



**A RESOURCE GUIDE ON FREE AND LOW-COST  
REPRODUCTIVE HEALTH CARE  
IN NEW YORK CITY**

A joint publication of the  
National Institute for Reproductive Health  
and NARAL Pro-Choice New York

April 2009

This resource guide was made possible by the hard work of the staff and interns of the Low-Income Access Program at the National Institute for Reproductive Health and NARAL Pro-Choice New York, Pooja Awatramani, Myra Batchelder and Monika Grzeniewski. Special thanks to the rest of the staff, including Angela Hooton, Andy Stern and Amy Boldosser, for the editing and suggestions they provided for the report. In addition, thank you to Tara Sweeney for the layout and design of the report.

The **National Institute for Reproductive Health** is an innovation institute for state and local organizations working on reproductive health issues. The National Institute offers strategic guidance, hands-on support and funding to help state and local leaders remove barriers to health care, win public battles and change public policies. Together, we are helping women in communities all across the country gain access to the full range of quality reproductive health care options, the freedom to exercise their reproductive rights and the opportunity to have healthy pregnancies.

**NARAL Pro-Choice New York**, the New York State Affiliate of Pro-Choice America, works to protect safe, legal abortion and expand the full range of reproductive rights for women regardless of age, race or income. NARAL Pro-Choice New York has been in existence for over 30 years and has established vital connections working with legislators, health care and advocacy groups, and women's organizations, providing the organization with the influence and tools necessary to do effective educational and lobbying work, particularly around reproductive rights and contraceptive coverage.

The **Low-Income Access Program** seeks to ensure that all women have the health care coverage and access necessary to obtain needed reproductive health care, including abortion, emergency contraception, birth control, family planning services, and pregnancy services. The program is dedicated to working with local, state, and national advocates to expand and ensure access to reproductive health care for all women who face financial barriers.

## **A Resource Guide on Free and Low-Cost Reproductive Health Care in New York City**

If you are uninsured and living in New York City, you may feel that you have no place to turn for your reproductive health needs. The important thing to know is that there are free and low-cost options for accessing health care locally. New York City offers public health programs for which many women are eligible, but often do not know that they qualify. Programs providing important preventative health care for women, such as regular check-ups and reproductive and sexual health screenings and tests, are available. There are also prescription benefit plans that uninsured women can use to obtain low-cost prescription drugs. This resource guide provides information and online resources for New York City-specific services and organizations that can help you get quality, affordable reproductive health care.

The resource guide is divided according to the type of health care services you may need:

- **Section 1: How to Get Public Insurance in New York** This section provides information on how and where to enroll in public insurance programs, such as Medicaid and Family Health Plus as well as website addresses for online tools that can help you calculate your eligibility.
- **Section 2: Where to Obtain Free and Low-Cost Services** This section provides information for women who do not qualify for public health insurance and includes links to free and low-cost health care services at clinics and centers located throughout the five boroughs of New York City.
- **Section 3: Where to Get Prescription Drug Assistance** This section includes resources on how and where to obtain prescription drugs at lower-cost or subsidized prices.
- **Section 4: Services for Women Facing Unintended Pregnancies** This section contains resources for women facing unintended pregnancies.
- **Section 5: Services for Special Populations** This section includes links to additional resources such as HIV care programs for uninsured women and resources for victims of domestic violence.
- **Section 6: Additional Resources on Accessing Health Care** This section provides useful links to other organizational resources.

**SECTION 1:**

**HOW TO GET PUBLIC HEALTH INSURANCE IN NEW YORK**

- The **New York City Office of Citywide Health Insurance Access (OCHIA)** website offers a basic overview of public health insurance options for individuals living in New York City. The site lists the various public insurance options and defines the eligibility requirements for each program. Also included in a toolbar on the right of the OCHIA website are two tools that screen and determine eligibility for New York City public insurance programs.  
<http://www.nyc.gov/html/hia> or 311 or 877-472-8411
- Under the “Public Health Insurance” category, the **OCHIA** website also has a listing of places where individuals and families can enroll for public insurance, including community based organizations that are often the most convenient places to enroll.  
<http://www.nyc.gov/html/hia> or 877-472-8411
- The **Health Information Tool for Empowerment (HITE)** is an online directory of health and social services specifically for low-income, uninsured and underinsured New Yorkers. The HITE resource also contains a public insurance eligibility screening tool.  
<http://www.hitesite.org> or 866-370-HITE

## SECTION 2:

### **WHERE TO OBTAIN FREE AND LOW-COST HEALTH SERVICES**

#### **Hospitals/ Clinics/ Medical Centers**

- Part of the **OCHIA** website lists services that are available to uninsured New York City residents, under the “Health Care Resources for the Uninsured” category.  
<http://www.nyc.gov/html/hia> or **311**
- **Title X clinics** are the only federally funded, dedicated family planning programs for low-income and uninsured women. Title X clinics offer a wide variety of reproductive health services including comprehensive, culturally competent counseling and services, gynecological exams, breast and cervical cancer and STI screenings, HIV testing, pregnancy testing and counseling and pre-natal care. For a listing of Title X clinics, visit the **Public Health Solutions** website.  
<http://www.healthsolutions.org/MIC/english> or **866-642-5589**
- **Planned Parenthood** clinics, many of which are also Title X clinics, provide sexual and reproductive health care free of charge or at subsidized prices.  
<http://www.plannedparenthood.org/nyc> or **800-230-7526**

#### **STD Testing and Treatment**

- The **New York City Department of Health and Mental Hygiene** has STD clinics located throughout New York City that offer free STD testing and treatment, including HIV testing and counseling. Select “Health Topics A-Z” on the left of the website, and then scroll down to “STD Free and Confidential Clinics” on the website.  
<http://www.nyc.gov/html/doh> or **311**

#### **Cancer Services**

- The New York City Council’s **Women First** initiative has compiled a list of places to get free or low-cost mammograms. Visit their website and then click on “Free or Low-Cost Mammograms.”  
<http://www.nyccouncil.info/html/womenfirst>
- The **New York State Department of Health** has a list of free breast, cervical and colorectal cancer screening, diagnostic, treatment and support services organized by county. Visit their website, and then click on “Diseases and Conditions” on the

right side menu bar, then click on “Cancer”, then “Breast and Cervical Cancer Treatment Program” and finally on “Public Health Program List.”

<http://www.health.state.ny.us> or **866-442-2262**

### **Low-Cost Services for Teens**

- **NARAL Pro-Choice New York’s *Doctors for Teens*** website lists hospitals and clinics that offer low-cost services, including reproductive health services, in an adolescent-friendly environment.

<http://www.DoctorsForTeens.org> and [www.MedicosParaJovenes.org](http://www.MedicosParaJovenes.org) (en español) or **212-343-0114**

### **Free Clinics**

There are a handful of clinics that are completely free and organized through different New York medical schools.

- **East Harlem Outreach Partnership Free Clinic** in Manhattan:  
<http://www.eastharlemhealth.org> or **646-942-6519**
- **Einstein Community Health Outreach Free Clinic** in the Bronx:  
<http://www.echoclinic.org> or **800-836-1316**
- The **New York City Free Clinic** in Manhattan:  
<http://www.med.nyu.edu/nycfreeclinic> or **212-206-5200**
- **Weill Cornell Community Clinic** in Manhattan:  
<http://wccc.med.cornell.edu> or **646-719-3204**
- The **Women’s Health Free Clinic** in Manhattan, run through the New York City Free Clinic and Reproductive Health Access Project, offers services specific to women’s health; click on the link under “The Women’s Health Free Clinic” on their website:  
<http://www.med.nyu.edu/nycfreeclinic> or **212-206-5200**

**SECTION 3:**  
**WHERE TO GET PRESCRIPTION DRUG ASSISTANCE**

**Accessing Prescription Drugs with Public Insurance**

If you are eligible for public health insurance, you will be automatically enrolled in a prescription drug program that offers free or discounted prescriptions. Call **311** for more information about the prescription drug plans for which you are eligible.

**Pharmacy Discount Programs**

Some pharmacies offer prescription memberships which provide the benefit of discounted prescription medications. Some may require a small annual fee.

- **CVS:** <http://www.cvs.com/healthsavingspass> or **888-616-2273**
- **Rite Aid:** [http://www.riteaid.com/pharmacy/rx\\_savings.jsf](http://www.riteaid.com/pharmacy/rx_savings.jsf) or **800-748-3243**
- **Walgreens:** <http://www.walgreens.com/pharmacy> (Click on “Walgreens Prescription Savings Club”) or **866-922-7312**

**Pharmacies with Low-Cost Birth Control**

The **Reproductive Health Access Project** created a resource called “Pharmacies with Low-Cost Birth Control Pills” which lists pharmacies that offer low-cost birth control pills: find this resource on their website under the “Fact Sheets” tab.

<http://www.reproductiveaccess.org> or **917-586-3260**

**Prescription Assistance Programs**

The **OCHIA** website lists a number of prescription assistance programs that match applicants with the prescription help they need. Visit their website and then click on “Health Care Resources for the Uninsured” and then on “Programs and Services.”

<http://www.nyc.gov/html/hia> or **311**

**SECTION 4:**  
**SERVICES FOR WOMEN FACING UNINTENDED PREGNANCIES**

**Unintended Pregnancy Resources**

- **NARAL Pro-Choice New York** in collaboration with the **National Institute for Reproductive Health** created an online resource guide, entitled the *Book of Choices*, for women facing unintended pregnancies. The online guide includes information on abortion, pregnancy services, adoption, parenting, contraception and how to pay for your care:  
<http://www.BookOfChoices.org> and <http://www.LibroDeLasOpciones.org> (en español) or **212-343-0114**

**Abortion Funds**

- Abortion funds provide assistance for women facing financial barriers to accessing abortion services. The **National Network of Abortion Funds (NNAF)** website provides a helpful map listing abortion funds across the country and their contact information.  
<http://www.nnaf.org/help.html> or **617-524-6040**
- The **New York Abortion Access Fund (NYAAF)** is a volunteer-run non-profit organization that provides financial assistance to women in New York State who cannot afford to pay for an abortion. NYAAF provides funding directly to clinics. If you need financial assistance for an abortion procedure please have your clinic contact NYAAF.  
<http://www.nyaaf.org> or **212-252-4757**

## **SECTION 5:** **SERVICES FOR SPECIFIC POPULATIONS**

### **Drug and Alcohol Addiction Services**

- The **Substance Abuse & Mental Health Services Administration** website has a substance abuse treatment facility search tool based on location. Type in your city and state on their website, and you will be directed to a page where you can search for services based on available programs, types of care and types of payment assistance.  
<http://dasis3.samhsa.gov> or 800-662-4357

### **Health Services for Victims of Domestic Violence**

- On its “Services” page under “Healthcare”, the **New York City Mayor’s Office to Combat Domestic Violence** lists hospitals and health centers where domestic violence coordinators are present to help with crisis-intervention, counseling and safety planning at no cost.  
<http://www.nyc.gov/html/ocdv> or 311
- **New York City Gay and Lesbian Anti-Violence Project (AVP)** primarily serves lesbian, gay, transgender, bisexual and HIV-positive victims of violence by providing free and confidential services.  
<http://www.avp.org> or 212-714-1141
- The **New York State Coalition against Domestic Violence** website offers a directory of free services for domestic violence programs that can be searched by county.  
<http://nyscadv.org/directory.htm> or 800-942-6906
- **Safe Horizon** domestic violence counselors support victims of crime and abuse through services ranging from practical/emergency assistance to mental health counseling. Services are offered on a sliding scale.  
<http://www.safehorizon.org> or 800-621-4673
- **Sakhi for South Asian Women** is an anti-domestic violence organization that works with the South Asian community in the New York metropolitan area and provides access to mental health providers and physicians that speak South Asian languages and can serve the needs of survivors through low-cost or free

consultations and exams.

<http://www.sakhi.org> or 212-868-6741

### **HIV Uninsured Care Programs**

- **Gay Men’s Health Crisis** has a Women’s Institute that provides a wide range of free services for women living with HIV/AIDS. Visit the “Programs and Services” section on their website to find out more about the services they offer.

<http://www.qmhc.org> or 212-367-1000

- The **National Women’s Health Information Center** website provides information on various types of government resources available for women living with HIV/AIDS, such as AIDS Drug Assistance Programs, and includes a search tool to find clinics that provide free services.

<http://www.4woman.gov/hiv> or 800-994-9662

### **Insurance Coverage for the Unemployed**

- The **Consolidated Omnibus Budget Reconciliation Act (COBRA)** is the federal law that allows those who have lost their jobs to maintain their employer-based health coverage. Visit the State Insurance Department’s website for more information. The federal government will now subsidize 65% of the cost of COBRA premiums for up to 9 months if you have lost your job between September 1, 2008 and December 31, 2009.

[http://www.ins.state.ny.us/cobra/cobra\\_federal.htm](http://www.ins.state.ny.us/cobra/cobra_federal.htm) or 800-342-3736

- The **United Hospital Fund** offers a guide specific to New Yorkers who have recently lost their jobs. Visit the “Publications” section on their website and search for “COBRA.”

<http://www.uhfnyc.org> or 212-494-0700

### **Rape/ Sexual Assault Victim Services**

- The **New York City Alliance Against Sexual Assault** offers information and resources to sexual assault survivors, including a list of medical centers and organizations that offer rape crisis programs. Look under the “Get Help” category and then click “Resource Guide” on their website.

<http://www.nycagainstrape.org> or 212-229-0345

- The **New York State Coalition Against Sexual Assault** website provides information for rape crisis programs in New York State listed by county.

<http://nyscasa.org/responding/crisiscenters> or 800-942-6906

### **Resources for Immigrant Women**

- The **Empire Justice Center** website provides an online handbook on publicly funded health resources for immigrant populations. Click on the “Publications” tab on the top of the page, and then select “Read More” under “Community, Migrant and Homeless Health Center Handbook.”  
<http://www.empirejustice.org> or **518-462-6831**
- The **New York Immigration Coalition** has an "Immigrant and Refugee Guide to Affordable Health Care in New York" on their website. Click on “Health Access” on the right-hand side of the website, and then select the “Immigrant and Refugee Guide to Affordable Health Care in New York.”  
<http://www.thenyic.org> or **212-627-2227**

### **Services in New York City for the Uninsured LGBTQ Population**

- The **Callen-Lorde Community Health Center** provides sensitive, quality health care and related services primarily to New York's lesbian, gay, bisexual and transgender communities – in all their diversity – regardless of ability to pay.  
<http://www.callen-lorde.org> or **212-271-7200**
- The **Lesbian, Gay, Bisexual and Transgender Community Center** offers numerous health support services, such as mental health counseling and mammogram screening referrals.  
<http://www.gaycenter.org/health> or **212-620-7310**

**SECTION 6:**

**ADDITIONAL RESOURCES ON ACCESSING HEALTH CARE**

- **Cover the Uninsured** offers a guide to finding health insurance in New York State. <http://covertheuninsured.org/content/resources-uninsured> or 877-655-2889
- The Community Service Society's **Managed Care Consumer Assistance Program (MCCAP)** offers many services—from finding the right health coverage, doctors, and specialists, to resolving bill problems, and questioning or appealing treatment decisions by health plan managers. <http://www.nycmccap.org> or 212-614-5400

***Contact Information***

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