

## 2.2 Health Care Resources for Learners in Virginia

### Good Places to Start a Search for Affordable Care

To locate affordable health care and other social services that are sometimes needed for additional support around health issues, the following are generally good places to start looking.

- [Virginia 211](#)  
Call this phone number to get referrals to social services and health care in Virginia. For general information about Virginia 211, see their website.
- [Virginia Health Care Foundation: Medical Care](#)  
This website has information on looking for medical care.

Also, **check with the social work or case management department of local hospitals** to see if they have a list of community resources they would be willing to share with your program.

### Medical Clinics

The following websites list affordable medical clinic resources around Virginia.

- [Campaign for America's Health Centers: Find A Center Near You](#)
- [Northern Virginia Health Services Coalition](#)
- [Free and Low Cost Health Care Resources in the Richmond Area](#)
- [Virginia Department of Health: Local Health Departments](#)
- [Piedmont Access to Health Services \(PATHS\)](#)



- [Project Access of the Roanoke Valley](#)
- [Virginia Association of Free Clinics: Find A Free Clinic](#)

## **Vision Care**

Note: Some low-cost medical clinics may provide eye exams. Check individual clinic websites.

- [Vision USA](#)  
This program provides free eye exams and, in some cases, free glasses. Recipients must be legal residents and must go through a social service agency or charitable organization to apply.
- [Lions Clubs](#)  
Lions Clubs provide free eye exams and eyeglasses. Application procedures vary among regional chapters.
- [New Eyes for the Needy](#)  
This program provides recycled eyeglasses to the needy (not exams). Recipients must go through a social service agency or charitable organization to apply.

## **Hearing Care**

Note: Some low-cost medical clinics and local health departments may provide low-cost hearing tests. Check individual clinic and department websites.

- [Lions Clubs](#)  
Some local chapters may provide hearing tests and hearing aids.
- [Virginia Department for the Deaf and Hard of Hearing](#)



**Prescription Assistance** (providers of low-cost or free prescription medications for low-income and uninsured people)

Note: Some low-cost medical clinics may provide low-cost prescriptions. Check individual clinic websites.

- [NeedyMeds](#)  
This online directory of pharmaceutical companies' prescription assistance programs (programs that make prescription medications available to uninsured and low-income people at low or no cost) is available in English and Spanish, with a large text option.
- [RxRelief Virginia](#)  
This program provides prescription assistance for chronically ill, low income patients in certain areas of Virginia.
- [RxAssist](#)  
This website provides an online directory of pharmaceutical companies' prescription assistance programs.
- [Rx Outreach](#)  
Rx Outreach is a non-profit, mail-order pharmacy for low income individuals.

## **Dental Care**

Note: Some low-cost medical clinics may provide dental care. Check individual clinic websites.

- [America's Dentists Care Foundation: Mission of Mercy \(MOM\) Dental Care Fairs](#)
- [Dental Care for the Uninsured Provider Map](#)
- [Northern Virginia Dental Clinic](#)



## Mental Health Care

Note: Some low-cost medical clinics may provide mental health care. Check individual clinic websites. ELLs will be best served by a mental health counselor who speaks their native language and understands their native cultural beliefs and practices. Bilingual counselors are becoming more common at government agencies and private organizations in Virginia.

- [Virginia Association of Community Service Boards](#)  
Community Service Boards around Virginia provide low-cost mental health care for the uninsured.
- [CLAS Act Virginia: Multicultural Health and Human Service Programs in Virginia](#)

## Women's Health Care

Low cost and free clinics sometimes report that they provide gynecological care. In the 2011 Northern Virginia Health Literacy Initiative, female adult ESOL learners often reported that they had difficulty finding affordable care providers at clinics who would treat complex gynecological conditions unrelated to pregnancy.

[Local Planned Parenthood clinics](#) may provide more complex gynecological care. Check with your local Planned Parenthood Center as to the specific gynecological care they can provide:

## Workers' Compensation

If a student is injured on the job, workers' compensation may pay for their related medical bills.

- [Virginia Workers Compensation Commission](#)



## Social Services

Health crises can create or add to financial and emotional strain on families. Sometimes families need additional support services to help them through. The following are possible resources.

- [Northern Virginia Regional Commission Quick Guide Online](#)  
For Northern Virginia social services and clinics, see this regional service directory.
- [Virginia Hospital & Healthcare Association](#)  
Look up hospitals' financial assistance policies here.
- [Virginia Department of Social Services: Local Department of Social Services](#)

## Insurance Assistance

- [Virginia Insurance Counseling and Assistance Program \(VICAP\)](#)  
VICAP provides counseling help for locating and using health insurance (through local Agencies on Aging).
- [Virginia Managed Care Ombudsman](#)  
This office provides support to consumers appealing insurance decisions.

## Legal Aid

Unfortunately, legal issues sometimes arise in health care scenarios in relation to quality of care, access to care, patients' rights, billing problems, and other issues. Here are sliding scale legal aid resources around Virginia in case learners ever need them.

- [Blue Ridge Legal Services](#)
- [Central Virginia Legal Aid Society](#)
- [Legal Aid Justice Center](#)
- [Legal Aid Society of Eastern Virginia](#)
- [Legal Services of Northern Virginia](#)
- [Southwest Virginia Legal Aid Society](#)
- [Virginia Legal Aid Society](#)

