Cancer Resources

American Cancer Society
Learn about the different types of cancer and how to prevent them! The American Cancer Society can help you find support or treatment if you have cancer.
1-800-227-2345
www.cancer.org or www.cancer.org/Espanol/index

Iowa Department of Public Health – Care For Yourself Program
A program that screens women for breast cancer, cervical cancer and heart disease. See the following website for program eligibility guidelines.
www.idph.state.ia.us/hpcdp/comp_cancer_control.asp

Iowa Cancer Consortium
Find web links to cancer related resources and information in the state of Iowa.
1-800-237-1225
www.canceriowa.org

Iowa Department of Public Health – Comprehensive Cancer Control
See how Iowans are working together to stop cancer deaths in our state. Includes information about colorectal, breast, cervical and skin cancer screening.
www.idph.state.ia.us/hpcdp/comp_cancer_control.asp

National Cancer Institute
Learn about the different types of cancer, information about cancer clinical trials and find cancer support/diagnosis information.
1-800-422-6237
www.cancer.gov or www.cancer.gov/espanol

Help Lines

211 Information & Referral Line
Free confidential access to health and human services information and referral.
2-1-1

Iowa Concern
Individual and family stress counseling. Information about basic needs including food shelter and medical help.
1-800-447-1985
www.extension.iastate.edu/iowaconcern

Quitline Iowa (Tobacco Cessation)
Provides counseling and educational materials to help you quit smoking.
1-800-784-8669
www.quitlineiowa.org

Iowa Substance Abuse Information
Counseling and referral to Iowa licensed substance abuse treatment programs.
1-800-242-4111
http://www.drugfreeinfo.org

Iowa Gambling Treatment Program
Counseling and referral to Iowa licensed gambling treatment programs.
1-800-238-7633
http://www.1800betsoff.org

A Health Resource and Services Guide for Iowans
Nutrition & Activity

Iowa State University Extension – Spend Smart. Eat Smart.
Tips to save while you shop for healthy groceries.
http://www.extension.iastate.edu/foodsavings

Iowa Farmers Market Directory – Iowa Department of Agriculture
Use the search tool to find a farmers market near you.
515-281-8232
www.idalsdata.org/IowaData/farmersMarket.cfm

Fruits & Veggies More Matters
Find healthy recipes, plan your grocery list and learn how to pick the best fruits and vegetables at the store!
www.fruitsandveggiesmorematters.org

Find your local YMCA
Find a YMCA near you and get active!
1-800-872-9622
www.ymca.net

Find a walking/biking trail – Iowa Natural Heritage Foundation
Plan an adventure using this website to find a walking or biking trail in your area.
http://www.inhf.org/iowatrails/index.htm

Centers for Disease Control and Prevention – Healthy Aging for Older Adults
How long should you exercise? What type of exercise should you do? Find the answers to your exercise questions here!
www.cdc.gov/physicalactivity/everyone/guidelines/olderadults.html

Insurance Programs

Senior Health Insurance Information Program
Site created by the state of Iowa to help Iowans understand their Medicare program options.
1-800-351-4664
www.TheRightCallIowa.gov

Medicare
Official U.S. site for people with Medicare.
1-800-633-4227
http://www.medicare.gov/default.aspx

Medicaid
Medicaid is a state/federal program providing health insurance for certain groups of low-income people.
1-800-338-8366 (DHS Member Services)
www.ime.state.ia.us/Members/ApplicationProcess.html

IowaCare Program
A limited health care program for adult’s age 19-64 that would not normally be covered by Medicaid.
1-800-338-8366 (DHS Member Services)
www.ime.state.ia.us/IowaCare/index.html

Assistance Programs

Food Assistance Program
The Food Assistance Program offers Electronic Benefit Transfer (EBT) cards that can be used to buy groceries (to those who qualify).
Call your local Department of Human Services (DHS) Office
www.yesfood.iowa.gov

Free Clinics of Iowa
Clinics providing basic health care services through volunteer physicians, nurses and other health professionals at no cost to the patient.
515-271-1642
http://www.freeclinicsofiowa.org/member.shtml

Prescription Savings Program
A program to help those not eligible for Medicare by offering discounts on many prescription medications. Call or check the website for eligibility guidelines.
1-800-444-4106
http://TogetherRxAccess.com

Energy Assistance
This program heating assistance to low-income Iowans. Check website for eligibility guidelines.
515-281-0859
www.dcaa.iowa.gov/bureau_EA/whos_eligible.html

Iowa Rental Help
Program assisting qualified Iowa renters and homeowners facing financial difficulties. Check website for eligibility guidelines.
877-386-9104
www.IowaRentalHelp.com