

# FREE OR LOW-COST CLINICS

### What are they?

North Carolina has a number of free and low-cost clinics that provide health care services to low-income people. Some are based at local hospitals, while others are freestanding. Many of the clinics provide general medical care, but some are specialized, offering only dental care or substance abuse counseling, for instance. Many have limited hours or other restrictions, such as serving mainly homeless people or the residents of a specific county. At most of these clinics, health care services are free or provided on a sliding-scale fee basis.

Free clinics rely on volunteer nurses, physicians, pharmacists, and dentists in order to provide care to their communities. The clinics are funded primarily through private sector donations.

Appointments are not always necessary at these clinics, but it is recommended that you call first to check the hours of operation and to receive any other special information you might need.

Many of North Carolina's clinics belong to the North Carolina Association of Free Clinics. Additional information about some of the clinics and updated listings may be available at the association's Web site: <http://www.ncfreeclinics.org>.

### Who are the programs for?

The clinics primarily target patients who are unable to pay for private medical care. Most clinics provide care to people living at or near federal poverty guidelines, but specific eligibility requirements vary from clinic to clinic. Proof of income is required in some cases. Please see Appendix A for more information on federal poverty guidelines (FPG).

### SERVICES

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Services usually include general medical care, screening and testing (blood pressure checks, cholesterol and blood sugar tests, Pap smears, mammograms), and limited pharmacy. Some clinics offer special services such as gynecological or dental care, or mental health or substance abuse counseling. Services provided vary from clinic to clinic. Please call individual sites for specific information.

## **ELIGIBILITY**

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Most clinics serve uninsured persons with incomes up to 200% of the FPG. Specific requirements, however, are determined at the local level for each clinic. You should call the clinic in your area to determine your eligibility, and to find out what information you may need to bring with you.

## **CLINIC LOCATIONS**

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The clinics are listed by county in the directory in Appendix B. Information is subject to change without notice. Please call the clinic number listed for information. If there is not a clinic listed for your county, call your county's Department of Social Services for other possible sources of low-cost health care.

## **FOR MORE INFORMATION**

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### **North Carolina Association of Free Clinics**

2135 New Walkertown Road  
Winston-Salem, NC 27101  
(336) 251-1111  
<http://www.ncfreeclinics.org/>

### **National Association of Free Clinics**

155 Livingston Street  
Asheville, NC 28801  
(828) 259-5339