

Table of Contents

Alger County 2

Baraga County 4

Chippewa County 6

Delta County 8

Dickinson County. 10

Gogebic County. 12

Houghton County. 14

Iron County. 16

Keweenaw County. 18

Luce County. 20

Mackinac County. 22

Marquette County. 24

Menominee County. 26

Ontonagon County. 28

Schoolcraft County. 30

Alger County

What to do if you have diabetes or another chronic illness and can't afford to pay for your medications, supplies and/or medical care:

- ❖ Check with your physician's office and local health care system about reduced fees for visits and services. (Most offer some form of sliding fee scale.)

- ❖ You may qualify for help through the **Department of Human Services** (formerly FIA) located at 101 Court Street, Munising. Contact DHS at **387-4440**. If you have access to the internet, you can use the **Michigan Assistance Referral Service** (MARS) to find programs offered by the State of Michigan that may help provide assistance with medical, nutritional, food, daycare, temporary cash or other expenses. MARS helps determine if a household or individual is eligible. The MARS website is www.mfia.state.mi.us/mars/.

- ❖ If you need assistance with medications or strips, many pharmaceutical companies offer assistance programs. Your physician's office may be able to provide you with more details. You can also contact the **Partnership for Prescription Assistance** at **1-888-477-2669**. (**Abbott Laboratories** offers free blood glucose test strips for those with limited income. Call **1-866-972-7863** for more information. **Roche Diagnostics** also offers free blood glucose test strips for those with limited income. Call **866-441-4090** for more information.)

- ❖ If you receive Medicare, make certain you know your benefits. Call the UP Area Agency on Aging at **1-800-803-7174**. You can also check the Medicare website at www.medicare.gov or call **1-800-Medicare (633-4227)** for details. For people with diabetes, Medicare pays (co-pays may apply) for:
 - ~Registered Dietitian Visit
 - ~Testing strips, monitors & supplies
 - ~Foot care & special shoes, if meet certain conditions
 - ~Some or all of your medications through Part D
 - ~Smoking cessation counseling, if you have a smoking related disorder
 - ~Glaucoma tests once a year, if at high risk for glaucoma
 - ~Diabetes Education
 - ~Flu and pneumonia shots

- ❖ Short-term medical assistance may be available through **St. Vincent De Paul (387-4396)**.
- ❖ Veterans can call **1-877-222-8387** toll free to determine eligibility for health care benefits. The U.P. VA Medical Center is located in Iron Mountain. Outpatient clinics are located in Hancock, Ironwood, Kincheloe, Marquette and Menominee.
- ❖ **Medical Care Access Coalition** located inside the Munising Memorial Hospital at 1500 Sand Point Road in Munising links eligible people with health care services in Marquette and Alger Counties. Eligibility requirements include being a county resident aged 19 to 64 with no health insurance coverage, a total household income at or below 200% of federal poverty level and not receiving workmen's compensation. Call **906-387-4110 ext. 124** for more information. Please note office hours are currently limited to Mondays and Thursdays.
- ❖ If you are an American Indian, please contact your tribal enrollment office. Once your enrollment is confirmed you can discuss possible health care benefits. Appointments can then be made with the local tribal health center.
- ❖ **Dial 2-1-1** from anywhere in the Upper Peninsula, 24 hours/day, 7 days/week, 365 days/year to receive information from a trained operator about health and human services available throughout the U.P. Cell phone/pay phone users can call **1-800-338-1119**.

Additional Resources for People with Diabetes

- ❖ Local Lions Clubs often offer assistance to people with diabetes. To find a Lions Club in your area, please call the Alger Chamber of Commerce at **387-2138** or call the U.P. Lions Diabetes Outreach Chairperson at **(906) 786-0724**.
- ❖ Children with type 1 diabetes may be eligible for additional help with medical care through the **Children Special Health Care Services**. Call the LMAS Health Department at **(906) 293-5107** or **800-359-3722** for more details.
- ❖ Diabetes Education Programs in Alger County:
 - Munising Memorial Hospital, Paula Ackerman – **387-4110 ext. 134**
 - Sault Tribe of Chippewa Indians – **387-4614**
- ❖ Diabetes Support Groups in Alger County:
 - Alger County Support Group, Paula Ackerman – **387-4110 ext. 134**
 - Sault Tribe Support Group – **387-4614**
- ❖ Additional resources can be found in the U.P. Diabetes Outreach Network Resource Directory. Visit www.diabetesinmichigan.org, choose the U.P. & then Resource Directory.

Baraga County

What to do if you have diabetes or another chronic illness and can't afford to pay for your medications, supplies and/or medical care:

- ❖ Check with your physician's office and local health care system about reduced fees for visits and services. (Most offer some form of sliding fee scale.)

- ❖ You may qualify for help through the **Department of Human Services** (formerly FIA) located at 108 Main Street, Baraga. Contact DHS at **355-4700**. If you have access to the internet, you can use the **Michigan Assistance Referral Service** (MARS) to find programs offered by the State of Michigan that may help provide assistance with medical, nutritional, food, daycare, temporary cash or other expenses. MARS helps determine if a household or individual is eligible. The MARS website is www.mfia.state.mi.us/mars/.

- ❖ If you need assistance with medications or strips, many pharmaceutical companies offer assistance programs. Your physician's office may be able to provide you with more details. You can also contact the **Partnership for Prescription Assistance** at **1-888-477-2669**. (**Abbott Laboratories** offers free blood glucose test strips for those with limited income. Call **1-866-972-7863** for more information. **Roche Diagnostics** also offers free blood glucose test strips for those with limited income. Call **866-441-4090** for more information.)

- ❖ If you receive Medicare, make certain you know your benefits. Call the UP Area Agency on Aging at **1-800-803-7174**. You can also check the Medicare website at www.medicare.gov or call **1-800-Medicare (633-4227)** for details. For people with diabetes, Medicare pays (co-pays may apply) for:

~Registered Dietitian Visit

~Diabetes Education

~Testing strips, monitors & supplies

~Flu and pneumonia shots

~Foot care & special shoes, if meet certain conditions

~Some or all of your medications through Part D

~Smoking cessation counseling, if you have a smoking related disorder

~Glaucoma tests once a year, if at high risk for glaucoma

- ❖ Short-term medical assistance may be available through **St. Vincent De Paul (524-7001)**.

- ❖ Veterans can call **1-877-222-8387** toll free to determine eligibility for health care benefits. The U.P. VA Medical Center is located in Iron Mountain. Outpatient clinics are located in Hancock, Ironwood, Kincheloe, Marquette and Menominee.
- ❖ If you are an American Indian, please contact your tribal enrollment office. Once your enrollment is confirmed you can discuss possible health care benefits. Appointments can then be made with the local tribal health center.
- ❖ **Western U.P. Health Care Access Coalition** located at 540 Depot Street in Hancock links eligible people with health care services in Baraga, Gogebic, Houghton, Keweenaw and Ontonagon Counties. Eligibility requirements include being a county resident aged 19 to 64 with no health insurance coverage, a total household income at or below 200% of federal poverty level and not receiving workmen's compensation. Call **906-482-7122** for more information.
- ❖ **Dial 2-1-1** from anywhere in the Upper Peninsula, 24 hours/day, 7 days/week, 365 days/year to receive information from a trained operator about health and human services available throughout the U.P. Cell phone/pay phone users can call **1-800-338-1119**.

Additional Resources for People with Diabetes

- ❖ Local Lions Clubs often offer assistance to people with diabetes. To find a Lions Club in your area, please call the Baraga Chamber of Commerce at **524-7444** or call the U.P. Lions Diabetes Outreach Chairperson at **(906) 786-0724**.
- ❖ Children with type 1 diabetes may be eligible for additional help with medical care through the **Children Special Health Care Services**. Call the Western UP District Health Department at **(906) 482-7382** or **800-359-3722** for more details.
- ❖ Diabetes Education Programs in Baraga County:
 - Baraga County Memorial Hospital, Todd Peltola - **524-3414**
 - Keweenaw Bay Indian Community, Kathy Mayo – **353-4519**
- ❖ Diabetes Support Groups in Baraga County:
 - Baraga County Support Group, Baraga County Memorial Hospital;
Kathy Mayo - **353-4519** or Todd Peltola – **524-3414**
- ❖ Additional resources can be found in the U.P. Diabetes Outreach Network Resource Directory. Visit www.diabetesinmichigan.org, choose the U.P. & then Resource Directory.

Chippewa County

What to do if you have diabetes or another chronic illness and can't afford to pay for your medications, supplies and/or medical care:

- ❖ Check with your physician's office and local health care system about reduced fees for visits and services. (Most offer some form of sliding fee scale.)

- ❖ You may qualify for help through the **Department of Human Services** (formerly FIA) located at 463 East 3 Mile Rd, Sault Ste. Marie. Contact DHS at **635-4100**. If you have access to the internet, you can use the **Michigan Assistance Referral Service** (MARS) to find programs offered by the State of Michigan that may help provide assistance with medical, nutritional, food, daycare, temporary cash or other expenses. MARS helps determine if a household or individual is eligible. The MARS website is www.mfia.state.mi.us/mars/.

- ❖ If you need assistance with medications or strips, many pharmaceutical companies offer assistance programs. Your physician's office may be able to provide you with more details. You can also contact the **Partnership for Prescription Assistance** at **1-888-477-2669**. (**Abbott Laboratories** offers free blood glucose test strips for those with limited income. Call **1-866-972-7863** for more information. **Roche Diagnostics** also offers free blood glucose test strips for those with limited income. Call **866-441-4090** for more information.)

- ❖ If you receive Medicare, make certain you know your benefits. Call the UP Area Agency on Aging at **1-800-803-7174**. You can also check the Medicare website at www.medicare.gov or call **1-800-Medicare (633-4227)** for details. For people with diabetes, Medicare pays (co-pays may apply) for:

~Registered Dietitian Visit

~Diabetes Education

~Testing strips, monitors & supplies

~Flu and pneumonia shots

~Foot care & special shoes, if meet certain conditions

~Some or all of your medications through Part D

~Smoking cessation counseling, if you have a smoking related disorder

~Glaucoma tests once a year, if at high risk for glaucoma

- ❖ Short-term medical assistance may be available through **St. Vincent De Paul (632-4789)**.
- ❖ Veterans can call **1-877-222-8387** toll free to determine eligibility for health care benefits. The U.P. VA Medical Center is located in Iron Mountain. Outpatient clinics are located in Hancock, Ironwood, Kincheloe, Marquette and Menominee.
- ❖ If you are an American Indian, please contact your tribal enrollment office. Once your enrollment is confirmed you can discuss possible health care benefits. Appointments can then be made with the local tribal health center.
- ❖ **Community Health Access Coalition** located at 1108 Kimball Street, Suite 2 in Sault Ste. Marie links eligible people with health care services in Chippewa, Luce and Mackinac Counties. Eligibility requirements include being a county resident aged 19 to 64 with no health insurance coverage, a total household income at or below 200% of federal poverty level and not receiving workmen's compensation. Call **906-635-0788** for more information.
- ❖ **Dial 2-1-1** from anywhere in the Upper Peninsula, 24 hours/day, 7 days/week, 365 days/year to receive information from a trained operator about health and human services available throughout the U.P. Cell phone/pay phone users can call **1-800-338-1119**.

Additional Resources for People with Diabetes

- ❖ Local Lions Clubs often offer assistance to people with diabetes. To find a Lions Club in your area, please call the Sault Ste. Marie Chamber of Commerce at **632-3301** or call the U.P. Lions Diabetes Outreach Chairperson at **(906) 786-0724**.
- ❖ Children with type 1 diabetes may be eligible for additional help with medical care through the **Children Special Health Care Services**. Call the Chippewa County Health Department at **(906) 635-1566** or **800-359-3722** for more details.
- ❖ Diabetes Education Programs in Chippewa County:
 - War Memorial Hospital, Teresa Jensen – **635-7854**
 - Sault Tribe of Chippewa Indians, Sarah Willey – **632-5210**
 - Bay Mills Tribal Health Center, Vicki Musser – **248-3204**
- ❖ Diabetes Support Groups in Chippewa County:
 - SSM Support Group, Teresa Jensen – **635-7854**
 - Sault Tribe Support Group, Charla Gordon or Mary Ann Stott – **632-5210**
- ❖ Additional resources can be found in the U.P. Diabetes Outreach Network Resource Directory. Visit www.diabetesinmichigan.org, choose the U.P. & then Resource Directory.

Delta County

What to do if you have diabetes or another chronic illness and can't afford to pay for your medications, supplies and/or medical care:

- ❖ Check with your physician's office and local health care system about reduced fees for visits and services. (Most offer some form of sliding fee scale.)
- ❖ **Northern Menominee Health Center** in Spalding provides sliding scale fees for a variety of health care services. Contact **1-800-270-2905** for more information.
- ❖ **Cedar Hill Medical, PC** is a rural health clinic that offers a sliding fee scale. Call 1-888-DRCEDAR (1-888-372-3327) for more information.
- ❖ You may qualify for help through the **Department of Human Services** (formerly FIA) located at 2940 College Ave., Escanaba. Contact DHS at **786-5394**. If you have access to the internet, you can use the **Michigan Assistance Referral Service (MARS)** to find programs offered by the State of Michigan that may help provide assistance with medical, nutritional, food, daycare, temporary cash or other expenses. MARS helps determine if a household or individual is eligible. The MARS website is www.mfia.state.mi.us/mars/.
- ❖ If you need assistance with medications or strips, many pharmaceutical companies offer assistance programs. Your physician's office may be able to provide you with more details. You can also contact the **Partnership for Prescription Assistance** at **1-888-477-2669**. (**Abbott Laboratories** offers free blood glucose test strips for those with limited income. Call **1-866-972-7863** for more information. **Roche Diagnostics** also offers free blood glucose test strips for those with limited income. Call **866-441-4090** for more information.)
- ❖ If you receive Medicare, make certain you know your benefits. Call the UP Area Agency on Aging in the Escanaba area at **786-4701** or **1-800-803-7174**. You can also check the Medicare website at www.medicare.gov or call **1-800-Medicare (633-4227)** for details. For people with diabetes, Medicare pays (co-pays may apply) for:
 - ~Registered Dietitian Visit
 - ~Testing strips, monitors & supplies
 - ~Foot care & special shoes, if meet certain conditions
 - ~Some or all of your medications through Part D
 - ~Smoking cessation counseling, if you have a smoking related disorder
 - ~Glaucoma tests once a year, if at high risk for glaucoma
 - ~Diabetes Education
 - ~Flu and pneumonia shots
- ❖ Short-term medical assistance may be available through **St. Vincent De Paul (786-2808)**.

- ❖ Veterans can call **1-877-222-8387** toll free to determine eligibility for health care benefits. The U.P. VA Medical Center is located in Iron Mountain. Outpatient clinics are located in Hancock, Ironwood, Kincheloe, Marquette and Menominee.
- ❖ If you are an American Indian, please contact your tribal enrollment office. Once your enrollment is confirmed you can discuss possible health care benefits. Appointments can then be made with the local tribal health center.
- ❖ **Medical Access Coalition of Delta County** located at 1101 Ludington St. Suite 210 in Escanaba links eligible people with health care services in Delta and Menominee Counties. Eligibility requirements include being a county resident aged 19 to 64 with no health insurance coverage, a total household income at or below 200% of federal poverty level and not receiving workmen's compensation. Call **906-789-1627** for more information.
- ❖ **Care Free Dental Clinic** is a needs-based clinic for uninsured Delta County residents only. Clinic covers extractions and some fillings. It does not cover dentures, crowns, root canals or cleanings. Call the Medical Access Coalition of Delta County at **906-789-1627** for more information.
- ❖ **Dial 2-1-1** from anywhere in the Upper Peninsula, 24 hours/day, 7 days/week, 365 days/year to receive information from a trained operator about health and human services available throughout the U.P. Cell phone/pay phone users can call **1-800-338-1119**.

Additional Resources for People with Diabetes

- ❖ Local Lions Clubs often offer assistance to people with diabetes. To find a Lions Club in your area, please call the Delta County Area Chamber of Commerce at **786-2192** or call the U.P. Lions Diabetes Outreach Chairperson at **(906) 786-0724**.
- ❖ Children with Type 1 diabetes may be eligible for additional help with medical care through the **Children Special Health Care Services**. Call the Delta & Menominee County Public Health at **(906) 786-4111** or **800-359-3722** for more details.
- ❖ Diabetes Education Programs in Delta County:
 - OSF St. Francis Hospital, Linda Klope – **786-5707**
 - MGHS – Doctors Park Family Physicians, Lori Moreau – **786-4628**
 - Hannahville Indian Health Center, Erin Davis – **466-9208**
- ❖ Diabetes Support Groups in Delta County:
 - Delta County Support Group, Linda Klope – **786-5707 ext. 5451**
 - Insulin Pump Support Group, Joan Paul – **428-4457**
 - Parents with Diabetic Children Support Network, Kim Sanville – **789-2680**
- ❖ Additional resources can be found in the U.P. Diabetes Outreach Network Resource Directory. Visit www.diabetesinmichigan.org, choose the U.P. & Resource Directory.

Dickinson County

What to do if you have diabetes or another chronic illness and can't afford to pay for your medications, supplies and/or medical care:

- ❖ Check with your physician's office and local health care system about reduced fees for visits and services. (Most offer some form of sliding fee scale.)
- ❖ **Northern Menominee Health Center** in Spalding provides sliding scale fees for a variety of health care services. Contact **1-800-270-2905** for more information.
- ❖ You may qualify for help through the **Department of Human Services** (formerly FIA) located at 1238 Carpenter Ave., Iron Mountain. Contact DHS at **774-1484**. If you have access to the internet, you can use the **Michigan Assistance Referral Service (MARS)** to find programs offered by the State of Michigan that may help provide assistance with medical, nutritional, food, daycare, temporary cash or other expenses. MARS helps determine if a household or individual is eligible. The MARS website is www.mfia.state.mi.us/mars/.
- ❖ If you need assistance with medications or strips, many pharmaceutical companies offer assistance programs. Your physician's office may be able to provide you with more details. You can also contact the **Partnership for Prescription Assistance** at **1-888-477-2669**. (**Abbott Laboratories** offers free blood glucose test strips for those with limited income. Call **1-866-972-7863** for more information. **Roche Diagnostics** also offers free blood glucose test strips for those with limited income. Call **866-441-4090** for more information.)
- ❖ If you receive Medicare, make certain you know your benefits. Call the UP Area Agency on Aging at **1-800-803-7174**. You can also check the Medicare website at www.medicare.gov or call **1-800-Medicare (633-4227)** for details. For people with diabetes, Medicare pays (co-pays may apply) for:
 - ~Registered Dietitian Visit
 - ~Testing strips, monitors & supplies
 - ~Foot care & special shoes, if meet certain conditions
 - ~Some or all of your medications through Part D
 - ~Smoking cessation counseling, if you have a smoking related disorder
 - ~Glaucoma tests once a year, if at high risk for glaucoma
 - ~Diabetes Education
 - ~Flu and pneumonia shots
- ❖ Short-term medical assistance may be available through **St. Vincent De Paul (774-9637)**.

- ❖ Veterans can call **1-877-222-8387** toll free to determine eligibility for health care benefits. The U.P. VA Medical Center is located in Iron Mountain. Outpatient clinics are located in Hancock, Ironwood, Kincheloe, Marquette and Menominee.
- ❖ If you are an American Indian, please contact your tribal enrollment office. Once your enrollment is confirmed you can discuss possible health care benefits. Appointments can then be made with the local tribal health center.
- ❖ **Dickinson Iron Medical Care Access Coalition** located at 800 Crystal Lake Blvd, Suite 102 in Iron Mountain links eligible people with health care services in Dickinson and Iron Counties. Eligibility requirements include being a county resident aged 19 to 64 with no health insurance coverage, a total household income at or below 200% of federal poverty level and not receiving workmen's compensation. Call **906-774-3980** for more information.
- ❖ **Dial 2-1-1** from anywhere in the Upper Peninsula, 24 hours/day, 7 days/week, 365 days/year to receive information from a trained operator about health and human services available throughout the U.P. Cell phone/pay phone users can call **1-800-338-1119**.

Additional Resources for People with Diabetes

- ❖ Local Lions Clubs often offer assistance to people with diabetes. To find a Lions Club in your area, please call the Dickinson County Area Chamber of Commerce at **774-3021** or call the U.P. Lions Diabetes Outreach Chairperson at **(906) 786-0724**.
- ❖ Children with type 1 diabetes may be eligible for additional help with medical care through the **Children Special Health Care Services**. Call the Dickinson Iron District Health Department at **(906) 265-9913** or **800-359-3722** for more details.
- ❖ Diabetes Education Programs in Dickinson County:
 - Dickinson County Health System – **776-5470**
- ❖ Diabetes Support Groups in Dickinson County:
 - DCHS Support Group – **776-5470**
 - Juvenile Support Group, Dickinson Diabetes Clinic– **776-5470**
- ❖ Additional resources can be found in the U.P. Diabetes Outreach Network Resource Directory. Visit www.diabetesinmichigan.org, choose the U.P. & then Resource Directory.

Gogebic County

What to do if you have diabetes or another chronic illness and can't afford to pay for your medications, supplies and/or medical care:

- ❖ Check with your physician's office and local health care system about reduced fees for visits and services. (Most offer some form of sliding fee scale.)
- ❖ **Ewen Medical Center** provides sliding scale fees for a variety of health care services. Contact **1-800-270-2904** for more information.
- ❖ You may qualify for help through the **Department of Human Services** (formerly FIA) located at 301 E. Lead St., Bessemer. Contact DHS at **663-6200**. If you have access to the internet, you can use the **Michigan Assistance Referral Service** (MARS) to find programs offered by the State of Michigan that may help provide assistance with medical, nutritional, food, daycare, temporary cash or other expenses. MARS helps determine if a household or individual is eligible. The MARS website is www.mfia.state.mi.us/mars/.
- ❖ If you need assistance with medications or strips, many pharmaceutical companies offer assistance programs. Your physician's office may be able to provide you with more details. You can also contact the **Partnership for Prescription Assistance** at **1-888-477-2669**. (**Abbott Laboratories** offers free blood glucose test strips for those with limited income. Call **1-866-972-7863** for more information. **Roche Diagnostics** also offers free blood glucose test strips for those with limited income. Call **866-441-4090** for more information.)
- ❖ If you receive Medicare, make certain you know your benefits. Call the UP Area Agency on Aging at **1-800-803-7174**. You can also check the Medicare website at www.medicare.gov or call **1-800-Medicare (633-4227)** for details. For people with diabetes, Medicare pays (co-pays may apply) for:
 - ~Registered Dietitian Visit
 - ~Diabetes Education
 - ~Testing strips, monitors & supplies
 - ~Flu and pneumonia shots
 - ~Foot care & special shoes, if meet certain conditions
 - ~Some or all of your medications through Part D
 - ~Smoking cessation counseling, if you have a smoking related disorder
 - ~Glaucoma tests once a year, if at high risk for glaucoma

- ❖ Short-term medical assistance may be available through **St. Vincent De Paul (932-4325)**.
- ❖ Veterans can call **1-877-222-8387** toll free to determine eligibility for health care benefits. The U.P. VA Medical Center is located in Iron Mountain. Outpatient clinics are located in Hancock, Ironwood, Kincheloe, Marquette and Menominee.
- ❖ If you are an American Indian, please contact your tribal enrollment office. Once your enrollment is confirmed you can discuss possible health care benefits. Appointments can then be made with the local tribal health center.
- ❖ **Western U.P. Health Care Access Coalition** located at 540 Depot Street in Hancock links eligible people with health care services in Baraga, Gogebic, Houghton, Keweenaw and Ontonagon Counties. Eligibility requirements include being a county resident aged 19 to 64 with no health insurance coverage, a total household income at or below 200% of federal poverty level and not receiving workmen's compensation. Call **906-482-7122** for more information.
- ❖ **Dial 2-1-1** from anywhere in the Upper Peninsula, 24 hours/day, 7 days/week, 365 days/year to receive information from a trained operator about health and human services available throughout the U.P. Cell phone/pay phone users can call **1-800-338-1119**.

Additional Resources for People with Diabetes

- ❖ Local Lions Clubs often offer assistance to people with diabetes. To find a Lions Club in your area, please call the Bessemer Chamber of Commerce at **663-4542** or the Ironwood Chamber of Commerce at **932-1122** or call the U.P. Lions Diabetes Outreach Chairperson at **(906) 786-0724**.
- ❖ Children with type 1 diabetes may be eligible for additional help with medical care through the **Children Special Health Care Services**. Call the Western UP District Health Department at **(906) 482-7382** or **800-359-3722** for more details.
- ❖ Diabetes Education Programs in Gogebic County:
 - Grand View Health Systems, Jean Peterson— **932-2525 ext. 6247**
 - Lac Vieux Desert Tribal Health Center, Patti Page — **358-4587**
- ❖ Diabetes Support Groups in Gogebic County:
 - Range Diabetic Association, Jean Peterson— **932-5330**
- ❖ Additional resources can be found in the U.P. Diabetes Outreach Network Resource Directory. Visit www.diabetesinmichigan.org, choose the U.P. & then Resource Directory.

Houghton County

What to do if you have diabetes or another chronic illness and can't afford to pay for your medications, supplies and/or medical care:

- ❖ Check with your physician's office and local health care system about reduced fees for visits and services. (Most offer some form of sliding fee scale.)

- ❖ You may qualify for help through the **Department of Human Services** (formerly FIA) located at 200 Quincy St., Hancock. Contact DHS at **482-0500**. If you have access to the internet, you can use the **Michigan Assistance Referral Service** (MARS) to find programs offered by the State of Michigan that may help provide assistance with medical, nutritional, food, daycare, temporary cash or other expenses. MARS helps determine if a household or individual is eligible. The MARS website is www.mfia.state.mi.us/mars/.

- ❖ If you need assistance with medications or strips, many pharmaceutical companies offer assistance programs. Your physician's office may be able to provide you with more details. You can also contact the **Partnership for Prescription Assistance** at **1-888-477-2669**. (**Abbott Laboratories** offers free blood glucose test strips for those with limited income. Call **1-866-972-7863** for more information. **Roche Diagnostics** also offers free blood glucose test strips for those with limited income. Call **866-441-4090** for more information.)

- ❖ If you receive Medicare, make certain you know your benefits. Call the UP Area Agency on Aging at **1-800-803-7174**. You can also check the Medicare website at www.medicare.gov or call **1-800-Medicare (633-4227)** for details. For people with diabetes, Medicare pays (co-pays may apply) for:
 - ~Registered Dietitian Visit
 - ~Testing strips, monitors & supplies
 - ~Foot care & special shoes, if meet certain conditions
 - ~Some or all of your medications through Part D
 - ~Smoking cessation counseling, if you have a smoking related disorder
 - ~Glaucoma tests once a year, if at high risk for glaucoma
 - ~Diabetes Education
 - ~Flu and pneumonia shots

- ❖ Short-term medical assistance may be available through **St. Vincent De Paul (482-8344)**.

- ❖ Veterans can call **1-877-222-8387** toll free to determine eligibility for health care benefits. The U.P. VA Medical Center is located in Iron Mountain. Outpatient clinics are located in Hancock, Ironwood, Kincheloe, Marquette and Menominee.
- ❖ If you are an American Indian, please contact your tribal enrollment office. Once your enrollment is confirmed you can discuss possible health care benefits. Appointments can then be made with the local tribal health center.
- ❖ **Western U.P. Health Care Access Coalition** located at 540 Depot Street in Hancock links eligible people with health care services in Baraga, Gogebic, Houghton, Keweenaw and Ontonagon Counties. Eligibility requirements include being a county resident aged 19 to 64 with no health insurance coverage, a total household income at or below 200% of federal poverty level and not receiving workmen's compensation. Call **906-482-7122** for more information.
- ❖ **Dial 2-1-1** from anywhere in the Upper Peninsula, 24 hours/day, 7 days/week, 365 days/year to receive information from a trained operator about health and human services available throughout the U.P. Cell phone/pay phone users can call **1-800-338-1119**.

Additional Resources for People with Diabetes

- ❖ Local Lions Clubs often offer assistance to people with diabetes. To find a Lions Club in your area, please call the Keweenaw Peninsula Chamber of Commerce at **482-5240** or call the U.P. Lions Diabetes Outreach Chairperson at **(906) 786-0724**.
- ❖ Children with type 1 diabetes may be eligible for additional help with medical care through the **Children Special Health Care Services**. Call the Western UP District Health Department at **(906) 482-7382** or **800-359-3722** for more details.
- ❖ Diabetes Education Programs in Houghton County:
 - Portage Health – **483-1461**
 - Aspirus Keweenaw Hospital, Elaine Parks– **337-6598**
- ❖ Diabetes Support Groups in Houghton County:
 - Keweenaw Diabetes Support Group, Elaine Parks– **337-6598**
 - Portage Health Support Group – **483-1461**
- ❖ Additional resources can be found in the U.P. Diabetes Outreach Network Resource Directory. Visit www.diabetesinmichigan.org, choose the U.P. & then Resource Directory.

Iron County

What to do if you have diabetes or another chronic illness and can't afford to pay for your medications, supplies and/or medical care:

- ❖ Check with your physician's office and local health care system about reduced fees for visits and services. (Most offer some form of sliding fee scale.)

- ❖ You may qualify for help through the **Department of Human Services** (formerly FIA) located at 337 Brady Avenue, Caspian. Contact DHS at **265-9958**. If you have access to the internet, you can use the **Michigan Assistance Referral Service** (MARS) to find programs offered by the State of Michigan that may help provide assistance with medical, nutritional, food, daycare, temporary cash or other expenses. MARS helps determine if a household or individual is eligible. The MARS website is www.mfia.state.mi.us/mars/.

- ❖ If you need assistance with medications or strips, many pharmaceutical companies offer assistance programs. Your physician's office may be able to provide you with more details. You can also contact the **Partnership for Prescription Assistance** at **1-888-477-2669**. (**Abbott Laboratories** offers free blood glucose test strips for those with limited income. Call **1-866-972-7863** for more information. **Roche Diagnostics** also offers free blood glucose test strips for those with limited income. Call **866-441-4090** for more information.)

- ❖ If you receive Medicare, make certain you know your benefits. Call the UP Area Agency on Aging at **1-800-803-7174**. You can also check the Medicare website at www.medicare.gov or call **1-800-Medicare (633-4227)** for details. For people with diabetes, Medicare pays (co-pays may apply) for:
 - ~Registered Dietitian Visit
 - ~Testing strips, monitors & supplies
 - ~Foot care & special shoes, if meet certain conditions
 - ~Some or all of your medications through Part D
 - ~Smoking cessation counseling, if you have a smoking related disorder
 - ~Glaucoma tests once a year, if at high risk for glaucoma
 - ~Diabetes Education
 - ~Flu and pneumonia shots

- ❖ Short-term medical assistance may be available through **St. Vincent De Paul (265-6271)**.
- ❖ Veterans can call **1-877-222-8387** toll free to determine eligibility for health care benefits. The U.P. VA Medical Center is located in Iron Mountain. Outpatient clinics are located in Hancock, Ironwood, Kincheloe, Marquette and Menominee.
- ❖ If you are an American Indian, please contact your tribal enrollment office. Once your enrollment is confirmed you can discuss possible health care benefits. Appointments can then be made with the local tribal health center.
- ❖ **Dickinson Iron Medical Care Access Coalition** located at 601 Washington Avenue, Suite 108 in Iron River links eligible people with health care services in Dickinson and Iron Counties. Eligibility requirements include being a county resident aged 19 to 64 with no health insurance coverage, a total household income at or below 200% of federal poverty level and not receiving workmen's compensation. Call **906-265-4044** for more information.
- ❖ **Dial 2-1-1** from anywhere in the Upper Peninsula, 24 hours/day, 7 days/week, 365 days/year to receive information from a trained operator about health and human services available throughout the U.P. Cell phone/pay phone users can call **1-800-338-1119**.

Additional Resources for People with Diabetes

- ❖ Local Lions Clubs often offer assistance to people with diabetes. To find a Lions Club in your area, please call the Iron County Chamber of Commerce at **265-3822** or call the U.P. Lions Diabetes Outreach Chairperson at **(906) 786-0724**.
- ❖ Children with type 1 diabetes may be eligible for additional help with medical care through the **Children Special Health Care Services**. Call the Dickinson Iron District Health Department at **(906) 265-9913** or **800-359-3722** for more details.
- ❖ Diabetes Education Programs in Iron County:
 - Northstar Health System, Faye Atanasoff– **265-2153**
- ❖ Diabetes Support Groups in Iron County:
 - Iron County Support Group, Jeanette Snowdie – **875-4658**
- ❖ Additional resources can be found in the U.P. Diabetes Outreach Network Resource Directory. Visit www.diabetesinmichigan.org, choose the U.P. & then Resource Directory.

Keweenaw County

What to do if you have diabetes or another chronic illness and can't afford to pay for your medications, supplies and/or medical care:

- ❖ Check with your physician's office and local health care system about reduced fees for visits and services. (Most offer some form of sliding fee scale.)
- ❖ You may qualify for help through the **Department of Human Services** (formerly FIA) located at 200 Quincy St., Hancock. Contact DHS at **337-3302**. If you have access to the internet, you can use the **Michigan Assistance Referral Service** (MARS) to find programs offered by the State of Michigan that may help provide assistance with medical, nutritional, food, daycare, temporary cash or other expenses. MARS helps determine if a household or individual is eligible. The MARS website is www.mfia.state.mi.us/mars/.
- ❖ If you need assistance with medications or strips, many pharmaceutical companies offer assistance programs. Your physician's office may be able to provide you with more details. You can also contact the **Partnership for Prescription Assistance** at **1-888-477-2669**. (**Abbott Laboratories** offers free blood glucose test strips for those with limited income. Call **1-866-972-7863** for more information. **Roche Diagnostics** also offers free blood glucose test strips for those with limited income. Call **866-441-4090** for more information.)
- ❖ If you receive Medicare, make certain you know your benefits. Call the UP Area Agency on Aging at **1-800-803-7174**. You can also check the Medicare website at www.medicare.gov or call **1-800-Medicare (633-4227)** for details. For people with diabetes, Medicare pays (co-pays may apply) for:

~Registered Dietitian Visit

~Diabetes Education

~Testing strips, monitors & supplies

~Flu and pneumonia shots

~Foot care & special shoes, if meet certain conditions

~Some or all of your medications through Part D

~Smoking cessation counseling, if you have a smoking related disorder

~Glaucoma tests once a year, if at high risk for glaucoma

- ❖ Short-term medical assistance may be available through **St. Vincent De Paul (482-7705)**.
- ❖ Veterans can call **1-877-222-8387** toll free to determine eligibility for health care benefits. The U.P. VA Medical Center is located in Iron Mountain. Outpatient clinics are located in Hancock, Ironwood, Kincheloe, Marquette and Menominee.
- ❖ If you are an American Indian, please contact your tribal enrollment office. Once your enrollment is confirmed you can discuss possible health care benefits. Appointments can then be made with the local tribal health center.
- ❖ **Western U.P. Health Care Access Coalition** located at 540 Depot Street in Hancock links eligible people with health care services in Baraga, Gogebic, Houghton, Keweenaw and Ontonagon Counties. Eligibility requirements include being a county resident aged 19 to 64 with no health insurance coverage, a total household income at or below 200% of federal poverty level and not receiving workmen's compensation. Call **906-482-7122** for more information.
- ❖ **Dial 2-1-1** from anywhere in the Upper Peninsula, 24 hours/day, 7 days/week, 365 days/year to receive information from a trained operator about health and human services available throughout the U.P. Cell phone/pay phone users can call **1-800-338-1119**.

Additional Resources for People with Diabetes

- ❖ Local Lions Clubs often offer assistance to people with diabetes. To find a Lions Club in your area, please call the Keweenaw Peninsula Chamber of Commerce at **482-5240** or call the U.P. Lions Diabetes Outreach Chairperson at **(906) 786-0724**.
- ❖ Children with type 1 diabetes may be eligible for additional help with medical care through the **Children Special Health Care Services**. Call the Western UP District Health Department at **(906) 482-7382** or **800-359-3722** for more details.
- ❖ Diabetes Education Programs in Keweenaw County:
 - Aspirus Keweenaw Hospital, Elaine Parks – **337-6598**
- ❖ Diabetes Support Groups in Keweenaw County:
 - Keweenaw Diabetes Support Group, Elaine Parks – **337-6598**
- ❖ Additional resources can be found in the U.P. Diabetes Outreach Network Resource Directory. Visit www.diabetesinmichigan.org, choose the U.P. & then Resource Directory.

Luce County

What to do if you have diabetes or another chronic illness and can't afford to pay for your medications, supplies and/or medical care:

- ❖ Check with your physician's office and local health care system about reduced fees for visits and services. (Most offer some form of sliding fee scale.)

- ❖ You may qualify for help through the **Department of Human Services** (formerly FIA) located at 500 W. McMillan, Newberry. Contact DHS at **293-5144**. If you have access to the internet, you can use the **Michigan Assistance Referral Service** (MARS) to find programs offered by the State of Michigan that may help provide assistance with medical, nutritional, food, daycare, temporary cash or other expenses. MARS helps determine if a household or individual is eligible. The MARS website is www.mfia.state.mi.us/mars/.

- ❖ If you need assistance with medications or strips, many pharmaceutical companies offer assistance programs. Your physician's office may be able to provide you with more details. You can also contact the **Partnership for Prescription Assistance** at **1-888-477-2669**. (**Abbott Laboratories** offers free blood glucose test strips for those with limited income. Call **1-866-972-7863** for more information. **Roche Diagnostics** also offers free blood glucose test strips for those with limited income. Call **866-441-4090** for more information.)

- ❖ If you receive Medicare, make certain you know your benefits. Call the UP Area Agency on Aging at **1-800-803-7174**. You can also check the Medicare website at www.medicare.gov or call **1-800-Medicare (633-4227)** for details. For people with diabetes, Medicare pays (co-pays may apply) for:
 - ~Registered Dietitian Visit
 - ~Testing strips, monitors & supplies
 - ~Foot care & special shoes, if meet certain conditions
 - ~Some or all of your medications through Part D
 - ~Smoking cessation counseling, if you have a smoking related disorder
 - ~Glaucoma tests once a year, if at high risk for glaucoma
 - ~Diabetes Education
 - ~Flu and pneumonia shots

- ❖ Veterans can call **1-877-222-8387** toll free to determine eligibility for health care benefits. The U.P. VA Medical Center is located in Iron Mountain. Outpatient clinics are located in Hancock, Ironwood, Kincheloe, Marquette and Menominee.
- ❖ If you are an American Indian, please contact your tribal enrollment office. Once your enrollment is confirmed you can discuss possible health care benefits. Appointments can then be made with the local tribal health center.
- ❖ **Community Health Access Coalition** located at 207 W. John Street in Newberry links eligible people with health care services in Chippewa, Luce and Mackinac Counties. Eligibility requirements include being a county resident aged 19 to 64 with no health insurance coverage, a total household income at or below 200% of federal poverty level and not receiving workmen's compensation. Call **906-293-8355** for more information.
- ❖ **Dial 2-1-1** from anywhere in the Upper Peninsula, 24 hours/day, 7 days/week, 365 days/year to receive information from a trained operator about health and human services available throughout the U.P. Cell phone/pay phone users can call **1-800-338-1119**.

Additional Resources for People with Diabetes

- ❖ Local Lions Clubs often offer assistance to people with diabetes. To find a Lions Club in your area, please call the Newberry Area Chamber of Commerce at **293-5562** or call the U.P. Lions Diabetes Outreach Chairperson at **(906) 786-0724**.
- ❖ Children with Type 1 diabetes may be eligible for additional help with medical care through the **Children Special Health Care Services**. Call the LMAS District Health Department at **(906) 293-5107** or **800-359-3722** for more details.
- ❖ Diabetes Education Programs in Luce County:
 - Helen Newberry Joy Hospital, Lynn Kihm – **293-9286**
 - Sault Tribe of Chippewa Indians, Kathy Manville – **293-8181**
- ❖ Diabetes Support Groups in Luce County:
 - Luce County Support Group, Shirley Kowalke – **293-8181**
- ❖ Additional resources can be found in the U.P. Diabetes Outreach Network Resource Directory. Visit www.diabetesinmichigan.org, choose the U.P. & then Resource Directory.

Mackinac County

What to do if you have diabetes or another chronic illness and can't afford to pay for your medications, supplies and/or medical care:

- ❖ Check with your physician's office and local health care system about reduced fees for visits and services. (Most offer some form of sliding fee scale.)

- ❖ You may qualify for help through the **Department of Human Services** (formerly FIA) located at 199 Ferry Lane, St. Ignace. Contact DHS at **643-9550**. If you have access to the internet, you can use the **Michigan Assistance Referral Service** (MARS) to find programs offered by the State of Michigan that may help provide assistance with medical, nutritional, food, daycare, temporary cash or other expenses. MARS helps determine if a household or individual is eligible. The MARS website is www.mfia.state.mi.us/mars/.

- ❖ If you need assistance with medications or strips, many pharmaceutical companies offer assistance programs. Your physician's office may be able to provide you with more details. You can also contact the **Partnership for Prescription Assistance** at **1-888-477-2669**. (**Abbott Laboratories** offers free blood glucose test strips for those with limited income. Call **1-866-972-7863** for more information. **Roche Diagnostics** also offers free blood glucose test strips for those with limited income. Call **866-441-4090** for more information.)

- ❖ If you receive Medicare, make certain you know your benefits. Call the UP Area Agency on Aging at **1-800-803-7174**. You can also check the Medicare website at www.medicare.gov or call **1-800-Medicare (633-4227)** for details. For people with diabetes, Medicare pays (co-pays may apply) for:

~Registered Dietitian Visit

~Diabetes Education

~Testing strips, monitors & supplies

~Flu and pneumonia shots

~Foot care & special shoes, if meet certain conditions

~Some or all of your medications through Part D

~Smoking cessation counseling, if you have a smoking related disorder

~Glaucoma tests once a year, if at high risk for glaucoma

- ❖ Veterans can call **1-877-222-8387** toll free to determine eligibility for health care benefits. The U.P. VA Medical Center is located in Iron Mountain. Outpatient clinics are located in Hancock, Ironwood, Kincheloe, Marquette and Menominee.
- ❖ If you are an American Indian, please contact your tribal enrollment office. Once your enrollment is confirmed you can discuss possible health care benefits. Appointments can then be made with the local tribal health center.
- ❖ **Community Health Access Coalition** located at 1108 Kimball Street, Suite 2 in Sault Ste. Marie links eligible people with health care services in Chippewa, Luce and Mackinac Counties. Eligibility requirements include being a county resident aged 19 to 64 with no health insurance coverage, a total household income at or below 200% of federal poverty level and not receiving workmen's compensation. Call **906-635-0788** for more information.
- ❖ **Dial 2-1-1** from anywhere in the Upper Peninsula, 24 hours/day, 7 days/week, 365 days/year to receive information from a trained operator about health and human services available throughout the U.P. Cell phone/pay phone users can call **1-800-338-1119**.

Additional Resources for People with Diabetes

- ❖ Local Lions Clubs often offer assistance to people with diabetes. To find a Lions Club in your area, please call the St. Ignace Chamber of Commerce at **643-8717** or call the U.P. Lions Diabetes Outreach Chairperson at **(906) 786-0724**.
- ❖ Children with type 1 diabetes may be eligible for additional help with medical care through the **Children Special Health Care Services**. Call the LMAS Health Department at **(906) 293-5107** or **800-359-3722** for more details.
- ❖ Diabetes Education Programs in Mackinac County:
 - Mackinac Straits Hospital, Carol Elmlad – **643-8585**
 - Sault Tribe of Chippewa Indians, Marge Reamer – **643-8689**
- ❖ Diabetes Support Groups in Mackinac County:
 - Mackinac County Support Group, Carol Elmlad – **643-8585**
- ❖ Additional resources can be found in the U.P. Diabetes Outreach Network Resource Directory. Visit www.diabetesinmichigan.org, choose the U.P. & then Resource Directory.

Marquette County

What to do if you have diabetes or another chronic illness and can't afford to pay for your medications, supplies and/or medical care:

- ❖ Check with your physician's office and local health care system about reduced fees for visits and services. (Most offer some form of sliding fee scale.)

- ❖ You may qualify for help through the **Department of Human Services** (formerly FIA) located at 234 W. Baraga Avenue, Marquette. Contact DHS at **228-9691**. If you have access to the internet, you can use the **Michigan Assistance Referral Service** (MARS) to find programs offered by the State of Michigan that may help provide assistance with medical, nutritional, food, daycare, temporary cash or other expenses. MARS helps determine if a household or individual is eligible. The MARS website is www.mfia.state.mi.us/mars/.

- ❖ If you need assistance with medications or strips, many pharmaceutical companies offer assistance programs. Your physician's office may be able to provide you with more details. You can also contact the **Partnership for Prescription Assistance** at **1-888-477-2669**. (**Abbott Laboratories** offers free blood glucose test strips for those with limited income. Call **1-866-972-7863** for more information. **Roche Diagnostics** also offers free blood glucose test strips for those with limited income. Call **866-441-4090** for more information.)

- ❖ If you receive Medicare, make certain you know your benefits. Call the UP Area Agency on Aging at **1-800-803-7174**. You can also check the Medicare website at www.medicare.gov or call **1-800-Medicare (633-4227)** for details. For people with diabetes, Medicare pays (co-pays may apply) for:
 - ~Registered Dietitian Visit
 - ~Testing strips, monitors & supplies
 - ~Foot care & special shoes, if meet certain conditions
 - ~Some or all of your medications through Part D
 - ~Smoking cessation counseling, if you have a smoking related disorder
 - ~Glaucoma tests once a year, if at high risk for glaucoma
 - ~Diabetes Education
 - ~Flu and pneumonia shots

- ❖ Short-term medical assistance may be available through **St. Vincent De Paul (226-3840)**.

- ❖ Veterans can call **1-877-222-8387** toll free to determine eligibility for health care benefits. The U.P. VA Medical Center is located in Iron Mountain. Outpatient clinics are located in Hancock, Ironwood, Kincheloe, Marquette and Menominee.
- ❖ If you are an American Indian, please contact your tribal enrollment office. Once your enrollment is confirmed you can discuss possible health care benefits. Appointments can then be made with the local tribal health center.
- ❖ **Medical Care Access Coalition** located at 1414 W. Fair Avenue in Marquette links eligible people with health care services in Marquette and Alger Counties. Eligibility requirements include being a county resident aged 19 to 64 with no health insurance coverage, a total household income at or below 200% of federal poverty level and not receiving workmen's compensation. Call **906-226-4400** for more information.
- ❖ **Dial 2-1-1** from anywhere in the Upper Peninsula, 24 hours/day, 7 days/week, 365 days/year to receive information from a trained operator about health and human services available throughout the U.P. Cell phone/pay phone users can call **1-800-338-1119**.

Additional Resources for People with Diabetes

- ❖ Local Lions Clubs often offer assistance to people with diabetes. To find a Lions Club in your area, please call the Gwinn Area Chamber of Commerce at **346-969**, the Lake Superior Community Partnership at **226-6591** or call the U.P. Lions Diabetes Outreach Chairperson at **(906) 786-0724**.
- ❖ Children with type 1 diabetes may be eligible for additional help with medical care through the **Children Special Health Care Services**. Call the Marquette County Health Department at **(906) 475-9977** or **800-359-3722** for more details.
- ❖ Diabetes Education Programs in Marquette County:
 - Bell Memorial Hospital, Marli Carlson – **475-4605**
 - Marquette General Health System, Sarah Balko – **225-3473**
 - Sault Tribe of Chippewa Indians, Cassie Britton – **228-3593**
- ❖ Diabetes Support Groups in Marquette County:
 - Gwinn Diabetes Support Group, Marilyn Seibert – **346-5725**
 - UP Kids with Diabetes Family Network, Kristy Hemmila – **204-6325**
- ❖ Additional resources can be found in the U.P. Diabetes Outreach Network Resource Directory. Visit www.diabetesinmichigan.org, choose the U.P. & then Resource Directory.

Menominee County

What to do if you have diabetes or another chronic illness and can't afford to pay for your medications, supplies and/or medical care:

- ❖ Check with your physician's office and local health care system about reduced fees for visits and services. (Most offer some form of sliding fee scale.)
- ❖ **Twin Counties Free Clinic**, a service of Aurora Health Care, provides basic health care free to uninsured residents of Marinette and Menominee Counties. Contact **715-732-1349** for more information.
- ❖ **Menominee Medical Clinic** provides sliding scale fees for a variety of health care services. Contact **906-863-7898** for more information. In Spalding, contact the **Northern Menominee Health Center** at **1-800-270-2905**.
- ❖ You may qualify for help through the **Department of Human Services** (formerly FIA) located at 2612 10th St., Menominee. Contact DHS at **906-863-9965**. If you have access to the internet, you can use the **Michigan Assistance Referral Service (MARS)** to find programs offered by the State of Michigan that may help provide assistance with medical, nutritional, food, daycare, temporary cash or other expenses. MARS helps determine if a household or individual is eligible. The MARS website is www.mfia.state.mi.us/mars/.
- ❖ If you need assistance with medications or strips, many pharmaceutical companies offer assistance programs. Your physician's office may be able to provide you with more details. You can also contact the **Partnership for Prescription Assistance** at **1-888-477-2669**. (**Abbott Laboratories** offers free blood glucose test strips for those with limited income. Call **1-866-972-7863** for more information. **Roche Diagnostics** also offers free blood glucose test strips for those with limited income. Call **866-441-4090** for more information.)
- ❖ If you receive Medicare, make certain you know your benefits. Call the UP Area Agency on Aging at **1-800-803-7174**. You can also check the Medicare website at www.medicare.gov or call **1-800-Medicare (633-4227)** for details. For people with diabetes, Medicare pays (co-pays may apply) for:
 - ~Registered Dietitian Visit
 - ~Diabetes Education
 - ~Testing strips, monitors & supplies
 - ~Flu and pneumonia shots
 - ~Foot care & special shoes, if meet certain conditions
 - ~Some or all of your medications through Part D
 - ~Smoking cessation counseling, if you have a smoking related disorder
 - ~Glaucoma tests once a year, if at high risk for glaucoma

- ❖ Short-term medical assistance may be available through **St. Vincent De Paul (715-735-7448)** in Marinette WI.
- ❖ Veterans can call **1-877-222-8387** toll free to determine eligibility for health care benefits. The U.P. VA Medical Center is located in Iron Mountain. Outpatient clinics are located in Hancock, Ironwood, Kincheloe, Marquette and Menominee.
- ❖ **Medical Access Coalition of Delta County** located at 1101 11th St Suite 4 in Menominee links eligible people with health care services in Delta and Menominee Counties. Eligibility requirements include being a county resident aged 19 to 64 with no health insurance coverage, a total household income at or below 200% of federal poverty level and not receiving workmen's compensation. Call **906-863-4051** for more information.
- ❖ If you are an American Indian, please contact your tribal enrollment office. Once your enrollment is confirmed you can discuss possible health care benefits. Appointments can then be made with the local tribal health center
- ❖ **Dial 2-1-1** from anywhere in the Upper Peninsula, 24 hours/day, 7 days/week, 365 days/year to receive information from a trained operator about health and human services available throughout the U.P. Cell phone/pay phone users can call **1-800-338-1119**.

Additional Resources for People with Diabetes

- ❖ Local Lions Clubs often offer assistance to people with diabetes. To find a Lions Club in your area, please call the Menominee Area Chamber of Commerce at **863-2679** or call the U.P. Lions Diabetes Outreach Chairperson at **(906) 786-0724**.
- ❖ Children with type 1 diabetes may be eligible for additional help with medical care through the **Children Special Health Care Services**. Call the Delta & Menominee County Public Health at **(906) 786-4111** or **800-359-3722** for more details.
- ❖ Diabetes Education Programs in Menominee County:
 - Hannahville Indian Health Center, Erin Davis – **466-9208**
- ❖ Diabetes Support Groups in Menominee County:
 - Menominee County Support Group, Erin Davis – **466-9208**
- ❖ Additional resources can be found in the U.P. Diabetes Outreach Network Resource Directory. Visit www.diabetesinmichigan.org, choose the U.P. & then Resource Directory.

Ontonagon County

What to do if you have diabetes or another chronic illness and can't afford to pay for your medications, supplies and/or medical care:

- ❖ Check with your physician's office and local health care system about reduced fees for visits and services. (Most offer some form of sliding fee scale.)
- ❖ **Ewen Medical Center** provides sliding scale fees for a variety of health care services. Contact **1-800-270-2904** for more information.
- ❖ You may qualify for help through the **Department of Human Services** (formerly FIA) located at 730 South 7th St., Ontonagon. Contact DHS at **884-4951**. If you have access to the internet, you can use the **Michigan Assistance Referral Service** (MARS) to find programs offered by the State of Michigan that may help provide assistance with medical, nutritional, food, daycare, temporary cash or other expenses. MARS helps determine if a household or individual is eligible. The MARS website is www.mfia.state.mi.us/mars/.
- ❖ If you need assistance with medications or strips, many pharmaceutical companies offer assistance programs. Your physician's office may be able to provide you with more details. You can also contact the **Partnership for Prescription Assistance** at **1-888-477-2669**. (**Abbott Laboratories** offers free blood glucose test strips for those with limited income. Call **1-866-972-7863** for more information. **Roche Diagnostics** also offers free blood glucose test strips for those with limited income. Call **866-441-4090** for more information.)
- ❖ If you receive Medicare, make certain you know your benefits. Call the UP Area Agency on Aging at **1-800-803-7174**. You can also check the Medicare website at www.medicare.gov or call **1-800-Medicare (633-4227)** for details. For people with diabetes, Medicare pays (co-pays may apply) for:

~Registered Dietitian Visit

~Diabetes Education

~Testing strips, monitors & supplies

~Flu and pneumonia shots

~Foot care & special shoes, if meet certain conditions

~Some or all of your medications through Part D

~Smoking cessation counseling, if you have a smoking related disorder

~Glaucoma tests once a year, if at high risk for glaucoma

- ❖ Short-term medical assistance may be available through **St. Vincent De Paul (884-4977)**.
- ❖ Veterans can call **1-877-222-8387** toll free to determine eligibility for health care benefits. The U.P. VA Medical Center is located in Iron Mountain. Outpatient clinics are located in Hancock, Ironwood, Kincheloe, Marquette and Menominee.
- ❖ **Western U.P. Health Care Access Coalition** located at 540 Depot Street in Hancock links eligible people with health care services in Baraga, Gogebic, Houghton, Keweenaw and Ontonagon Counties. Eligibility requirements include being a county resident aged 19 to 64 with no health insurance coverage, a total household income at or below 200% of federal poverty level and not receiving workmen's compensation. Call **906-482-7122** for more information.
- ❖ If you are an American Indian, please contact your tribal enrollment office. Once your enrollment is confirmed you can discuss possible health care benefits. Appointments can then be made with the local tribal health center.
- ❖ **Dial 2-1-1** from anywhere in the Upper Peninsula, 24 hours/day, 7 days/week, 365 days/year to receive information from a trained operator about health and human services available throughout the U.P. Cell phone/pay phone users can call **1-800-338-1119**.

Additional Resources for People with Diabetes

- ❖ Local Lions Clubs often offer assistance to people with diabetes. To find a Lions Club in your area, please call the Ontonagon County Chamber of Commerce at **884-4735** or call the U.P. Lions Diabetes Outreach Chairperson at **(906) 786-0724**.
- ❖ Children with type 1 diabetes may be eligible for additional help with medical care through the **Children Special Health Care Services**. Call the Western UP District Health Department at **(906) 482-7382** or **800-359-3722** for more details.
- ❖ Diabetes Education Programs in Ontonagon County:
 - Aspirus Ontonagon Hospital, Winnie Huron— **884-4134**
- ❖ Diabetes Support Groups in Ontonagon County:
 - Ontonagon Adult Support Group, Winnie Huron— **884-8131**
- ❖ Additional resources can be found in the U.P. Diabetes Outreach Network Resource Directory. Visit www.diabetesinmichigan.org, choose the U.P. & then Resource Directory.

Schoolcraft County

What to do if you have diabetes or another chronic illness and can't afford to pay for your medications, supplies and/or medical care:

- ❖ Check with your physician's office and local health care system about reduced fees for visits and services. (Most offer some form of sliding fee scale.)
- ❖ You may qualify for help through the **Department of Human Services** (formerly FIA) located at 300 Walnut St. Courthouse Room 175A, Manistique. Contact DHS at **341-2114**. If you have access to the internet, you can use the **Michigan Assistance Referral Service** (MARS) to find programs offered by the State of Michigan that may help provide assistance with medical, nutritional, food, daycare, temporary cash or other expenses. MARS helps determine if a household or individual is eligible. The MARS website is www.mfia.state.mi.us/mars/.
- ❖ If you need assistance with medications or strips, many pharmaceutical companies offer assistance programs. Your physician's office may be able to provide you with more details. You can also contact the **Partnership for Prescription Assistance** at **1-888-477-2669**. (**Abbott Laboratories** offers free blood glucose test strips for those with limited income. Call **1-866-972-7863** for more information. **Roche Diagnostics** also offers free blood glucose test strips for those with limited income. Call **866-441-4090** for more information.)
- ❖ If you receive Medicare, make certain you know your benefits. Call the UP Area Agency on Aging at **1-800-803-7174**. You can also check the Medicare website at www.medicare.gov or call **1-800-Medicare (633-4227)** for details. For people with diabetes, Medicare pays (co-pays may apply) for:
 - ~Registered Dietitian Visit
 - ~Diabetes Education
 - ~Testing strips, monitors & supplies
 - ~Flu and pneumonia shots
 - ~Foot care & special shoes, if meet certain conditions
 - ~Some or all of your medications through Part D
 - ~Smoking cessation counseling, if you have a smoking related disorder
 - ~Glaucoma tests once a year, if at high risk for glaucoma
- ❖ Short-term medical assistance may be available through **St. Vincent De Paul (341-8181)**.

- ❖ Veterans can call **1-877-222-8387** toll free to determine eligibility for health care benefits. The U.P. VA Medical Center is located in Iron Mountain. Outpatient clinics are located in Hancock, Ironwood, Kincheloe, Marquette and Menominee.
- ❖ If you are an American Indian, please contact your tribal enrollment office. Once your enrollment is confirmed you can discuss possible health care benefits. Appointments can then be made with the local tribal health center.
- ❖ **Schoolcraft Health Access** located at 330 Deer Street in Manistique links eligible people with health care services in Schoolcraft County. Eligibility requirements include being a county resident aged 19 to 64 with no health insurance coverage, a total household income at or below 200% of federal poverty level and not receiving workmen's compensation. Call **906-341-1312** for more information.
- ❖ **Dial 2-1-1** from anywhere in the Upper Peninsula, 24 hours/day, 7 days/week, 365 days/year to receive information from a trained operator about health and human services available throughout the U.P. Cell phone/pay phone users can call **1-800-338-1119**.

Additional Resources for People with Diabetes

- ❖ Local Lions Clubs often offer assistance to people with diabetes. To find a Lions Club in your area, please call the Schoolcraft County Chamber of Commerce at **341-5010** or call the U.P. Lions Diabetes Outreach Chairperson at **(906) 786-0724**.
- ❖ Children with type 1 diabetes may be eligible for additional help with medical care through the **Children Special Health Care Services**. Call the LMAS Health Department at **(906) 293-5107** or **800-359-3722** for more details.
- ❖ Diabetes Education Programs in Schoolcraft County:
 - Schoolcraft Memorial Hospital, Anne Richey – **341-3210**
 - Sault Tribe of Chippewa Indians, Becky Sadler – **341-8469**
- ❖ Diabetes Support Groups in Schoolcraft County:
 - Sault Tribe Support Group, Kellie Lakosky – **341-8442**
 - Schoolcraft Memorial Hospital Support Group, Anne Richey – **341-3210**
- ❖ Additional resources can be found in the U.P. Diabetes Outreach Network Resource Directory. Visit www.diabetesinmichigan.org, choose the U.P. & then Resource Directory.