



Attend FREE Chronic Disease Self-Management Classes!

Tomando Control de Su Salud

- Receive free training on how to manage your chronic condition such as Heart Disease, Diabetes, Respiratory Disorders and Arthritis
- Attend a six-week course provided at locations throughout East Orlando
- Learn healthy eating and exercise
- Change your behaviors and better your health

Apply for Medicaid or Florida KidCare!

- Visit an enrollment clinic in East Orlando
- Allow a Bilingual Enrollment Specialists to guide you through the process
- Remember that you must meet eligibility requirements

Use this Resource Guide to find a doctor and low-cost medications!

- Find low-cost prescription medications
- Find free or low-cost community health clinics
- Find physicians who accept Medicaid

¡Inscríbese en clases Gratuitas! Tomando Control de Su Salud

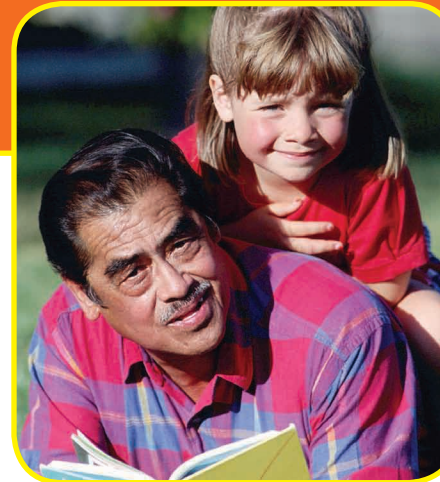
- Aprenda a manejar condiciones como enfermedades del Corazón, Diabetes, Artritis y enfermedades Respiratorias
- Asista a un curso de 6 semanas, 1 vez a la semana en el este de Orlando
- Aprenda a alimentarse y ejercitarse mejor
- Cambie su estilo de vida y mejore su salud

¡Regístrese en los programas de Medicaid y Florida KidCare!

- Visítenos en localidades de registro
- Permita que un especialista bilingüe le guíe en el proceso
- Aprenda sobre los requisitos de elegibilidad

¡Use esta Guía de recursos para encontrar clínicas y medicamentos a bajo costo!

- Oriéntese sobre programas de prescripciones a bajo costo
- Infórmese sobre clínicas a bajo costo o gratuitas
- Conozca los médicos que aceptan Medicaid



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EAST SIDE INITIATIVE

Health Care Resource Guide

Guía de Recursos para la Salud



Our Healthy Futures

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407-303-6495
www.cuidateflorida.com

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Clinics (Clínicas)

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Low Cost (Bajo Costo)

Lake Underhill Family Health Center

5730 Lake Underhill Rd.
Orlando, FL 32807
407-956-4320

Central Florida Family Health Center

11881-A E. Colonial Drive (Alafaya Trail)
Orlando, FL 32826
407-275-4048

Central Florida Family Health Center

5449 S. Semoran Blvd., Ste. 14
(Hoffner Ave.)
Orlando, FL 32822
407-207-7756

Heart Failure Clinic

By Referral
101 S. Westmoreland Drive
Orlando, FL 32805
407-836-7195

After Hours Clinic

2604 N. Orange Ave.
Orlando, FL 32804
407-303-7298

HIV/AIDS Services

832 West Central Blvd.
Orlando, FL 32805
407-836-2680

Free Clinics (Clínicas Gratuitas)

Threshold Center for Autism

Dr. Diebel, Jr. Memorial Health Center

Open: Mon., Tues. and Thurs. 6-8:30pm
3550 N. Goldenrod Rd.
Winter Park, FL 32792

St. Luke's Lutheran

Shepherd's Hope Health Center

Open: Tues. and 2nd & 4th
Thurs. 6-8:30pm
2021 West State Road 426
Oviedo, FL 32765
407-366-8066

Downtown Orlando

Shepherd's Hope Health Center

Open: Wed. and Thurs. 6-8:30pm
101 S. Westmoreland Drive
Orlando, FL 32805
407-836-7158

Walker Shepherd's Hope Health Center

Open: Tues. and Thurs. 6-8:30pm
150 Amidon Lane
Orlando, FL 32809
407-850-5100 ext. 301

Urgent Care (Clínicas de Urgencia)

With insurance plans (con seguros medicos):

Waterford Lakes

250 N Alafaya Trail Suite 135
Orlando, Florida 32825
407-381-4810 Phone

Conway Centra Care

(Corner of Semoran Blvd/Hoffner Ave)
5810 S. Semoran Blvd.
Orlando FL 32822
407/207-0601



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Azalea Park Centra Care

(2 blocks south of the 408, across
from Orlando Baptist Church)
509 South Semoran Blvd
Orlando, FL 32807
407/277-0550

Dental Health (Salud Dental)

Orange County Health Department

832 W. Central Blvd.
Orlando, FL 32805
407-836-2616
**For children with Medicaid and for
emergency adult cases only.**

Prescription Assistance Programs (Programas de Prescripciones)

Together RX Access

1-800-444-4106
www.togetherrxaccess.com

Needy Meds

www.needymeds.com

Target

Target \$4.00 Program
www.target.com

Walmart

Walmart \$4.00 Program
www.walmart.com

Kmart Program

1-800-866-0086
www.kmart.com

RX Outreach

1-800-769-3880
www.rxoutreach.com

Crisis Programs (Programas de Crisis)

Crisis Assistance Program

Mable Butler Center
2100 East Michigan St.
407-836-6500

Union Park Office

10244 East Colonial Dr.
407-249-6160

Family Resource Program

2100 E. Michigan Street
407-836-6512

Seniors First

407-292-0177

Jewish Family Services

2100 Lee Rd.
Winter Park, FL 32789
407-644-7593
www.jfsorlando.org

Catholic Charities of Central Florida

1771 North Semoran Blvd.
407-658-1818

Emotional Crisis (Crisis Emocional)

Care Crisis Center - 24 hour hotline

407-425-2624

Additional Resources (Recursos Adicionales)

Orange, Osceola, Seminole 211

www.211communityresources.org
or dial 211

Medicaid and Kidcare (Seguros del Gobierno)

For help applying for these services
call Cuídate at 407-303-6495.
Para ayuda con estos servicios llame
al 407-303-6495

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