

Healthcare Access

Accessing healthcare as a new immigrant in the US is important for maintaining your well-being and addressing any medical needs. Here's a guide to help you navigate the healthcare system:

Understanding Healthcare in the US: Familiarize yourself with the US healthcare system, which can be complex. In the US, healthcare is typically provided through private health insurance, government-funded programs, or a combination of both.

Employer-Sponsored Health Insurance: If you're employed, check if your employer offers health insurance benefits. Many employers provide health insurance coverage to full-time employees as part of their compensation package.

Health Insurance Marketplace: If you're not eligible for employer-sponsored health insurance, you can purchase health insurance through the Health Insurance Marketplace (HealthCare.gov). Open enrollment periods allow you to sign up for coverage, or you may qualify for special enrollment if you experience a qualifying life event such as moving to a new state or losing other health coverage.

Medicaid: Medicaid is a government-funded program that provides free or low-cost health insurance coverage to eligible low-income individuals and families. Eligibility criteria vary by state, so check with your state's Medicaid office to see if you qualify and how to apply.

Children's Health Insurance Program (CHIP): CHIP provides low-cost health insurance coverage for children in families that earn too much to qualify for Medicaid but cannot afford private insurance. Eligibility criteria also vary by state.

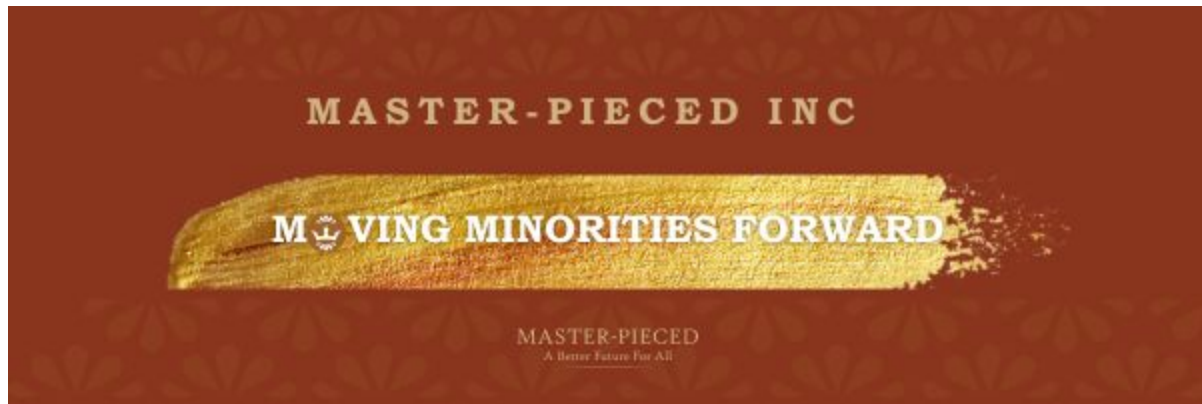
Community Health Centers: Community health centers (CHCs) are nonprofit healthcare facilities that provide comprehensive primary care services, regardless of insurance status or ability to pay. CHCs serve underserved populations and offer sliding-scale fees based on income.

Emergency Medical Care: In case of a medical emergency, you can receive emergency medical treatment at any hospital emergency room, regardless of insurance status or ability to pay. However, emergency care can be expensive, so it's important to seek routine and preventive care to avoid emergencies whenever possible.

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Free and Low-Cost Clinics: Some communities have free or low-cost clinics that provide basic medical services, such as check-ups, vaccinations, and treatment for minor illnesses and injuries. These clinics may be run by nonprofit organizations, religious institutions, or local health departments.

Navigating the Healthcare System: If you're unsure how to access healthcare services or need assistance navigating the healthcare system, consider reaching out to local social service organizations, community health advocates, or immigrant support groups for guidance and support.

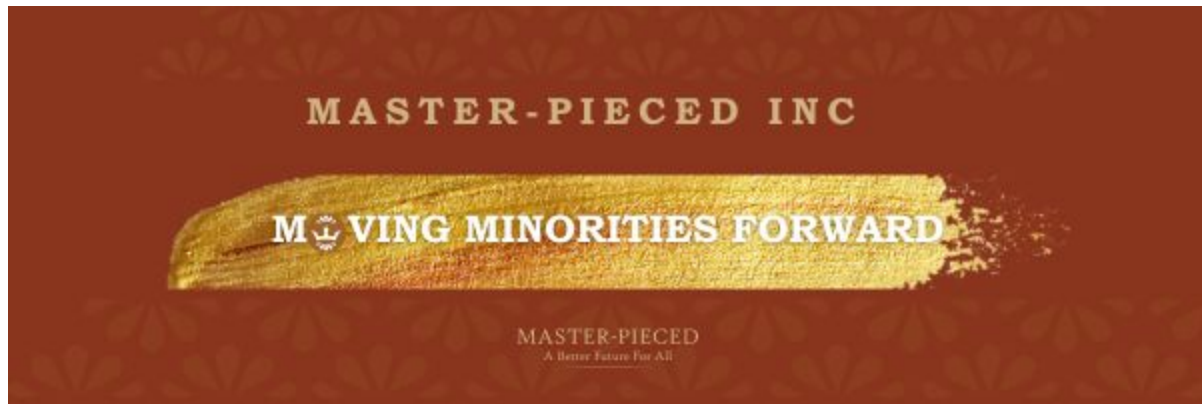
Language Assistance: If English is not your first language, ask about language assistance services at healthcare facilities, such as interpretation services or multilingual staff. It's important to be able to communicate effectively with healthcare providers to ensure you receive appropriate care.

Remember that maintaining good health is essential for successfully settling into your new life in the US, so prioritize your healthcare needs and seek assistance if you encounter any barriers to accessing care.

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General Medical Assistance In Lexington KY

- Medical Refuge (859) 225-4325
- Mission Lexington Medical Clinic (859) 272-0219
- Mission Lexington Dental Clinic- (859)-519-8157

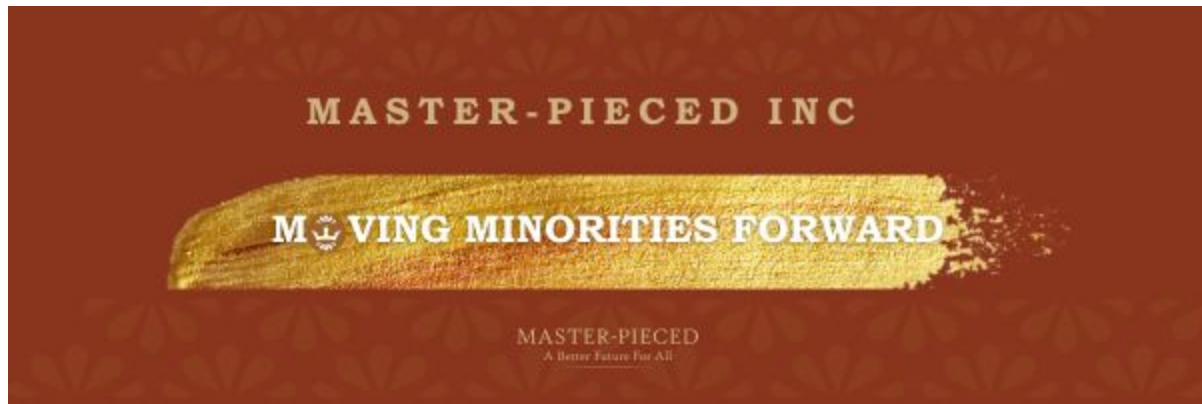
MEDICAL NEEDS

- Call the Covid-19 dedicated line at Lexington's Health Department, 859-899-2222, in Spanish or other languages.
- Mission Lexington (also known as the Faith Based Pharmacy) offers medical, vision, dental, and pharmacy services to adults living in Fayette county and without insurance. They do not see children. Appointments are required. Their medical clinic is located at 230 S Martin Luther King Boulevard, Lexington, KY 40508. The clinic is open Mon - Wed, 9:00 a.m. to 3:00 p.m., and Thursday, 9:00 a.m. to 1:00 p.m. For more information, go to <https://missionhealthlex.org/#services>, or call 859-272-0219.
- HealthFirst Bluegrass offers medical and dental services for adults and children on a sliding scale fee. Clients whose monthly income is 100% or less of the Federal Poverty Guidelines will be charged \$20 per visit. For a sliding fee scale in English or Spanish, go to: <https://healthfirstlex.com>. Healthfirst Bluegrass has several locations, including 496 Southland Drive and 1640 Bryan Station Drive #1. For a list of all their locations, go to: <https://healthfirstlex.com/hours-and-locations/>. Healthfirst Bluegrass also offers a sliding scale pharmacy. To make an appointment, call 859-288-2425. Spanish speakers are welcome.
- Baby Health Services provides free preventive and primary health care assistance to Central Kentucky children who do not have insurance. BHS provides physicals, sick visits, and

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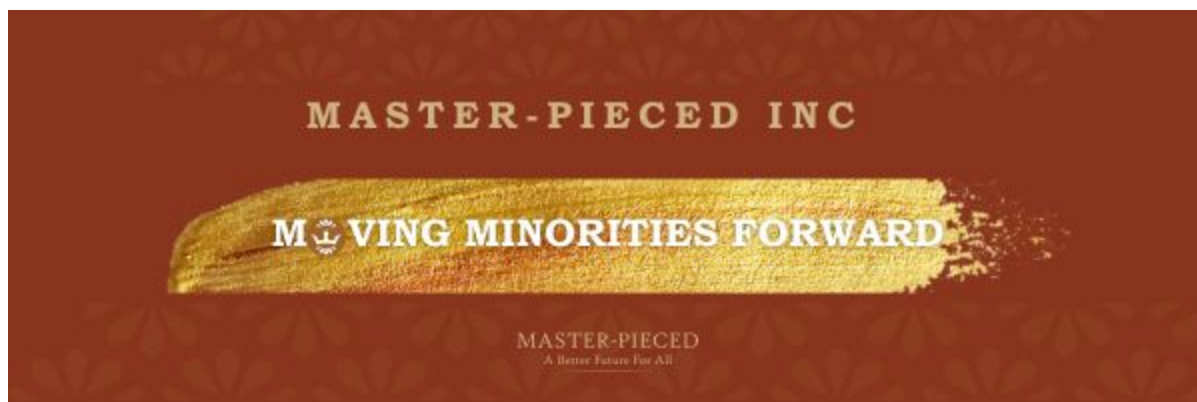
vaccinations. They also support children's mental well-being, dental health, and dietary educational needs. They are located at 1590 Harrodsburg Road, Lexington, KY, 40504 (Next to St. Joseph Hospital) and their phone number is (859) 278-1781.

- UK College of Dentistry dental students, under the supervision of faculty and resident dentists, will see patients ages 4-12 years old to offer free dental examinations, cleanings, radiographs, sealants, simple restorative work and extractions, and fluoride varnish. Free kindergarten screenings will also be provided. You must pre-register online before going at: <https://dentistry.uky.edu/patient-care/appointment-request>. Call: 859-323-3368.
- AA lists online meetings at <http://aa-intergroup.org/directory.php>. Please note that at the very bottom of the page, they list links to online meetings in other languages (such as Spanish, French, Farsi, Russian, etc.) Unfortunately, there are no links to Swahili Kinyarwanda, or Nepali online meetings.
- Clinica Amiga is a pediatric primary care clinic located at Kentucky Clinic South that serves the Hispanic/Latino community of Lexington. Call 859-323-6211 to make an appointment. They are located at 1000 South Limestone, University of Kentucky, Lexington, KY, 40536. For more information, go to: <https://ukhealthcare.uky.edu/kentucky-childrens-hospital/services/primary-care-pediatrics/clinica-amiga>
- The SHARE Center Free Clinic (572 Georgetown St., Lexington, KY 40508) offers basic health services to the North Side Community. Staffed with all volunteer physicians, nurses and medical students, the clinic is open every the 2nd and 4th Saturday of the month, from 11 am to 3 pm. Services are offered in English, Spanish, Urdu & Arabic. For more information, call (859) 270-9402 or go to: <http://www.sharelexington.org/clinic.html>
- Call Medicaid (1-855-306-8959) if you need to obtain government health insurance. Social security numbers are not required to obtain "MCD Presumptive Eligibility". Phone wait times are currently very long.
- **Medicare** is the federal health insurance program for United States citizens or permanent legal residents who are age 65 or older, younger with certain disabilities, or who have end-stage

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renal disease (ESRD). To see if you qualify and apply, go to:

<https://www.medicareplans.com/medicare-coverage-resource-of-immigrant-populations/>

- KEJC (Kentucky Equal Justice Center) acts as a watchdog and advocate for low income and working families. Their Outreach Coordinator, Miranda Brown, is an Application Assister for Medicaid and qualified health plans. If you don't know how to get Medicaid and qualified health plans, KEJC can help you apply. For more information, their website is: <https://www.kyequaljustice.org>. They are located at 201 West Short Street, Suite 310, Lexington, KY 40507. Their phone number is 859-233-3057. Please leave a message. Spanish speakers are welcome.
- For those who have no health insurance and meet low income guidelines, UK (University of Kentucky) will help people who are currently uninsured obtain Medicaid. Call (859-218-1069) between 8:00 a.m. and 4:00 p.m. if you need to speak with a Spanish speaker. Otherwise, call their general financial assistance number (see below).
- UK has a payment program for uninsured or underinsured patients, the UK HealthCare Financial Assistance Program. Call 859-323-9898 for assistance (Spanish speakers are welcome). Applicants will be asked to fill out a form, <https://ukhealthcare.uky.edu/patients-visitors/patients/payment-insurance/financial-assistance>

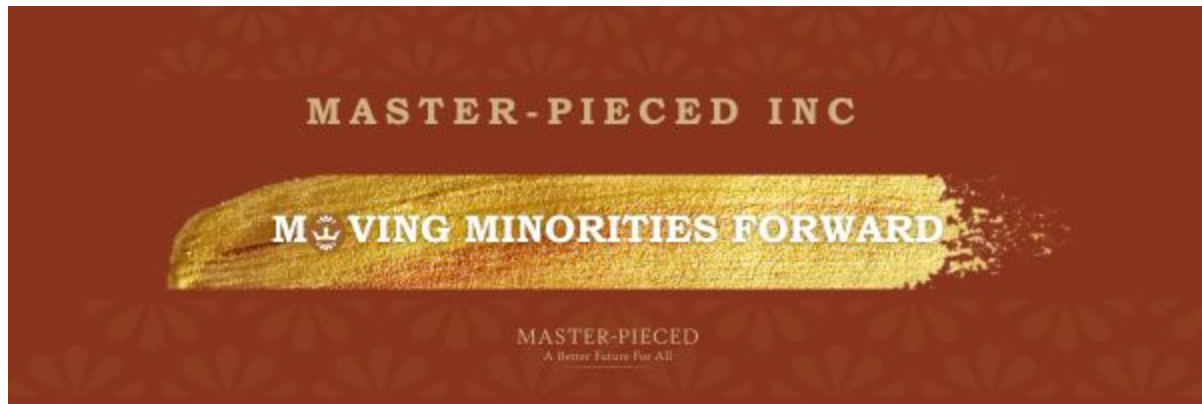
This plan only applies to UK facilities.

- Go to <https://sites.google.com/view/studentswithasdashome/> to get information on supporting students with Autism Spectrum Disorder at home during the virus.
- Encore Adult Day Health Center is accepting new clients. Call 859-286-9903 or email contact@encoreadhc.com for more information.
- Planned Parenthood-Lexington offers family planning and no insurance is needed. They are located at 268 Southland Drive, Lexington, KY 40503, their phone number is (317)-205-8088, and they are online at <https://www.plannedparenthood.org>
- Bluegrass Community Health Center also offers family planning and no insurance needed. They are located at 1306 Versailles Road, Suite 120, Lexington, KY 40504,

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their phone number is: (859) 259-2635, and they can be found online at <https://bchcky.com/>

- AVOL offers free HIV testing and PrEP. No insurance is needed. They are located at 365 Waller Avenue, Suite 100, Lexington, KY 40504. They can be reached at: (859) 225-3000.

MENTAL HEALTH

- National Suicide Prevention Lifeline. Telephone: 800-273-8255. For Spanish, call 888-628-9454, or go online to <http://www.suicidepreventionlifeline.org/>

PHARMACY

- **Mission Lexington** (also known as the Faith Based Pharmacy) is open Saturdays, from 8:30 a.m. to 10:30 a.m. Call before going (859-272-0219). This can be used for clients without insurance who need medication for chronic conditions and already have a prescription. A caseworker referral is required. Please call us to be connected with a caseworker who can provide a referral.

Clothing Assistance

Lexington Rescue Mission (859) 381-9600 ext. 237

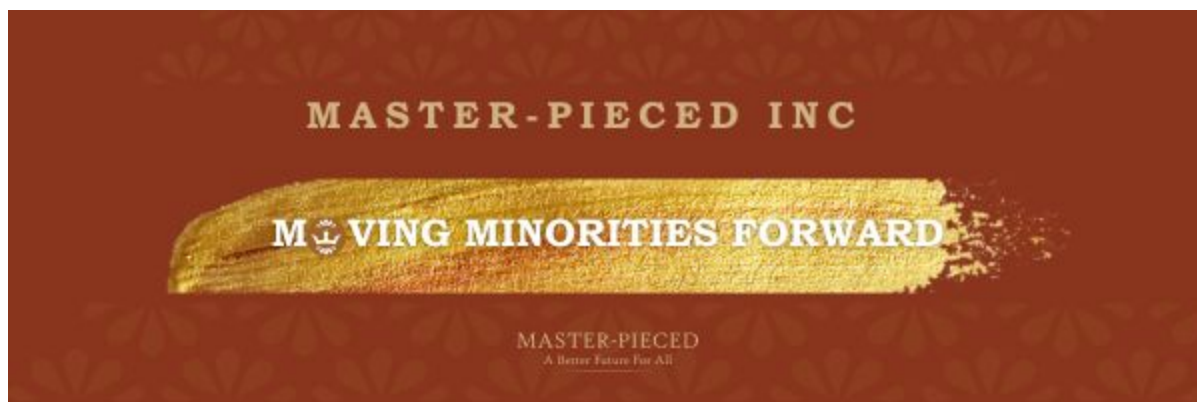
Helping Through Him Clothing Online- <https://southland.church/help>

- **40504 Zip Code**
 - **Family Care Center** (1135 Harry Sykes Way Lexington, KY 40504) offers small quantities of clothing. Any referral agency or English speaking client can call 859-288-4040 and leave a voicemail. Clients may pick-up supplies from

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11am to 12pm. Interpretation services are available for those who need it. Go to: <https://www.lexingtonky.gov/family-care-center>

- **40507 Zip Code**

- The Lexington **Sheriff's Office** (150 N Limestone St Lexington, KY 40507) gives free winter coats to those who need them. To call, please contact the office at 859-252-1771 in English and ask for Scooter Stein, who speaks Spanish. **No documentation is required.** If language access is needed in a language other than Spanish, please contact Master-Pieced, so we can arrange for them to call you with an interpreter.
- **Calvary Baptist** has a free clothing store program that is available by appointment. It's open Monday nights and Wednesdays during the first and third weeks of the month. Call 859-254-3491 to make an appointment. While they do not have a regular Spanish speaking option, they can call or text back with an interpretation service. No photo ID required. Visit them online [here](#) or in person at 150 E. High St Lexington, KY 40507.

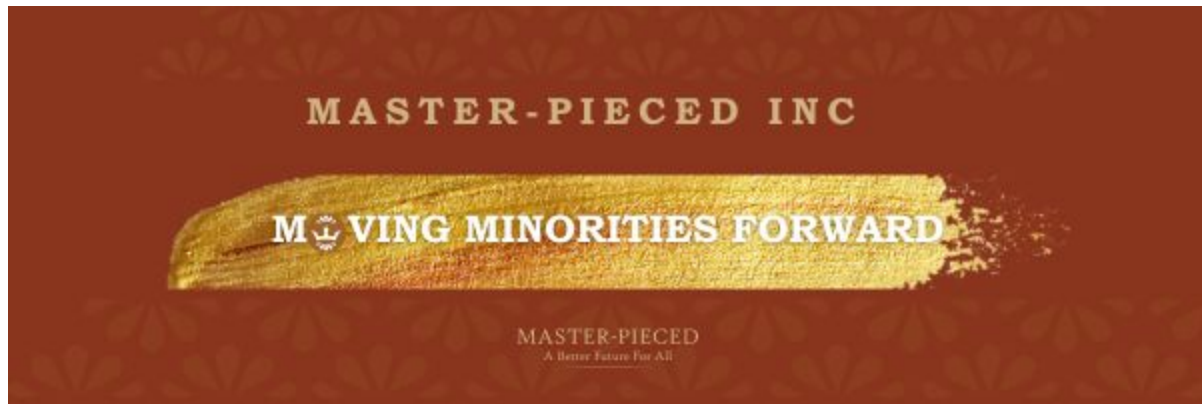
- **40508 Zip Code**

- **Nathaniel Mission** (859-255-0062) provides clothing assistance M-Th, 9:00 a.m. - 4:00 p.m. on a first come first served basis. You can find them at 1109 Versailles Road #400, Lexington, KY 40508.
- **Lexington Rescue Mission** (859-381-9600 ext 225) offers clothing vouchers to Goodwill for those who need them. Find them at 444 Glen Arvin Ave., Lexington, KY 40508 (T-Th 9:00 AM - 4:30 PM) or online at www.lexingtonrescue.org. Their resource coordinator is available to meet with anyone in need. Basic supplies are always kept on hand, including socks and underwear. Guests may set up an appointment by calling 859-381-9600 (English only) or by coming to walk-in hours from 1:00 - 3:00 PM T-Tr

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- **The Nest's** Family Assistance program (859-259-1974, extension 222 or 224) provides children's clothing to clients once a month. A photo ID is REQUIRED to secure assistance. Visit them at 529 N. Martin Luther King Blvd., Lexington, KY 40508 or call between M-Th 9:00 a.m. - 12:00 p.m. and 1:00 p.m. - 3:00 p.m.. Spanish language option available. Photo ID preferred.
- Maxwell Street Presbyterian Church distributes clothing on the second Wednesday of every month, from 10am - 11:30am. Their address is 180 East Maxwell Street, Lexington, KY 40508. For questions, please call (859) 255-1074 (English only spoken.)
- The **SHARE Center** (572 Georgetown St., Lexington, KY 40508) offers free business casual clothes for interviews, coats and clothing drives during winter & school clothes at the beginning of the semester. All clothes are new or gently and given free of charge on a need basis. For more information, call (859) 270-9402 or go to:
<http://www.sharelexington.org/clinic.html>

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