



**Eastern Shore Rural Health offers these support services at no cost or a low cost to our patients.**

## **Discounted Rural Health Visits!**

Discounts may be available based on family size and income. No one will be turned away due to their inability to pay. A sliding fee application can be found on the Forms and Policies page at [www.esrh.org](http://www.esrh.org) or by speaking to the patient account manager at your Rural Health center.

## **Chesapeake Bay Bridge Tunnel Medical Toll Program**

This program provides tickets to Eastern Shore residents traveling across the Bay for medical appointments. It is an income based program, but special cases are approved on a "hardship" basis. You don't have to be a Rural Health patient to qualify. *If you have Medicaid, contact the Health Department for your tickets.* For non-Medicaid patients, tickets are available at the Corporate office, and the Atlantic, Bayview, Franktown, and Onley centers. For assistance call the Atlantic or Bayview center then press 7. For Franktown or Onley call the center and dial ext. 1313 (Franktown); or ext. 1715 or ext. 1713 (Onley). For the Corporate office dial ext. 1120. Chincoteague patients should call the Atlantic center. The application is available on the Forms and Policies page at [www.esrh.org](http://www.esrh.org).

## **Health Education**

Health Education is a free service for all Rural Health patients. Health educators can help you manage your asthma, diabetes, blood pressure and cholesterol and they can advise you on weight loss, nutrition, exercise, and how to take your medicine. The health educators offer diabetes prevention and Healthy Habits for Children programs that include these services. They can also link you to help to stop smoking. Plus health educators can help you create advanced directives. These legal documents allow you to tell your loved ones ahead of time what end-of-life care you want – and don't want - to avoid confusion later. Call the Bayview, Chincoteague or Onley centers and press 6 for the health educator. Call the Atlantic or Franktown center and press 1 for medical services, then 6 for health education.

## **Help Getting Prescriptions**

Through our free Pharmacy Assistance Program, a medication assistance caseworker can review all of your medicines and determine the least costly way to get them for you. Call your center and dial ext. 1634 (Atlantic/Chincoteague); ext. 1331 (Bayview/Franktown and Dental); or ext. 1734 (Onley).

## **Free Car Seats**

Free car safety seats are available for qualifying patients at each Rural Health center. Call the health educator at your center. See Health Education section for contact information.

## **Mental Health Counseling**

Rural Health partners with the Eastern Shore Community Services Board ([www.escsb.org](http://www.escsb.org)) to provide limited mental health counseling at most centers. This can be arranged by your Rural Health care provider.

## **Transportation**

Rural Health partners with the Eastern Shore Community Services Board to provide affordable transportation for patients who need a ride to our centers. Rides are based on a sliding scale and are available to every patient regardless of insurance or income status. To schedule a ride call your center and dial ext. 1641 (Atlantic/Chincoteague); ext. 1206 (Bayview); ext. 1330 (Franktown); or ext. 1729 (Onley) or ask for this service when you are making your appointment.