

Health Care Financial Assistance Programs

Take Care Utah A network of nonprofit organizations focused on helping people with health insurance.	Phone: 211 https://takecareutah.org/
Utah Medicaid A program that covers medical expenses for certain groups of people who have limited income and resources.	https://medicaid.utah.gov/
Partnership for Prescription Assistance Helps qualifying patients without prescription drug coverage get the medicines they need for free or nearly free.	https://www.pparx.org/
RxConnect Utah Links patients with resources to get needed prescriptions	http://health.utah.gov/rxconnectutah/

Community Health Centers

58 clinics in urban and rural communities that provide comprehensive, high-quality primary and preventive health care to all, regardless of ability to pay or insurance status.	List of community health centers: https://www.auch.org/images/CHC_Listings_and_Map_Feb_2018.pdf
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Cancer Screenings

All women should visit a doctor or nurse each year for a well-woman visit (checkup) and recommended preventive screenings. The Utah Department of Health offers programs to help moderate income women who are uninsured or underinsured pay for these necessary health screenings

Utah Department of Health, Cancer Control Programs FREE breast cancer screenings to Utah women aged 40-64, and FREE cervical cancer screenings to women aged 21-64 who have a moderate income and are uninsured or underinsured	To find a screening location near you visit, https://cancerutah.org/ or call 1-800-717-1811.
Susan G Komen's Breast Cancer Helpline Financial and insurance resource to help with breast cancer treatment.	1-877 GO KOMEN (1-877-465-6636) https://ww5.komen.org/FinancialAssistanceAndInsurance/

Healthy Lifestyle

Utah Department of Health, EPICC

Program Encourages all Utahans to eat healthy and be active.

<http://choosehealth.utah.gov/>

Get Healthy Utah Aims to reduce obesity through improved healthy eating and active living. Provides tips on healthy eating, physical activity, and mental wellness for schools, workplace, faith-based groups and communities.

<https://gethealthyutah.org/>

Eat Well Utah Helps families and individual obtain the best nutrition with the resources they have. This program is part of the Utah State University Extension and is known nationally as SNAP-Ed (Supplemental Nutrition Assistance Program Education)

Apply for SNAP-Ed or Food stamps: <https://eatwellutah.org/>

Farmers Markets in Utah A list of farmers markets across the state

<http://www.farmersmarketonline.com/fm/Utah.htm>

Intermountain Healthcare, Move Well

Tips on increasing physical activity everyday.

<https://intermountainhealthcare.org/services/wellness-preventive-medicine/live-well/move-well/>

Utah Walking Trails Find bike, running and walking trails in Utah.

<https://www.trailink.com/stateactivity/ut-walking-trails/>

Utah Department of Health, Immunization Program

<http://www.immunize-utah.org/>

CDC Immunization Schedules for children, adolescents, and adults

<https://www.cdc.gov/vaccines/schedules/index.html>

Living Well Utah Our vision at the Utah Department of Health is for Utah to be a place where all people can enjoy the best health possible; where all can live and thrive in healthy and safe communities. Living Well Utah is a hub where Utahns can find health education programs and classes offered throughout the state.

Visit <https://livingwell.utah.gov/index.php> to find classes near you.

Baby Your Baby A cooperative effort between the [Utah Department of Health](#), [Intermountain Healthcare](#) and [KUTV](#). The program was designed to provide helpful information for parents and their children. From financial help to preparing for pregnancy, Baby Your Baby has the answers you are looking for.

For more information, visit www.babyyourbaby.org or call 1-800-826-9662

<p>BeWise The BeWise Program provides free cardiovascular screening to moderate income, underinsured, or uninsured women aged 40-64. The program offers eligible women health coaching, group classes, membership to Weight Watchers, and is designed to help women set and reach their health goals through free education and resources.</p>	<p>For more information, visit www.cancerutah.org/bewise</p>
<p>Check Your Health Every woman deserves to thrive. Not only does this mean receiving high quality health care, but also developing habits to manage stress and nurture oneself in a way that promotes optimal health.</p> <p>Check Your Health is a partnership among the Utah Department of Health, Intermountain Healthcare and KUTV. We are dedicated to improving the quality of life of all Utahns by providing information and opportunities to those who want to learn about living a healthy lifestyle.</p>	<p>Visit http://www.checkyourhealth.org for healthy lifestyle resources.</p>
<p>Oral Health Good oral health is an important part of good overall health.</p>	<p>To find low cost dental care in Utah, visit http://health.utah.gov/oralhealth/index.php</p>

**Tobacco/Alcohol/Illicit and Prescription Drug Abuse
Resources to help treat addiction**

Quitting tobacco isn't easy. The Utah Tobacco Quit Line (1-800-Quit-Now) is a free telephone coaching program that can help tobacco users end their addiction.

<https://waytoquit.org/> has information about the quit line as well as online coaching

[Waytoquit.org](https://waytoquit.org/) has information about the quit line as well as online coaching.

What is provided to participants:

- A personalized quit plan
- A quitting coach
- Guided processes for setting a quit date, conquering urges, choosing a medication, or getting social support
- Interactive lessons, worksheets, videos, articles, and podcasts
- Track progress and monetary savings
- Free Nicotine Replacement Therapy for eligible participants
- Opt in for text messaging reminders and support
- Receive information about how to help a friend or family member to quit

Utah Tobacco Prevention and Control Program

1-877-220-3466
<https://tobaccofreeutah.org/>

Utah Department of Human Services, Substance Abuse and Mental Health

<https://dsamh.utah.gov/#>

National Drug Helpline offers 24/7 drug and alcohol help to those struggling with addiction.

1-888-633-3239
<http://drughelpline.org/alcohol-hotline/>

Substance Abuse and Mental Health Helpline A free, confidential, 24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental health and/or substance use disorders.

1-800-662-HELP (4357)
<https://www.samhsa.gov/find-help/national-helpline>

Utah Alcoholics Anonymous

<http://www.utahaa.org/districts.html>

Stop the Opidemic

<https://www.opidemic.org/>

Utah Naloxone

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

Naloxone Information

<https://naloxone.utah.gov/>

Utah Narcotics Anonymous

<https://nautah.org/>

Managing Chronic Conditions and Pain Management

Pre-Diabetes Without intervention, 15% to 30% of people with prediabetes will develop type 2 diabetes within 5 years. With numbers like that, it's important to learn about prediabetes and take action. The National Diabetes Prevention Program (National DPP) offers an evidence-based lifestyle change program with the goal to prevent or delay the development of type 2 diabetes and heart disease among at-risk Utahns.

This is a 12-month intensive lifestyle change program with 16 weekly and 6 monthly group sessions. The sessions are facilitated by trained lifestyle coaches that encourage, coach, and motivate participants to adopt sustainable lifestyle changes, focusing on:

- Behavior change
- Healthy eating strategies
- Ways to become more physically active
- Getting 150 minutes of physical activity per week
- Achieving a 5-7% weight loss

For more information:

<http://choosehealth.utah.gov/your-health/lifestyle-change/diabetes-prevention-program.php>

Diabetes Diabetes self-management education/training is provided by diabetes educators to help people with diabetes practice self-care behaviors every day and be as healthy as possible. Real-life guidance and coaching to help people understand exactly how to best manage their diabetes, and to feel supported while doing it. DSME focuses on seven self-care behaviors so that people with diabetes can be healthy and fully enjoy life:

- Healthy eating
- Being active
- Monitoring blood sugar levels
- Taking medication
- Problem solving
- Healthy coping skills
- Reducing risks

For more information, visit

<http://www.choosehealth.utah.gov>

Arthritis Trained instructors offer classes that meet two or three times per week for an hour. Classes cover a variety of range-of-motion exercises, endurance-building activities, relaxation techniques, and health education topics. All of the exercises can be modified to meet participant needs and abilities. Participants completing the program report experiencing:

- Improved functional ability
- Decreased depression
- Decreased pain
- Increased confidence in one's ability to exercise

For more information, visit

<https://arthritis.health.utah.gov>

Living Well with Chronic Pain (LWCP) is a 6-session evidence-based workshop designed for those dealing with chronic pain. Participants learn self-management techniques and skills needed in the day to day management of their chronic pain condition. This program has also been proven effective with family and caregivers. This program also aims to help participants better communicate with their health care providers and make healthy day-to-day decisions.

For more information, visit

<https://www.selfmanagementresource.com>

Reproductive Health and Family Planning	
Power Your Life Information on preconception health	http://poweryourlife.org/
Family Planning Elevated Works to provide contraception to women with Medicaid, uninsured, and undocumented patients.	Find a participating clinic: https://fpeutah.org/fpe-cap-patients
Planned Parenthood Association of Utah Clinics that offer pap smears, breast exams, contraceptive counseling, and STD testing for low income, underinsured, uninsured, and LGBTQ patients.	Find a clinic near you: https://www.plannedparenthood.org/planned-parenthood-utah
Utah Infertility Resource Center Information for couples struggling with infertility	https://www.utahinfertilityresourcecenter.org/
CDC – Get Tested Search for STD testing centers near you	https://gettested.cdc.gov/
Salt Lake County Health Department, STD Clinic	For an appointment call 1-385-468-4242 https://slco.org/health/std-clinic/testing-treatment/
Utah AIDS Foundations STD testing	For an appointment call 1-801-487-2323 https://www.utahaids.org/
Sexually Transmitted Diseases are some of the most commonly reported diseases in Utah and affect individuals of all ages. Sometimes persons with sexually transmitted infections (STIs) may not know they are infected because STDs often have no symptoms. Many infections are never even diagnosed and reported. The good news is that many of these diseases can be treated, and all are preventable. There are many free or low cost screening facilities throughout the state	There are many free or low cost screening facilities throughout the state. To find a testing location near you, visit http://health.utah.gov/epi/testing/TestSites417.pdf

Mental Health	
National Alliance on Mental Health, Utah Affiliates and County Resources	Find a NAMI program and /or support group https://www.namiut.org/find-resources-by-county
Valley Behavioral Health Provides numerous treatments for mental health and substance abuse.	888-949-4864 (SLC) 435-843-3520 (Tooele) 435-649-8347 (Summit) https://www.valleycares.com/
Maternal Mental Health Resources for women and families suffering with depression and anxiety during pregnancy and postpartum	https://www.psiutah.org/
National Suicide Prevention Lifeline	1-800-273-8255 https://suicidepreventionlifeline.org/
Veterans Crisis Line Mental health services for veterans	1-800-273-8255, press 1 Text 838255 Chat online: https://www.veteranscrisisline.net/get-help/chat

Safety

Utah Domestic Violence Coalition	24-Hour LINKline for free confidential help and support for victims and survivors of domestic and intimate partner violence: 1-800-897-LINK (5465) https://www.udvc.org/welcome.html
Rape and Sexual Assault Crisis Line	1-888-421-1100
National Sexual Assault Hotline	1-800-656-HOPE (4673)
National Domestic Violence Hotline	1-800-799-7233 https://www.thehotline.org/
National Sexual Assault Online Crisis Support	https://hotline.rainn.org/online
Utah Rape Recovery Center Support for victims of sexual assault	24/7 Crisis Line: 801-467-7273 https://www.raperecoverycenter.org/
Violence and Injury Prevention Program, Rape and Sexual Assault	http://www.health.utah.gov/vipp/topics/rape-sexual-assault/resources.html