

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**



The Iowa Department of Public Health
Iowa Get Screened: Colorectal Cancer
Program
321 East 12th Street
Des Moines, Iowa 50319
(515) 281-4909
www.idph.state.ia.us

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