

## Access to direct healthcare services:

- My Healthcare Home (if they live in Middle TN)
  - A website to help people find affordable, accessible healthcare
  - It can help you find a place to have continuous care
  - Clinic fees are based on family size and income
  - Visit <https://myhchtn.org/> to search for a clinic near you
- Tennessee Charitable Care Network
  - A website that can help you find organizations that provide charitable care (primary care, specialty care, dental care, etc.)
  - Visit <http://www.tccnetwork.org> and click on “Find a Clinic.” You will be able to see a list of the clinics and a map with all of their locations.
- Tennessee Primary Care Association (TNPCA)
  - Reduced cost/free care at community health centers across the state
  - Visit <https://www.tnpca.org/> and click on “Our Members.” Then, click on “Find a Health Center Near You.” On this page, you can view a list of the participating organizations and a map of clinics across the state.
- Behavioral Health Safety Net
  - For people who do not have behavioral health insurance coverage and need help paying for mental/behavioral health services
  - Services include: assessment, evaluation, diagnostic, therapeutic intervention, case management, transportation, peer support services, psychosocial rehabilitation services, psychiatric medication management, labs related to medication management and pharmacy assistance, and coordination
  - Must be a Tennessean who is 19 years or older, have an income under the federal poverty level, and have a qualifying mental health diagnosis
  - More info online at this link: <https://www.tn.gov/behavioral-health/bhsn.html>
  - Find a participating provider at: [https://www.tn.gov/content/dam/tn/mentalhealth/documents/BHSN\\_Provider\\_Contact\\_3-1-21.pdf](https://www.tn.gov/content/dam/tn/mentalhealth/documents/BHSN_Provider_Contact_3-1-21.pdf)
- Project Access
  - Helps uninsured patients get specialty care that primary care clinics may not provide
  - Only available in certain counties. You must be a resident of the county to be eligible. Counties that have Project Access:
    - Hamilton county: <https://www.hcprojectaccess.org/>
    - Knox county: <http://www.knoxvilleareaprojectaccess.org/>
    - Davidson county: <https://www.nashville.gov/Health-Department/Clinical-Health-Services/Project-Access-Nashville.aspx>
    - Appalachian Mountain Project Access (Johnson City area): <https://www.nafcclinics.org/content/appalachian-mountain-project-access>
- St. Mary’s Legacy Clinic
  - Provides mobile medical services at no cost
  - Find the schedule and locations here: <https://stmaryclinic.org/regular-schedules>
  - If someone needs specialized care but does not live in a county that has Project Access, they can get care at this clinic and be referred to Project Access
- St. Thomas Health Medical Missions at Home

- Day-long community health events that provide primary care and specialty care services, including:
  - Behavioral health
  - Dentistry
  - Foot and wound care
  - Mammograms
  - Prescriptions at no cost
  - Vision services
- Find upcoming missions here: <https://www.sthealth.com/about-us/mission-integration/care-for-the-poor/medical-missions-at-home%20>
- Lions Club
  - Provides services to people who need glasses or eyecare
  - Search for a club in a specific location here: <https://www.lionsclubs.org/en/start-our-approach/club-locator>
- Healthcare Options Listed by the State of Tennessee
  - <https://www.tn.gov/tenncare/members-applicants/how-can-i-get-health-care-if-i-don-t-qualify-for-tenncare.html>

### **Access to prescriptions:**

- CoverRX
  - CoverRX is a pharmacy program that provides people with no pharmacy coverage affordable access to medications
  - Individuals who are eligible: Between ages 18 and 64 and income at or below 138% of the federal poverty level
  - No premiums—only copays
  - Visit <https://www.tn.gov/tenncare/coverrx.html> for more information
  - Online application: <https://www.optumrx.com/coverrx>
- NeedyMeds
  - A website that can help you find reduced-cost care and prescriptions
  - Visit <https://www.needymeds.org/> and click on “Healthcare Savings.” From there, you can choose different options such as “Prescription Assistance” and “Free/Low-Cost/Sliding Scale Clinics”
- Ladies of Charity – Knoxville
  - Provides emergency assistance for medications
  - Medication assistance cannot be provided for pain medications or mood-altering medications
  - To apply, bring identification, social security cards for all family members, and completed application
  - Find more info here: <https://www.ladiesofcharityknox.org/medicine-assistance>
- Volunteer Ministry Center – Knox county
  - Prescription payment assistance for Knox county residents who are low-income
  - Dental clinic for Knox county residents that are homeless or make 0%-30% of the Area Median Income (AMI)
  - More info here: <https://www.vmcinc.org/>

- Publix Pharmacy Medication Program
  - Can also get a 90-day supply of common medications for \$7.50:  
<https://www.publix.com/pharmacy/pharmacy-services/medication-savings>
- GoodRX
  - Can help you find the lowest cash price for your prescription medications
  - Visit <https://www.goodrx.com/> to find more information
- Tennessee Drug Card
  - A printable pharmacy coupon card that provides prescription medication savings of up to 80%
  - Find the coupon here: <https://www.tennesseedruggcard.com/>
- Medicine Assistance Tool
  - You enter the medications you need help accessing, enter personal information, and see the available resources available to help with prescription costs
  - Find the tool here: <https://medicineassistancetool.org/>

### **Resources for folks with intellectual or developmental disability:**

- Tennessee Disability Pathfinder: <https://vkc.vumc.org/vkc/pathfinder>
  - Offers a statewide database of services for folks with disability
- Tennessee Disability Coalition: <https://www.tndisability.org/>
  - Alliance organization that provides programs to assist folks in accessing resources and getting their voice heard
- The Arc Tennessee: <https://www.thearctn.org/>
  - Advocates and provides programs and supports for people with intellectual and developmental disabilities and their families
- TennesseeWorks: <https://www.tennesseeworks.org/>
  - This organization's goal is to increase the number of young people with intellectual and developmental disabilities who are employed in Tennessee
- Vocational Rehabilitation: <https://www.tn.gov/humanservices/ds/vocational-rehabilitation.html>
  - This is a state program that provides individualized services for people with disabilities to prepare for the job market
- Waves: <https://wavesinc.com/employment-program/>
  - This organization works to empower and support those with intellectual and developmental disabilities.