**Phone Number:** (440) 599-7071  
**Venue of Exercise:** Walking paths, playground, beach volleyball, basketball, tennis courts, swimming

### **Dean Avenue Park**

**Address:** Dean Avenue Conneaut, Ohio 44030  
**Venue of Exercise:** Tennis courts, basketball, playground

### **Liberty Street Park**

**Address:** Liberty Street, Conneaut, Ohio 44030  
**Venue of Exercise:** Tennis courts, playground

### **Haywood Avenue Park**

**Address:** Haywood Avenue Park, Conneaut, Ohio 44030  
**Venue of Exercise:** playground

### **Conneaut Human Resource Center**

**Address:** 327 Mill St., Conneaut, Ohio 44030  
**Website:** [info@conneautrc.org](mailto:info@conneautrc.org)  
**Phone Number:** 440-593-5248  
**Venue of Exercise:** indoor walking-mornings, line dancing, tai chi, zumba

### **Conneaut Local Youth Organization**

**Address:** Center St., Conneaut, Ohio 44030  
**Phone Number:** 440-599-7608  
**Venue of Exercise:** Baseball fields, softball fields, soccer

### **Lakeview Park**

**Address:** Conneaut , Ohio 44030  
**Phone Number:** 440-599-7070  
**Venue of Exercise:** Softball field, playground, walking path

### **Lakeshore Primary School**

**Address:** 755 Chestnut Street, Conneaut , Ohio 44030  
**Phone Number:** 440-593-7250  
**Venue of Exercise:** Summer Recess Program

### **El Camp Lanes**

**Address:** 240 Stadium Dr., Conneaut, Ohio 44030

**Phone Number:** 440-593-5283

**Venue of Exercise:** Bowling Alley

### **Days Inn**

**Address:** 600 Days Blvd, Conneaut, Ohio 44030

**Phone Number:** 440-593-6000

**Venue of Exercise:** Public Swimming Pool

### **Evergreen Lake Park**

**Address:** 703 Center Rd., Conneaut, Ohio 44030

**Phone Number:** 440-599-8802

**Venue of Exercise:** Camping, Playground, Swimming beach

### **Windy Hill Golf Club**

**Address:** 6231 Weaver Rd., Conneaut, Ohio 44030

**Phone Number:** 440-594-5251

**Venue of Exercise:** Golf Course, Playground, Camping

### **Snap Fitness**

**Address:** 230 State St., Conneaut, Ohio 44030

**Phone Number:** 440-599-9951

**Venue of Exercise:** General Fitness equipment/ Gym

### **Conneaut Community Center for the Arts**

**Address:** 1025 Buffalo St., Conneaut, Ohio 44030

**Phone Number:** 440-593-5888

**Venue of Exercise:** Dance Classes (Pre-Ballet, Ballet, Pointe/ Partner, Hip Hop, Jazz, Tap),  
Workout classes and Zumba

### **Dancing with Janev**

**Address:** 217 Main Street Conneaut, Ohio 44030

**Phone Number:** 440-599-9863  
**Venue of Exercise:** Dancing Instruction

### **Wildfire Dance and Drill Team**

**Address:** 480 State Street Conneaut, Ohio 44030  
**Website:** [www.wildfiredance.com](http://www.wildfiredance.com)  
**Phone Number:** 440-594-6398  
**Venue of Exercise:** Dancing Instruction

### **Conneaut City Recreation Programs**

**Address:** Conneaut, Ohio 44030  
**Venue of Exercise:** Flag Football, Volleyball, Tennis, Basketball

### **Skateboard Park**

**Address:** Conneaut, Ohio 44030  
**Venue of Exercise:** Skateboard, rollerblade

## **Geneva:**

### **Geneva Township Park**

**Address:** 5045 Lake Road Geneva, Ohio 44041  
**Phone Number:** (440) 466-3221  
**Venue of Exercise:** Playground, Walking

### **Geneva Skate Park**

**Address:** Corner of Elm and North Eagle Street Geneva, Ohio 44041  
**Venue of Exercise:** Skateboarding

### **Kiwanis Park**

**Address:** Route 84 Geneva, Ohio 44041  
**Venue of Exercise:**

## **Geneva State Park**

**Address:** 4499 Padanarum Road Geneva, Ohio 44041

**Phone Number:** (440) 466-8400

**Venue of Exercise:** Biking, walking, hiking, boating

## **Harpersfield Covered Bridge**

**Address:** East of SR 534 North of SR 307 on Harpersfield Road Geneva, Ohio 44041

**Phone Number:** (440) 576-0717

**Venue of Exercise:** Walking and Hiking

## **Geneva Recreation Center**

**Address:** 44 North Forrest Street Geneva, Ohio 44041

**Phone Number:** 440-466-9139

**Venue of Exercise:** Youth Basketball League, Soccer League, Golf League, Kickball League, and Senior Walking

## **Spire Institute**

**Address:** 1822 S. Broadway Geneva, Ohio 44041

**Phone Number:** (440) 466-1002

**Venue of Exercise:** Swimming, Camps, gymnastics, basketball, soccer, football, other organized sports, and a fitness room.

**Call for more information and fees.**

## **Jefferson Area:**

### **Jefferson Community Center**

**Address:** 27 East Jefferson Street, Jefferson, Ohio 44047

**Email Address:** reccenter@jeffersonohio.us

**Contact:** Allison Brown

**Phone Number:** (440) 576-9052

**Venue of Exercise:** Contact Center for fees and cost

Youth Programs / Activities: Gymnastics, Soccer, Tball, Music lessons, Karate, Kiroshi, Cheerleading, Teen Dances, Certified Preschool, Skate Park, and more.

Adult Programs / Activities: Fitness Center, Fitness Classes ( Senior Yoga, Yoga, Pilates, Body Blast and Chair Exercise class) Dance, Arts and Crafts, Music Lessons, and more.

## Jefferson Methodist United Methodist Church

**Address:** 125 East Jefferson Street, Jefferson, Ohio 44047

**Web Address:** <http://jeffersonumc.com/index.htm>

**Contact:** Pat Cramer, Secretary

**Phone Number:** (440) 576-4561

**Venue of Exercise:** Low Impact/ Weight Bearing

Strong Women- Tues. & Thursday (September through May) 5:00pm -5:45pm. Cost \$1.00

## Orwell

### Curves

**Address:** 91 Grand Valley Ave, Orwell, OH

**WEB site :** <http://www.curves.com>

**Phone Number:** (440) 473-7888

**Venue of Exercise:** Offer Women A Place To Exercise and Maintain Weight. 30 Minutes of Cardio and Strength Training. Monthly fee

### Grand Valley Karate Academy

**Address:** 13 North Maple Street P.O. box 557 Orwell, Ohio

**Email Address:** Website- [gvkarate.com](http://gvkarate.com)

**Contact:** Michael Fiorello

**Phone Number:** (440)437-6311

**Venue of Exercise:** Karate Lessons for children and adults  
Classes are held every Monday and Wednesday.

### Grand Valley Zumba Training

**Address:** 111 Grand Valley Avenue West Orwell, Ohio 44076

**Email Address:** [arleen.kovats@neomin.org](mailto:arleen.kovats@neomin.org)

**Website:** <http://www.grandvalley.k12.oh.us>

**Contact:** Arleen Kovats

**Phone Number:** (440) 645-7369

**Venue of Exercise:** Zumba

### **Grand Valley Fitness**

**Address:** 5324 Ohio Rt. 45 Rome, Ohio 44085

**Email Address:** [Website www.grandvalleyfitness.com](http://www.grandvalleyfitness.com)

**Phone Number:** (440) 563-3040

**Venue of Exercise:** Gym and equipment. Call for rate information. Special rate plan for Senior Citizens, Students, Law Enforcement, Fire Department and Ambulance Employees.

### **Country Neighbor**

**Address:** 39 South Maple Street, Orwell, Ohio 44076

**Email Address:** [programcoord@countryneighbor.org](mailto:programcoord@countryneighbor.org)

**Website:** [www.countryneighbor.org](http://www.countryneighbor.org)

**Contact:** Rose Nick

**Phone Number:** (440) 437-6311

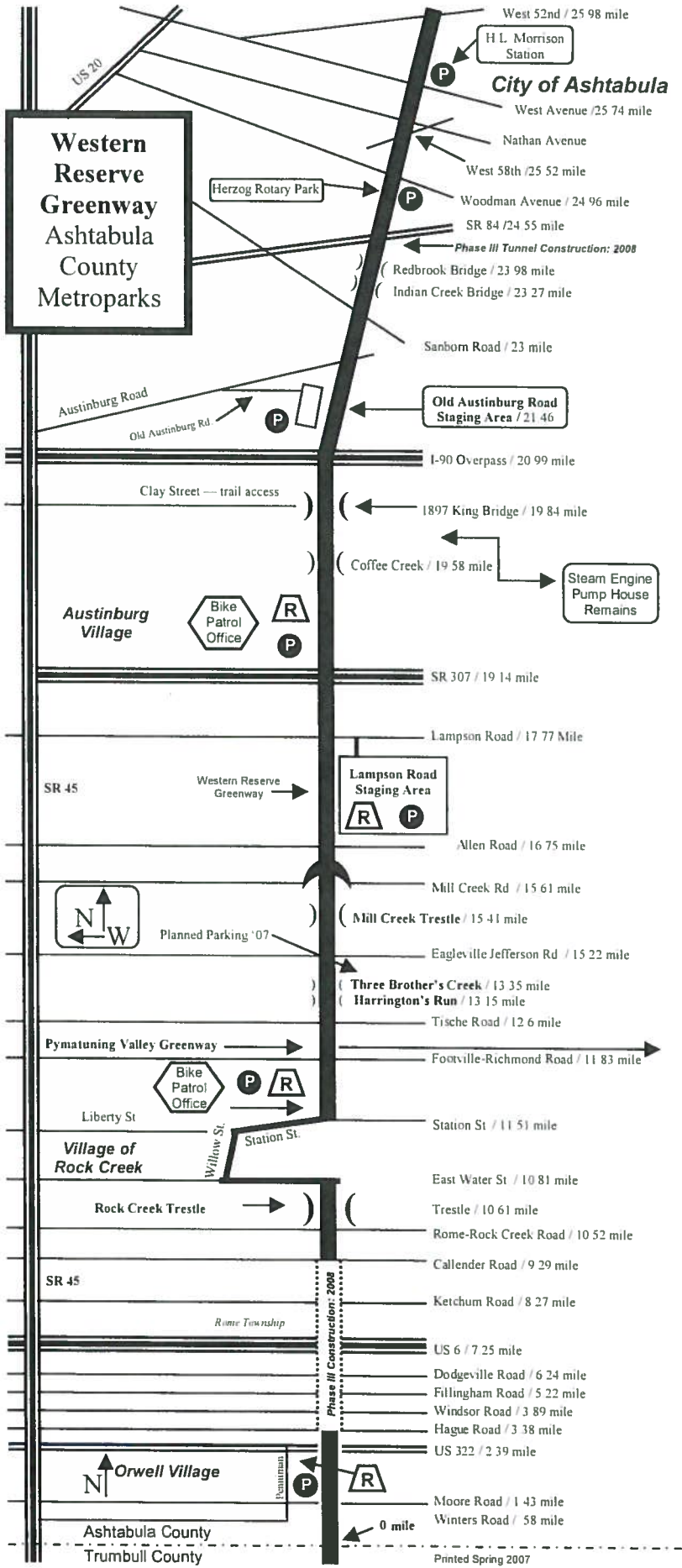
**Venue of Exercise:** Yoga Class – Tuesday @4:00 p.m. / \$5.00

Arthritis Exercise Class- Tuesday & Thursday @ 10 a.m. / \$2.00 per class

Better Breathing Exercise Class- Monday& Wednesday @ 10:30/ Free

Managing Chronic Diseases- Two Hour Class each week for 6 weeks/ Includes Book/ Free

Matter of Balance- For persons with a fall history- Exercise to help with balance, flexibility & mobility- weekly class for 8 weeks/Free





Cardio-

Pulmonary

# **Ashtabula County Cardiac Services**

## **Ashtabula County Medical Center**

### **Cardiac Rehabilitation**

**Monday – Friday 7am to 4 pm**

**Physician referral**

**Call 440-997-6649 for more information**

## **University Hospitals Conneaut Medical Center**

### **Cardiac Rehabilitation**

**Physician referral**

**Call 440-593-0213 or 1-866-UH4-CARE,**

**e-mail**

**[CardiacRehabilitation@UHhospitals.org](mailto:CardiacRehabilitation@UHhospitals.org)**

**or visit us online at [UHhospitals.org/heart](http://UHhospitals.org/heart)**

## **American Heart Association**

**My Heart. My Life.**

**Call 1-800-AHA-USA1**

**[www.heart.org](http://www.heart.org)**

**For more information or resources available**

**[MyLifeCheck.org](http://MyLifeCheck.org)**

## **Ashtabula County Cardiac Education Classes**

### **Ashtabula County Medical Center:**

**Congestive Heart Failure** sessions are available on demand, and can be presented to groups, as well as having sessions here at APMC. Programs arranged as needed.  
Call 997-6555 (leave message)

### **University Hospitals:**

#### **Conneaut Medical Center**

#### **Geneva Medical Center**

Heart Failure Classes offered periodically throughout the year  
Call for more information at  
(440)-593-1131 or (440)-466-1141

# **Ashtabula County Blood Pressure & Cholesterol Screening Clinics**

## **Ashtabula County Health Department**

### **Jefferson –**

12 West Jefferson St. - 440-576-6010

1<sup>st</sup> Monday of each month – 8:00 am – 5:30 pm

Other Mondays – 8:00 am – 4:00 pm

Friday – 8:00 am – 4:00 pm

### **Jefferson Community Center –**

11 E. Jefferson Street

2<sup>nd</sup> Thursday of each month – 10:30 am – 11:30 am

### **Ashtabula Township Hall –**

2718 North Ridge East (Rte.20 & Rte. 11)

Wednesdays – 9:00 am – 11:00 am

### **Kingsville Presbyterian Church –**

3058 West Main Street

2<sup>nd</sup> Friday and 4<sup>th</sup> Thursday of each month –

10:00 am – 12:00 noon

### **Geneva Community Center – 72 West Main Street**

1<sup>st</sup> & 3<sup>rd</sup> Wednesdays of each month – 11:30 am – 12:30 pm

### **Pierpont Presbyterian Church –**

Rte. 7 South

3<sup>rd</sup> Wednesday of each month – 11:30 am – 12:00pm noon

**❖ Cholesterol Screenings by Appointment at Jefferson Office for nominal fee**

## **Conneaut City Health Department**

### **Conneaut –**

327 Mill Street

Phone number-440-593-3087

Monday thru Thursday – 8:30 am – 4:30 pm

Fridays – 8:00 am – 12 noon

B.P Checks –Free/Walk-ins

## **Ashtabula City Health Department**

**Ashtabula –**

4717 Main Avenue

Phone Number-440-992-7122

Tuesday and Thursday – 9:00 am – 11:00 am

B.P Checks –Free/Walk-ins

Blood Sugar Screening Available

Cholesterol Screenings – Walk-Ins accepted

Cholesterol screenings includes Hdl, Ldl, Triglycerides for nominal fee and requires fasting

## **Health Screening Availability**

### **UH Geneva & Conneaut Medical Centers**

Blood Pressure, Blood Sugar, Cholesterol, Bone Density

### **Community Care**

Blood Pressure

### **Ashtabula Township Ambulance**

Blood Pressure

### **Northwest Ambulance**

Blood Pressure

### **South-Central Ambulance**

Blood Pressure, Blood Sugar

### **Pierpont Ambulance**

Blood Pressure, Blood Sugar

### **City of Geneva Fire Department**

Blood Pressure

**Kingsville Fire Department**

Blood Pressure, Blood Sugar

**Richmond Fire Department**

Blood Pressure, Blood Sugar

**Saybrook Fire Department**

Blood Pressure, Blood Sugar

**Sheffield Fire Department**

Blood Pressure, Blood Sugar

**Windsor Fire Department**

Blood Pressure, Blood Sugar

**Ashtabula Senior Center**

Blood Pressure, Blood Sugar, Cholesterol

**Conneaut Human Resource Center**

Blood Pressure, Blood Sugar

**Geneva Senior Center**

Blood Pressure, Blood Sugar

**Jefferson Senior Center**

Blood Pressure, Blood Sugar

# **ASHTABULA COUNTY PULMONARY PROGRAMS**

## **University Hospitals Geneva Medical Center**

**Pulmonary Rehabilitation**

**Call 440-415-0226**

**Doctor's referral needed**

## **Ashtabula County Medical Center**

**Pulmonary Rehabilitation**

**Call 440-997-6649**

**Doctor's referral needed**

## **Support Groups**

**COPD Support Group-Better Breathers Group** A Support Group designed to share information with those who have diagnoses that affect their breathing and respiratory system. Meeting the first Wednesday of every month, 2 pm to 3 pm in the ACMC Education Center

**Call 997-6425 for more information**

**Email [Melissa.Shanley@ACMCHHealth.org](mailto:Melissa.Shanley@ACMCHHealth.org)**

## **Breathe Well, Live Well**

**Adult Asthma Program**

**Call 1-800-586-4872**

## **Lung Connection Community**

Free online community for individuals living with lung diseases and their caregivers. The online forum is a place to discuss how lung disease is affecting them and share their life experience.

**<http://www.lung.org/lung-disease/lung-cancer/get-involved/support-groups.html>**

## **OHIO ASTHMA COALITION**

**<http://ohioasthmacoalition.org>**

## **AMERICAN LUNG ASSOCIATION**

### **Lung Help Line**

**Call 1-800-LUNGUSA or 1-800-586-4872**

To speak with a counselor **[www.lung.org](http://www.lung.org)**

# **SMOKING CESSATION**

## **Ashtabula County Medical Center**

### **Freedom from Smoking Program**

Program consists of 6 group sessions.

Call (440)997-6634

## **Ashtabula County Health Department**

Individual Counseling Sessions

Call (440)576-3023 option 2

## **Humility of Mary Health Partners Regional Tobacco Treatment Center**

Locations: St. Joseph New Start Treatment Center, 1296 Tod Ave NW, Warren, Ohio  
St. Elizabeth Health Center, 1044 Belmont Ave., Youngstown, Ohio

Monday-Friday 8:30am to 8:30pm

No final cost to the participant as a result of grant funding and includes counseling and all medications.

Call 1-877-306-5010

## **Ohio Tobacco Quit Line**

Uninsured Ohioans, Medicaid Recipients, Pregnant Women

<http://ohio.QuitLogix.org>

1-800-Quit-Now

1-800-784-8669

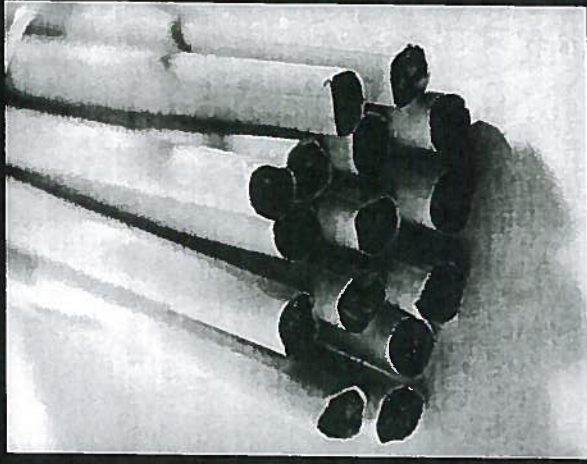


## The Facts

Tobacco use remains the single most preventable cause of death in the United States. According to the Surgeon General's Report from the Center for Disease Control, smoking kills 440,000 Americans each year. On average, men who smoke cut their lives short by 13.2 years and female smokers lose 14.5 years. The economic toll exceeds \$157 billion each year in the United States: \$75 billion in direct medical costs and \$82 billion in lost productivity.

As much as 468,000 tons of tobacco are burned indoors each year. Second hand smoke contains more than 4,000 chemical compounds, 43 of which are known to cause cancer.

The National Cancer Institute has estimated that each year second hand smoke causes 3,000 deaths from lung cancer and 35,000 to 62,000 deaths associated with heart disease.



## HMHP Regional Tobacco Treatment Center

Funded by:



## The Program

The HMHP Regional Tobacco Treatment Center is offered to individuals 18 years of age and older. The program consists of six weeks of nicotine replacement therapy and/or medication to help you stop smoking and reduce or eliminate cravings, along with five counseling sessions (once a week) with certified tobacco treatment specialists. Also offered are individual and group sessions based on an individual assessment for participation with a referral to Nicotine Anonymous Support Group.

*Tobacco dependency is a chronic, addictive disease. Quitting can be difficult, but the HMHP Regional Tobacco Treatment Center can help.*

*The HMHP Regional Tobacco Treatment Center offers an evidence-based tobacco treatment program that utilizes a therapy/medication approach resulting in higher success rates. The treatment professionals at the center will create an individual plan for each participant that incorporates all the tools necessary to help "kick the habit."*

*Start enjoying the benefits of a smoke free lifestyle by contacting the center today.*



## Hours/Locations

### Monday - Friday

8:30 a.m. to 8:30 p.m.  
1-877-306-5010  
330-306-5010 x101

### St. Joseph New Start Treatment Center

1296 Tod Avenue NW  
Suite 205 Warren, Ohio

### St. Elizabeth Health Center

1044 Belmont Avenue  
Youngstown, Ohio



Issues addressed through the program include:

- Common fears about quitting
- Danger situations
- Relapse prevention
- Triggers related to stress
- The role of proper nutrition and exercise
- Coping and problem solving skills

Through this program, participants will be able to:

- Understand tobacco dependence as a chronic disease
- Improve health, wellness and quality of life
- Fine-tune problem solving/coping/stress reduction skills
- Develop and utilize a relapse prevention plan
- Know and utilize resources/support systems/agencies

INTERESTED IN LEARNING MORE  
ABOUT TOBACCO CESSATION  
AND ENROLLING IN THE  
OHIO TOBACCO QUIT LINE ONLINE?

Log on to [Ohio.quitlogix.org](http://Ohio.quitlogix.org) and enroll 24/7.  
A quit specialist will call you within 24-48 hours  
to begin counseling services.

Members of the Ohio Tobacco Collaborative are  
also eligible for services through the Quit Line.  
The Ohio Tobacco Collaborative is a unique  
private-public partnership which provides  
insurance carriers, employers and third-party  
administrators with access to the Ohio Tobacco  
Quit Line services at a state-negotiated (reduced)  
rate. Call the Ohio Tobacco Quit Line to find out if  
your employer or health plan is a member.

If you are ready to quit, call  
**1-800-QUIT-NOW**  
or log on to  
[Ohio.quitlogix.org](http://Ohio.quitlogix.org)



Scan the code  
for a quick link to  
our website.

Must have a  
QR Reader App for  
your smartphone.

YOUR **REASON**  
FOR **QUITTING.**



A **FREE** TOBACCO QUIT LINE COUNSELING SERVICE FOR  
UNINSURED OHIOANS, MEDICAID RECIPIENTS, PREGNANT WOMEN  
AND MEMBERS OF THE OHIO TOBACCO COLLABORATIVE

OHIO  
TOBACCO  
**QUITLINE** CALL IT QUILTS.  
**1-800-QUIT-NOW**  
1-800-784-8669  
<http://ohio.QuitLogix.org>

Ohio Department of Health | Tobacco Use Prevention and Cessation Program

Total copies printed: 200,000 Unit cost: \$0.25 Publication date: 11/11

OHIO  
TOBACCO  
**QUITLINE** CALL IT QUILTS.  
**1-800-QUIT-NOW**  
1-800-784-8669  
<http://ohio.QuitLogix.org>

Ohio Department of Health | Tobacco Use Prevention and Cessation Program

**THE OHIO TOBACCO QUIT LINE**  
**1-800-QUIT-NOW | 1.800.784.8669**

A **FREE** TELEPHONE SERVICE THAT HELPS OHIOANS  
QUIT SMOKING AND USING TOBACCO.

**WHO CAN CALL?**

The Ohio Tobacco Quit Line is available to uninsured Ohioans, Medicaid recipients, pregnant women and members of the Ohio Tobacco Collaborative.

**WHEN CAN I CALL?**

The Quit Line is staffed:  
Monday-Friday: 9 AM to 11 PM.  
Saturday and Sunday: 10:30 AM to 6:30 PM.

- Voicemail services are available 24/7.
- All messages will be returned within 24-48 hours.

**WHAT HAPPENS WHEN I CALL?**

When you call the Ohio Tobacco Quit Line, you'll receive **FREE**:

- Support and advice from an experienced Quit Specialist.
- A personalized Quit Plan and self-help materials.
- The latest information about medications that can help you quit.

**Free** nicotine patches are available for qualified callers. Ask your Quit Line counselor if you are eligible.

**DOES IT WORK? YES.**

- Quit Line callers are **FIVE TIMES** more likely to succeed than those who try to quit on their own.

**THREE GOOD REASONS TO CALL IT QUILTS.**

- **Your Family** – Live a healthier, longer life and watch your family grow. They need you.
- **Your Health** – Tobacco use causes cancer, heart disease, chronic bronchitis, asthma and emphysema to name a few.
- **The Cost** – The average smoker spends \$1,500.00 - \$3,000.00 a year on cigarettes. It's costly in more ways than one.

**QUIT NOW. FEEL THE DIFFERENCE.**

Improvements in your health begin within minutes of quitting even if you have used tobacco for years.

**20 MINUTES**

Blood pressure and pulse rate decrease.

**8 HOURS**

Carbon monoxide and oxygen levels in blood return to normal.

**1 DAY**

Chance of a heart attack decreases.

**2 DAYS**

Better sense of taste and smell.

**2 WEEKS - 3 MONTHS**

Circulation improves and lung function increases.

**1-9 MONTHS**

Coughing, sinus congestion, fatigue and shortness of breath decrease.

**1 YEAR**

The likelihood of a heart attack is cut in half.



IT'S HARD TO QUIT TOBACCO... BUT WE CAN HELP  
**ALL YOU HAVE TO DO IS CALL.**

THE OHIO TOBACCO QUIT LINE  
**1-800-QUIT-NOW | 1.800.784.8669**

# Diabetes

# **DIABETES**

## **Classes**

**UHGMC & UHCMC 440 593 0364 / 440 998 0680**

Meter and test strips supplied free of charge at classes throughout the year. Physician order not required. One on One Classes can be scheduled at any time at your convenience.

**ACMC-Diabetes Self-Management Education/ Training** Physician order required for small group or individual sessions by appointment days, evenings and occasional weekends. For your support, family and friends are always welcome to attend with you. Additional **Free** health self-management support programs are offered at various times and locations. **For information or to schedule call 440-994-7598 or email [Diabetes@ACMCHHealth.org](mailto:Diabetes@ACMCHHealth.org)**

## **Clinic**

### **Family Practice**

600 State Road  
Suite 166  
Ashtabula Ohio  
**440 997 5988**

[www.stateroadmedical.com](http://www.stateroadmedical.com)

### **Lake County Free Clinic**

54 South Street Suite 302  
Painesville Ohio  
**440 352 8686**

[www.lakefreeclinic.org](http://www.lakefreeclinic.org)

## **Community Action**

[211@accaa.org](mailto:211@accaa.org)

General information about community resources and social, health and human services.

## **Dietary**

Classes provided one on one for free with prescription from UH physicians

**UHGMC 440 -206-1008**

**UHCMC 440-593-0371**

❖ **Cooking Classes provided throughout the year with simple recipes and tasting**

Classes at Ashtabula County Medical Center are also available.

**ACMC 440-994-7598**

## **Health Screenings**

See Health Connection add in newspaper and on line at various locations.

Phone number- 440-998-0680 or 440-593-0364

**University Hospitals Ashtabula Health Center** 1<sup>st</sup> Tuesday Quarterly 7.30-9.30

**Ashtabula Senior Center** Quarterly

**Conneaut Medical Center** Quarterly

**Madison Senior Center** Quarterly

## **Blood Sugar Checks**

**Ashtabula City Health Department**

Tuesday and Thursday

9:00am till 11:00am

❖ Minimal fee

**Ashtabula County Health Department**

Monday through Friday

8:00am through 4:00pm

Cancer



# CANCER

## **American Cancer Society**

[www.cancer.org](http://www.cancer.org)

Get information regarding help with equipment, transport, support groups and financial help specific to your area by typing in the state and county.

**You can also call 1 888 227 6446**

**Look Good, Feel Better Sessions** are for women who are undergoing chemotherapy. Their sessions are the first Monday of every-other-month (Feb., April, June, August, October and December) each year. To register, the ACS requires that attendees call them for registration at 800-227-2345. For this session, women receive make-up kits and instruction by a certified cosmetologist to help them gently handle the changes in skin and coloring that may be a temporary effect of their chemotherapy regimen.

## **Web Sites**

American Cancer Society [www.cancer.org](http://www.cancer.org)

Low cost equipment [www.discount-drugmart.com](http://www.discount-drugmart.com)

Conneaut City Health Department - medical equipment

Ostomy Supplies [www.convatec.com](http://www.convatec.com)

Reach To Recovery [www.cancer.org](http://www.cancer.org)

Cancer Hope Network [www.cancerhopenetwork.org](http://www.cancerhopenetwork.org)

## **BREAST CANCER**

### **Mammograms**

UHGMC in partnership with **Susan G Komen** for the cure provide free mammograms for uninsured women (Call to find out if you qualify) Federal income guidelines followed.

**1-440-998-0695**

UHGMC Set fee with payments over 3 months

**Mammo Van – 1-330-726-0322**

**BCCP - 1-800-443-2168**

### **Supplies** [www.cfoa.org](http://www.cfoa.org)

**Bula Beauty Supplies**

4118 Main Ave

Ashtabula, Ohio 44004

**440-992-6360**

## **Web Sites**

[www.komenohio.org](http://www.komenohio.org)

American cancer society [www.cancer.org](http://www.cancer.org)

[www.lookgoodfeelbetter.org](http://www.lookgoodfeelbetter.org)

[www.cfoa.org](http://www.cfoa.org) for supplies

Custom cleaning while you are undergoing chemotherapy **1-440-946-7028**

## **CERVICAL CANCER**

The national breast and cervical cancer program provides free and low cost Pap Smears to eligible women. Through the program women can receive pap smears at local clinics.

**Breast and Cervical Cancer Program 1-888-669-5934**

[Medworksusa.org](http://Medworksusa.org) 1-216-231-5350

## **COLON CANCER**

### **Screening Colonoscopy Assist**

[www.cheapcolonoscopy.com](http://www.cheapcolonoscopy.com)

Offered case by case. Discounted rate of \$950.00.

[www.chris4life.org](http://www.chris4life.org)

### **Medical Supplies and Equipment**

[www.convatec.com](http://www.convatec.com)

[www.jrsmedical.com](http://www.jrsmedical.com)

[www.ostomymcp.com](http://www.ostomymcp.com)

## **LUNG CANCER**

### **James Lung Cancer Screening**

Lung cancer screenings provided every Monday to high risk patients, including current smokers. CT scan attended and one on one consultation with a physician to review results.

To schedule screening call The James Line -1-800-293-5066

Misc. /

Resources

# **MISCELLANEOUS / RESOURCE SECTION**

## **Labs**

Provided by **Primary Health Care** based on sliding fee scale using federal income guidelines.  
**Andover Primary Health Care 440-293-2444**  
**Ashtabula Community Health Care in Rome 440-563-5028**  
[www.primary-health.net](http://www.primary-health.net)

## **Prescription Help**

**North east drug Repository**  
33 Mill Street  
Painesville Ohio  
440 350 2543

## **Prescription Drug Card**

[www.freeRXadvantage.com](http://www.freeRXadvantage.com)  
[www.pdr.net/discountcard](http://www.pdr.net/discountcard) or call **1 855 737 1737**  
[www.rxreliefcard.com](http://www.rxreliefcard.com) or call **1 855 872 2416**

## **Transport**

**Community Shuttle** for physician's appointment or trip to hospital, provided by  
**ACMC (440-997-6695)**  
**UHGMC (440-466-5707)**

**Community Care (440-466-5707)**  
**ACTS (440-994-2023) Low cost**

## **Web sites**

for more information

[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)  
[www.diabetes.org](http://www.diabetes.org)  
[www.diabeteswebmd.com](http://www.diabeteswebmd.com)  
[www.mayoclinic.com](http://www.mayoclinic.com)

## **Discounted Health Care**

**State Road Medical Facility**  
600 State Road Suite 166  
Ashtabula Ohio 44004  
440-997-5988

**Lake County Free Clinic**

54 South Street

Suite 302

Painesville Ohio

1-440-352-8686

**Family Planning**

- **Ashtabula**  
510 W 44<sup>th</sup> Street Suite 2,  
Ashtabula, Ohio 44004  
1-440-992-5953
- **Painesville**  
54 S. State Street  
Painesville, Ohio 44077  
1-440-352-0608

## Our Mission

The Primary Health Network, a Federally Qualified Health Center, provides quality primary care services and access to specialty care commensurate with the needs of the people in the communities we serve. Services are offered regardless of age, race, creed, sex, national origin or ability to pay.

## Determining Eligibility for the Sliding Fee Scale

Primary Health Network, Inc. is a Federally Qualified Health Center. We are able to offer a discount on some services based on a family's income and size. Sliding fee calculations are determined by using Federal Income Tax forms, W-2's, or last 2 current pay stubs.

The staff at PHN then uses the table on the inside of this brochure to determine your eligibility.

Your family discount will be assessed on a yearly basis.

**PLEASE NOTE:** There is a minimum charge amount for some procedures, labs and medications.

If you have questions, please call your physician's office. Numbers are located on the back of this brochure.

Or you may access information by calling our billing department at: 724-342-5313 or email: [billing@primary-health.net](mailto:billing@primary-health.net)

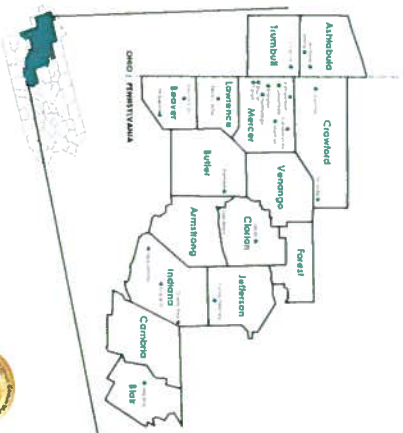
## Phone Directory

PENNSYLVANIA	
Administration	724-342-3002
<b>BEAVER COUNTY</b>	
Autumn Street Behavioral Health	724-857-3570
Autumn Street Health Center	724-375-5754
Beaver Falls Behavioral Health	724-843-0314
Beaver Falls Dental Center	724-843-1386
Beaver Falls Primary Care	724-843-4400
Ostetrics/Gynecology	724-843-4010
<b>BLAIR COUNTY</b>	
Allegha Behavioral Health	814-942-5000
Allegha Community Health Center	814-942-9600
<b>BUTLER COUNTY</b>	
Petroleum Valley Medical Center	724-756-2940
<b>CAMBRIA COUNTY</b>	
Tri-County Community Health Center	814-743-5449
<b>CLARION COUNTY</b>	
Clarion Community Health Center - Primary Care	814-223-9900
Dental	814-223-9906
Behavioral Health	814-223-9914
Hoffman Memorial Medical Center	724-526-5600
<b>CRAWFORD COUNTY</b>	
Linesville Health Center	814-683-5661
Titusville Community Health Center	814-827-8400
<b>INDIANA COUNTY</b>	
Indiana Dental Center	724-465-6100
Jacksonville Family Medicine Center	724-726-0300
<b>JEFFERSON COUNTY</b>	
Punxsutawney Community Health Center	814-938-3310
<b>LAWRENCE COUNTY</b>	
New Castle Center for Health & Well-Being	724-856-7701
New Castle Dental Center	724-656-3486
New Castle Primary Care	724-658-4564
Pediatrics	724-658-5996
<b>MERCER COUNTY</b>	
Buhl Farm Community Health Center	724-342-2789
Elm Avenue Health Center:	
Suite 8 - Family & Specialty Group	724-704-7366
Suite C - Specialty Care	724-704-7182
Farrell Dental Center at Park Place	724-981-1721

Farrell Health Center	724-981-2246
Green Street Primary Care A - Jama	724-981-7140
Green Street Primary Care A - Mutton	724-342-3549
Green Street Primary Care A - Uberti	724-981-3070
Green Street Primary Care B	724-342-6900
Greenville Community Health Center	724-588-5250
Health Shoppe	724-509-1369
Jamestown Health Center	724-932-2299
Camp Med Services	724-932-3737
Mercer Primary Care	724-662-2650
Sharon Medical Group:	
Suite 2 - Family & Internal Medicine	724-342-6604
Suite 3 - Women's Health	724-981-4434
Suite 4 - Pediatrics	724-342-4052
Suite 5 - Behavioral Health	724-342-6620
Suite 10 - Pediatrics	724-981-1940
Shекleville Health Center	724-253-3428
Transfer Health Center	724-962-3553
The Center for Health & Well-Being	724-704-7413

### OHIO

<b>ASHTABULA COUNTY</b>	
Andover Primary Care	440-293-2444
Ashtabula Community Health Center	440-563-5028
<b>TRUMBULL COUNTY</b>	
Krisman Health Center	330-876-1111



2/13

The Good Star of Hope Design™

## PHN Sliding Fee



Embracing Excellence in HealthCare

[www.primary-health.net](http://www.primary-health.net)



## Sliding Fee Discount

(Based on Federal Register 2013 Poverty Income Guidelines)

## Sliding Fee Scale

Family Size	Income Measure	Category 0	Category 1	Category 2	Category 3	Category 4
% of Federal Poverty Income Guidelines		Up to 50%	50.01% to 100%	100.1% - 149.99%	150% - 200.99%	201% +
Per Diem		\$0	\$15	\$30	\$50	
1	Annual Monthly	\$0 - \$5,745 \$0 - \$479	\$5,746 - \$11,490 \$480 - \$958	\$11,491 - \$17,234 \$959 - \$1,435	\$17,235 - \$23,095 \$1,436 - \$1,924	\$23,096 + \$1,925 +
2	Annual Monthly	\$0 - \$7,755 \$0 - \$647	\$7,756 - \$15,510 \$648 - \$1,293	\$15,511 - \$23,264 \$1,294 - \$1,938	\$23,265 - \$31,175 \$1,939 - \$2,597	\$31,176 + \$2,598 +
3	Annual Monthly	\$0 - \$9,765 \$0 - \$814	\$9,766 - \$19,530 \$815 - \$1,628	\$19,531 - \$29,294 \$1,629 - \$2,440	\$29,295 - \$39,255 \$2,441 - \$3,270	\$39,256 + \$3,271 +
4	Annual Monthly	\$0 - \$11,775 \$0 - \$982	\$11,776 - \$23,550 \$983 - \$1,963	\$23,551 - \$35,324 \$1,964 - \$2,943	\$35,325 - \$47,336 \$2,944 - \$3,944	\$47,337 + \$3,945 +
5	Annual Monthly	\$0 - \$13,785 \$0 - \$1,149	\$13,786 - \$27,570 \$1,150 - \$2,298	\$27,571 - \$41,354 \$2,299 - \$3,445	\$41,355 - \$55,416 \$3,446 - \$4,617	\$55,417 + \$4,618 +
6	Annual Monthly	\$0 - \$15,795 \$0 - \$1,317	\$15,796 - \$31,590 \$1,318 - \$2,633	\$31,591 - \$47,384 \$2,634 - \$3,948	\$47,385 - \$63,496 \$3,949 - \$5,290	\$63,497 + \$5,291 +
7	Annual Monthly	\$0 - \$17,805 \$0 - \$1,484	\$17,806 - \$35,610 \$1,485 - \$2,968	\$35,611 - \$53,414 \$2,969 - \$4,450	\$53,415 - \$71,576 \$4,451 - \$5,964	\$71,577 + \$5,965 +
8	Annual Monthly	\$0 - \$19,815 \$0 - \$1,652	\$19,816 - \$39,630 \$1,653 - \$3,303	\$39,631 - \$59,444 \$3,304 - \$4,953	\$59,445 - \$79,656 \$4,954 - \$6,637	\$79,657 + \$6,638 +
*each additional family member		+ \$2,010 A / \$168 M	+ \$4,020 A / \$335 M	+ 6,030 A / \$503 M	+ \$8,080 A / \$673 M	+ \$8,080 A / \$673M

20% Discount for same day payment      10% Discount for payment within 30 days of receipt of statement

### Exclusions:

- Lab costs
- Some In-office surgeries/procedures
- Injectables do not apply
- NO offsite services are eligible, such as...
  - Hospital
  - Hospial Services
  - Nursing Homes

### TO BE COMPLETED BY PHN STAFF

Patient is eligible for sliding fee discount in the amount of \$\_\_\_\_\_.

- Proof of Income Verified.  
 Patient refused to complete.  
 Patient does not qualify for sliding fee.

Verified By \_\_\_\_\_

Date \_\_\_\_\_

## Sliding Fee Discount Application

If you wish to qualify for the sliding fee, you **MUST** show proof of gross annual income for all immediate family members living in your household. Gross income is **ALL** income from **ALL** sources before taxes. Applicant's should provide a copy of either two consecutive pay stubs, or the previous years income tax return or W-2 form.

Annual Gross Income: \$ \_\_\_\_\_

Family Size: \_\_\_\_\_  
(Number of immediate family members living in your household)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

### DISCLAIMER:

I hereby certify that the above information is, to the best of my knowledge, true and correct. I further agree to notify The Primary Health Network of any changes in this information within ten (10) days of such change. I understand that I must re-qualify annually to maintain my eligibility.

I am also aware that this information is reviewed/based upon Federal Poverty Guidelines, published annually in February by the Federal Government.

Sliding Fee payment is due and payable at the time of service. To maintain discount, fees must be paid promptly. If you are unable to make payment at time of service, please speak to the receptionist to make other arrangements.

Signature of patient or responsible party \_\_\_\_\_

## What is WRILC?

We are the Mahoning Valley's comprehensive hub for disabilities. We serve Trumbull, Mahoning, Columbiana, and Ashabula Counties. WRILC is a non-profit, community based, non-residential center. We are not a social service agency. We provide the consumer with the tools they need to get the services they desire.

## What is Independent Living?

Independent living is about having choices and about having the right to make those choices, to make one's own mistakes, and to learn from them in the same way that people without disabilities can. People with disabilities must be empowered to take control over their own lives.

## Who Can Use WRILC?

People with disabilities

Physicians who have patients with disabilities

Organizations and Businesses interested in making their programs and services more accessible to those with limitations

Anyone in the community wishing to learn about disability resources

## WESTERN RESERVE ILC

4076 Youngstown Rd SE

Suite 203

Warren Ohio, 44484

Phone: 330-372-3325

Fax: 330-373-1826

Web: [www.wriloc.org](http://www.wriloc.org)

## WESTERN RESERVE ILC

Disability is Not Inability!



Dedicated to  
Empowering  
People with  
Disabilities

Member of the Ohio **Abilities** Network  
“Creating Communities that Work for Everyone”

# OAN

[www.wriloc.org](http://www.wriloc.org)



# Western Reserve Independent Living Center

## What Does WRILC Do?

### Information & Referral

We link people with the most up-to-date disability resource information and Americans with Disability Act (ADA) guidelines to assist you, a family member, or a friend. If you are a service provider we will network with you to find the information that is needed.

### Peer Support

People with disabilities empowering people with disabilities. Our staff is very familiar with disabilities, by either having one or having a family member with a disability.

If you are interested in helping or you just want to find out more, our office is open Monday to Friday 9AM to 3PM. Appointments are recommended, but walk-ins are welcome

### Advocacy Assistance

WRILC serves as an advocate and teaches people with disabilities how to advocate for themselves. We also advocate with local, state, and federal legislatures in order to ensure that appropriate services are obtained or provided.

### Independent Living Skills

WRILC guides consumers through rehabilitation, daily living skills, information and referral, and public assistance systems to minimize the confusion that comes from not knowing what to do, where to go, or the eligibility and requirements for services.

### Individual Transitioning

Assisting people with disabilities to live in their community in a setting they prefer, or get them back into the community and living independently, as well as youth transition into the workplace.

### Emergency Planning

Training both consumers and the community about awareness of people with disabilities in preparing for an emergency. We provide information to consumers on how to prepare for a disaster. A community database is being setup to give warning in case of a disaster. Preparedness classes will also be given.

### Ohio Benefit Bank

This program is to connect low and moderate income Ohioans with access for public benefits. We are certified for this program.

Ashtabula and Columbiana Counties are represented but work in a mobile setting with no branch office at this time. To contact the representative for either county, please call the main office at (330) 372-3325



**COMMUNITY ASSISTANCE PROGRAM**  
**Prescription Drug Discount Card**

ID: 820192196  
 Rx Bin: 011867  
 Rx Grp: NBB1170  
 Rx PCN: HT  
 Pharmacist help desk: 1-877-459-8474

**Rx**

This card is available to the general public regardless of age or income. Use this **FREE** discount drug card over & over.  
 This card does not expire. This is not insurance.



Present this card along with your prescription to receive, on average, a discount of 15% on brand-name and 55% on generic drugs.

- This is a valid prescription drug card that never expires.
- Card is pre-activated. You can use the card immediately.
- Covers entire household, with no exclusions.
- No deductibles. No claim forms to file. Use the card over and over.

This card is accepted at over 80% of all pharmacies in the US and its territories, from national chains to your local pharmacy, including:

WALGREENS RITE-AID, WAL-MART TARGET KROGER K-MART LONGS DRUGS, SAFEWAY, SAV-ON, ALBERTSON SAMS CVS WINN-DIXIE, COSTCO BROOKS, STOP & SHOP, MEDICINE SHOPPE DUANE-READE, HEB, MEIJER, HY-VEE, GIANT SHOPKO, BI-LO, SMITHS, PATHMARK, FRED MEYER AURORA, PAMIDA, FRY'S, KINGS, SHOPRITE, HANNAFORD, RALEY'S, OSCO, TOPS, WEIS MARKETS, GIANT EAGLE, and many more.

For additional cards, drug pricing and pharmacy locations, go to the website below:

[www.CapRxProgram.org/u196](http://www.CapRxProgram.org/u196) or call (573)701-3635

Free discount drug card. This is not insurance.

**PDR**  
 Physicians' Desk Reference



**Pharmacy Discount Card**  
*Preferred by Physicians Nationwide*

Member name: \_\_\_\_\_

**MEMBER INSTRUCTIONS**



1. Carry this card in your wallet and present it to the pharmacist every time you or a family member fills a prescription.
2. Make sure the pharmacist enters your account information into their system. Ask for your PDR Discount every time!

For more information or questions regarding your card, please visit [www.pdr.net/DiscountCard](http://www.pdr.net/DiscountCard) or call 1-855-737-1737.

By using this card, the holder agrees to the terms and conditions under which it was issued.

**PHARMACIST INSTRUCTIONS**



Covered prescriptions may be filled at participating pharmacies. For information regarding claims transmission or becoming a participating pharmacy, please call the Pharmacy Service at 1-855-737-1737.

**PDR** Network

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**Start Saving Now up to 75%  
 On Your Medications**

- Pre-activated
- No registration
- No pre-approvals
- No personal information required
- Accepted at over 60,000 pharmacies

Replace your old pharmacy discount card and receive all the benefits of this new PDR® card.

Fold as shown card here.

**PDR**  
 Physicians' Desk Reference

BIN 900020  
 PCN CLAIMNE  
 GRP PDROGDYH2F

Member ID YNXT2MCRX

**Pharmacy Discount Card**

Save up to 75% on your medications. Includes more than 50,000 drugs at pharmacies nationwide.

This card is not insurance.

BioScrip PBM Services



**Prescription Drug Card**

Powered by:



**Public Health**  
 Prevent. Promote. Protect.

RxMBR ID: (10 digit phone number)  
 Program: The Rx Program  
 RxBIN: 900020  
 RxGrp: BAI2769  
 RxPCN: CLAIMNE



THIS CARD IS PRE-ACTIVATED

[WWW.FREERXADVANTAGE.COM](http://WWW.FREERXADVANTAGE.COM)

Note: Everyone is eligible for this program. There are no age or income restrictions. Savings of up to 75% off. This card may be used by entire family. For Customer Service please call 1-888-299-5383.

**ATTENTION PHARMACIST:** If you need help processing a prescription, call our pharmacy HELP LINE at (TOLL FREE) 1-888-299-5383.

**PARTIAL LIST OF THE 60,000 PARTICIPATING PHARMACIES**

K-Mart, Wal-Mart, CVS, Meijer, Winn Dixie, Safeway, Bi-Lo, Target, Walgreen's, Ukrop's, Giant Eagle, Fry'sreds, Stop & Shop, OSCO, Kroger, Rite Aid, Dillon, Long's, Aurora, ACME, Brooks, Dominicks, Drug Fair, Kerr, Kinney's, Marc's, Pamida, Publix, Raley's, Sam's Club, SAV-ON, Shopko, Shop-Rite, Super D, SuperValu, Tops

**THIS IS NOT INSURANCE. THIS PROGRAM IS A POINT OF SALE DISCOUNT PLAN**



Take this card to your pharmacist  
to save on your prescriptions

## PHARMACY DISCOUNT CARD

Member Identification Number

**BPY192157**

BIN **005947**  
GRP **7125BTC**  
PCN **CLAIMCR**

Save up to 75% on all FDA-approved drugs at pharmacies everywhere

No pre-approval needed. This card is not insurance.  
You will not be turned down for a pre-existing condition.



### Member Instructions:

1. Bring this card to your pharmacist (Over 50,000 U.S. pharmacies honor this card).
2. Every time you get a prescription, give the pharmacist your card and ask for discounts on your prescription drugs.
3. Start saving up to 75% instantly!

For more information on benefits or questions regarding your card, please contact us: [www.rxreliefcard.com](http://www.rxreliefcard.com) or 1-855-872-2416

### Pharmacist Instructions:

This card is pre-activated and entitles the member to all prescription drug benefits associated with the BIN, GRP, and PCN codes (as per state and federal law). If you need help processing a prescription, call the RxRelief Pharmacist Help Line toll-free at 1-855-872-2416.

ScriptRelief.

© Script Relief, LLC 2013



*Free, professional support service  
for anyone affected by cancer*

# Sources of Financial Assistance

The financial costs associated with cancer are often overwhelming. Even having health insurance doesn't guarantee you'll be able to afford treatment, it's best to start researching your options before a financial crisis develops. This fact sheet lists various sources of financial assistance available to people with cancer. Check with each agency or organization to see if you qualify for help.

## Government Assistance

There are a number of federal and state programs that provide financial benefits to individuals and families. These benefits, known as entitlements, are primarily set up for low-income households, the elderly, and the disabled. Each entitlement has eligibility requirements. There are also programs administered through state governments that can help with health care related needs. Government assistance programs include:

### U.S. Department of Health & Human Services

Information on public assistance and food stamps

Check phonebook for your local office

[www.hhs.gov](http://www.hhs.gov) (<http://www.hhs.gov>)

### U.S. Administration on Aging

Benefits for older adults

800-677-1116

[www.eldercare.gov](http://www.eldercare.gov) (<http://www.eldercare.gov>)

(Eldercare Locator finds resources in your community)

### Social Security Administration

800-772-1213

[www.ssa.gov](http://www.ssa.gov) (<http://www.ssa.gov>)

### Centers for Medicare & Medicaid Services

800-633-4227

[www.cms.gov](http://www.cms.gov) (<http://www.cms.gov>)

## Pharmaceutical Patient Assistance Programs

Programs and services offered differ among drug manufacturers but may include:

- Help with insurance reimbursement
- Referrals to co-pay relief programs
- Help with the application process
- Discounted or free medications for patients who do not qualify for other assistance

### Partnership for Prescription Assistance (PPA)

888-4-PPA-NOW (888-477-2669)

[www.pparx.org](http://www.pparx.org) (<http://www.pparx.org>)

To see if the drug company that makes your medication has a patient assistance program, check its website. You can also ask your doctor or check with the Partnership for Prescription Assistance (PPA). PPA has a list of pharmaceutical programs and other resources for financial assistance.

In addition to needing help with managing the cost of medicines and treatment, people with cancer often need assistance with expenses like transportation, homecare or child care. A number of nonprofit organizations have useful programs or referral information to help with these and other practical needs.

## Cancer Organizations

### CancerCare

800-813-HOPE(4673)

[www.cancercare.org](http://www.cancercare.org) (<http://www.cancercare.org>)

### American Cancer Society

800-ACS-2345

[www.cancer.org](http://www.cancer.org) (<http://www.cancer.org>)

### The Leukemia & Lymphoma Society

800-955-4572

[www.lls.org](http://www.lls.org) (<http://www.lls.org>)

### Lymphoma Research Foundation

800-500-9976

[www.lymphoma.org](http://www.lymphoma.org) (<http://www.lymphoma.org>)

**National Marrow Donor Program**

888-999-6743

[www.marrow.org](http://www.marrow.org) (<http://www.marrow.org>)**Patient Advocate Foundation's Colorectal Careline**

866-657-8634

[www.colorectalcareline.org](http://www.colorectalcareline.org) (<http://www.colorectalcareline.org>)**Sarcoma Alliance**

415-381-7236

[www.sarcomaalliance.org](http://www.sarcomaalliance.org) (<http://www.sarcomaalliance.org>)**General Organizations****United Way**[www.unitedway.org](http://www.unitedway.org) (<http://www.unitedway.org>)**Community Organizations**

Check phonebook under "social service agencies."

**Faith-based Organizations**

These include Catholic Charities, Lutheran Social Services, Jewish Family Services, and others. Check phonebook for listings.

**The Cancer Financial Assistance Coalition (CFAC)**

The Cancer Financial Assistance Coalition (CFAC) is a group of financial assistance organizations, including CancerCare, that have joined forces to help cancer patients experience better health and well-being by limiting financial challenges. The coalition's website, [www.cancerfac.org](http://www.cancerfac.org) (<http://www.cancerfac.org>), includes a searchable database of local and national organizations that provide financial assistance to people with cancer and their families. The site allows you to search for resources by diagnosis or by the type of financial assistance you need.

**Nonprofit Programs For Co-Pay Relief**

A number of nonprofit organizations provide help for expenses such as drug co-payments, deductibles, and other medical costs. These programs have their own eligibility rules and may cover only certain cancers. Contact each organization to learn more.

**CancerCare Co-Payment Assistance Foundation**

866-55-COPAY

[www.cancercarecopay.org](http://www.cancercarecopay.org) (<http://www.cancercarecopay.org>)**Chronic Disease Fund**

877-968-7233

[www.cdfund.org](http://www.cdfund.org) (<http://www.cdfund.org>)**HealthWell Foundation**

800-675-8416

[www.healthwellfoundation.org](http://www.healthwellfoundation.org) (<http://www.healthwellfoundation.org>)**The Leukemia & Lymphoma Society's Co-Pay Assistance Program**

877-557-2672

[www.lls.org/copay](http://www.lls.org/copay) (<http://www.lls.org/copay>)**National Organization for Rare Disorders**

800-999-6673 (Voice mail only)

203-744-0100

[www.rarediseases.org](http://www.rarediseases.org) (<http://www.rarediseases.org>)**Patient Access Network Foundation** 866-316-7263[www.panfoundation.org](http://www.panfoundation.org) (<http://www.panfoundation.org>)**Patient Advocate Foundation Co-Pay Relief Program**

866-512-3861

[www.copays.org](http://www.copays.org) (<http://www.copays.org>)**Patient Services Incorporated**

800-366-7741

[www.patientservicesinc.org](http://www.patientservicesinc.org) (<http://www.patientservicesinc.org>)

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The information presented in this publication is provided for your general information only. It is not intended as medical advice and should not be relied upon as a substitute for consultations with qualified health professionals who are aware of your specific situation. We encourage you to take information and questions back to your individual health care provider as a way of creating a dialogue and partnership about your cancer and your treatment.

<http://www1.va.gov/cancer>

### Help with travel and housing assistance

#### **American Cancer Society: Hope Lodge**

1-800-227-2345

Free, temporary housing facilities for cancer patients who are undergoing treatment and their families.

<http://www.cancer.org/docroot/subsite/hopelodge/index.asp>

#### **Joe's House**

Joe's House provides a nation-wide online service that helps cancer patients and their families find lodging near treatment centers.

<http://www.joeshouse.org/>

#### **National Association of Hospital Hospitality Houses**

1-800-542-9730

The National Association of Hospital Hospitality Houses, Inc. is a non-profit corporation serving facilities that provide lodging and other supportive services to patients and their families when confronted with medical emergencies.

<http://www.nahhh.org/>

#### **Air Care Alliance**

1-888-260-9707

Lists volunteers who provide free flights for patients who need to travel for medical treatment.

<http://www.aircareall.org/>

#### **Air Charity Network**

1-877-621-7177

Provides free flights for patients who need to travel for medical treatment

<http://aircharitynetwork.org/>

#### **Angel Flight Samaritans**

1-800-296-1217

Charitable medical air transportation system for patients to travel to and from distant specialized medical evaluations, diagnosis or treatments

<http://www.angelflightsamaritan.org/>

#### **Corporate Angel Network**

1-866-328-1313

Free air transportation for people with cancer traveling to treatment using empty seats on corporate jets.

<http://www.corpangelnetwork.org/>

#### **National Patient Travel Helpline**

1-800-296-1217

The NPTC exists to facilitate patient access to appropriate charitable medical air transportation resources in the United States. The NPTC also exists to develop, administer and consolidate airline patient ticket programs and to operate various Special-Lift and Child-Lift programs on behalf of special disease organizations and/or clinical research centers in the United States.

<http://www.patienttravel.org/>

## Help with prescriptions and medical supplies

### Partnership for Prescription Assistance

1-888-477-2669

The Partnership for Prescription Assistance helps qualifying patients without prescription drug coverage get the medicines they need for free or nearly free.

<http://www.pparx.org/>

### NeedyMeds

NeedyMeds.org has information on medicine and healthcare assistance programs.

<http://www.needymeds.org>

### Caregivers Marketplace

1-800-888-0889

A consumer cash-back program that offers savings on name-brand health care products.

<http://www.caregiversmarketplace.com>

### Medicaid

1-877-267-2323

**Medicaid** (Medical Assistance), a jointly funded, Federal-State health insurance program for people who need financial assistance for medical expenses, is coordinated by the Centers for Medicare & Medicaid Services (CMS). Although the Federal Government establishes general guidelines for the program, Medicaid program requirements are established by each state. Medicaid coverage includes part-time nursing, home care aide services, and medical supplies and equipment.

<http://www.cms.hhs.gov/home/medicaid.asp>

### Patient Advocate Foundation (PAF) Co-Pay Relief Program

1-866-512-3861

For help with insurance co-payments to cover the costs of medications

<http://www.copays.org/resources/prostate.php>

### RxHope

1-877-267-0517

Listing of patient assistance programs for obtaining medications.

<https://www.rxhope.com/>

### IMPACT (California only)

1-800-409-8252

IMPACT's mission is to provide high quality free prostate cancer treatment to Californian men with little or no health insurance.

<http://www.california-impact.org/>

**Medicaid Cancer Treatment Program: Breast, Cervical, Colorectal and Prostate Cancer (New York only)**

1-866-442-2262

Provides Medicaid coverage to New York State individuals screened and diagnosed with breast/cervical/colorectal/prostate cancer or pre-cancerous conditions through the Cancer Services Program Partnerships (CSPP).

<http://www.health.state.ny.us/nysdoh/bcctp/bcctp.htm>

**ZytigaOne Support**

One-to-one support for people being treated with ZYTIGA. The goal of ZytigaOne Support is to make access to therapy with ZYTIGA simple, convenient, and easy.

<http://www.janssenaccessone.com/pages/zytiga/zytigaone/introduction.jsp>

**Help with bills and daily living expenses**

Call 211 to connect with your local United Way. They can connect you with community and government programs.

Your phone company and local utilities often offer assistance programs to people in need or they may work with you on a payment plan.

**Help with legal issues**

**Cancer Legal Resource Center**

1-866-843-2572

The Cancer Legal Resource Center (CLRC) is a joint program of the Disability Rights Legal Center and Loyola Law School. The CLRC provides free and confidential information and resources on cancer-related legal issues to cancer survivors, their families, friends, employers, health care professionals, and others coping with cancer.

<http://www.cancerlegalresourcecenter.org/>