



It's Time to Take Charge!

Visit a doctor once a year for a checkup – go to health clinics, where you may receive care for free.*

See a doctor *right away* at an emergency room (ER) when you have a deep cut, a broken bone or you can't breathe.

*Immigration status won't matter.



Preparing for a Doctor Visit

Know Your Rights!

Title VI of the Civil Rights Act of 1964 states:


"No person *in the United States* shall, on the ground of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance."



Preparing for a Doctor Visit

Health Insurance and Other Payment Options

- Find out if you or your spouse have health insurance available at work.
- Call PHLP, the Pennsylvania Health Law Project, at 1-800-274-3258—to learn about your options. Be sure to call ahead, before you need the information in a hurry!



If Health Insurance Is Not Available Through Your Employer(s):

- **Apply for medical assistance (PA):**
- A clinic will help you apply for it – fill out a form and send it right away – do not wait until you get bills
- If you are denied, ask the clinic for a payment plan. Ask for a copy.
- **Call PHLP at 1-800-274-3258**




You Should Know:

- All programs and entities that receive assistance from the federal government should take reasonable steps to make sure LEP persons have meaningful access to the programs, services and information provided.

LEP stands for “Limited English Proficiency” and applies whether English is your first language or not.

- Immigrants with refugee or asylum status may have immediate access to welfare and Medicaid
- Certain vulnerable undocumented immigrants – women who are pregnant or are suffering from some forms of cancer -- have access to certain benefits.



Some Clinics Will Provide Care for Free

- <http://www.co.delaware.pa.us/intercommunity/clinics.html>
 - ChesPenn Health Services
 - Mercy Fitzgerald Hospital – Ambulatory Clinic
 - Delaware County State Health Center
 - Greater Philadelphia Health Action, Inc. (www.gphainc.org)
 - Planned Parenthood (Media, St David's, Yeadon; www.plannedparenthood.org)
- (Handouts available at DCLC.)



Some Useful Tips:

- See doctor for medical check-ups each year when you are 18+
- Don't wait until you are sick
- Find a clinic and a doctor you can trust
- Try to go to the same doctor and clinic every time, so the doctor gets to know you and your health
- Women: Have yearly "female" exams every year starting age 21



Making a Doctor's Appointment

- Don't be afraid to make a phone call. Get help if your English is limited
- They may ask you to hold on a few minutes
- They will ask for information like your name, phone number, why you need to see a doctor, insurance, what doctor you want to see and whether you have been to the office before; then they will tell you your appointment time and date.
- Let the office know if you will need an interpreter.



About Your Eyes

If you do not qualify for government aid or private health care assistance that covers the cost of routine eye or vision care, VISION USA can help. VISION USA provides basic eye health and vision care services free of charge to uninsured, low-income people and their families.



VISION USA and Infantsee

- <http://www.aoa.org/visionusa.xml>
- <http://www.aoa.org/infantsee.xml>

Through InfantSEE®[®], optometrists will provide a one-time, comprehensive eye assessment to infants in their first year of life, offering early detection of potential eye and vision problems at no cost regardless of income.



What Happens at the Doctor's?

You've made an appointment for a check-up. Great! What can you expect at the doctor's office? For information, click on the next presentation in this series.