

Help for members losing health insurance

- Help may be available for medical, dental, mental and behavioral health and prescription drugs
- Services can be free or based on your income
- Availability and wait times can vary

Help with medical, dental and behavioral health services

Community Health Centers (FQHCs)

These clinics help people who do not have insurance or have low income.

- You can still get care even without insurance
- You pay based on what you can afford
- You can find them in many cities and rural areas of New York

Visit [FindaHealthCenter.HRSA.gov](https://www.findahealthcenter.hrsa.gov)

Services offered may include:

- Regular doctor visits and checkups
- Care for children
- Mental health counseling
- Dental care (cleanings, fillings, etc.)
- Women's health services (OB/GYN)
- Pregnancy and newborn care
- Testing for HIV, STDs and hepatitis C

Other help options

- 988 Crisis Line: Call or text **988** for free, private mental health or emotional support anytime (24/7), regardless of immigration status or ability to pay
- 211: Help with food, housing, utilities, elder care, mental health, substance use, transportation and more. Call **211** or visit [211NewYork.org](https://www.211NewYork.org)
- County Department of Health Services: Contact your county health department to see available medical services. Visit [Health.NY.gov/contact/contact_information](https://www.health.ny.gov/contact/contact_information)
- County Mental Health Services: Contact your local county office for free or low cost clinics. Visit [OMH.NY.gov/OMHWeb/about](https://www.omh.ny.gov/omhweb/about)
- State Cancer Services Program: Offers breast, cervical and colorectal cancer screenings and diagnostic services. Visit [Health.NY.gov/diseases/cancer/services](https://www.health.ny.gov/diseases/cancer/services)
- CHAMP Helpline: Help with insurance issues and finding care. Call **1-888-614-5400 (TTY 711)**
- SAMHSA Treatment Locator: Find free or low cost mental health and substance use services. Visit [SAMHSA.gov](https://www.samhsa.gov)

Help paying for prescription drugs

If you do not have insurance, these programs can help lower prescription costs at most major pharmacies including CVS, Walmart and Walgreens.

Discount programs

- New York Rx Card: Free for all residents. Save up to 80% on generic drugs. Visit [NewYorkRXCard.com](https://www.newyorkrxcard.com)
- Cost saving apps: Compare prices and use coupons at pharmacies. Visit [GoodRX.com](https://www.goodrx.com) or [SingleCare.com](https://www.singlecare.com)

Other help options

- Patient assistance programs: Find free or low cost medicines. Visit [RXAssist.org](https://www.rxassist.org) or [NeedyMeds.org](https://www.needy meds.org)
- AIDS Drug Assistance Program: Free or low cost HIV/AIDS medications. Visit [Health.NY.gov/diseases/aids/general/resources/adap](https://www.health.ny.gov/diseases/aids/general/resources/adap)

[ChooseExcellus.com/EP](https://www.chooseexcellus.com/EP)