

# Access to Health Care for Low-Income Families

LINCOLN LITERACY TUTOR TRAINING

OCTOBER 22, 2020

Community Health



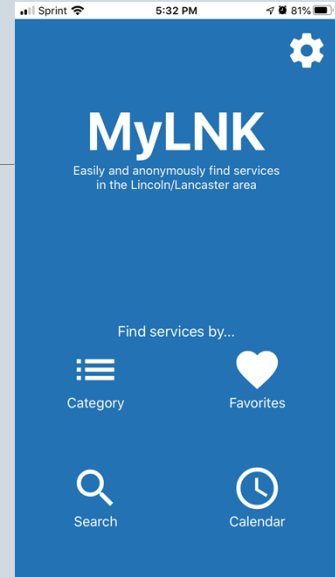
Endowment of Lincoln

# MyLNK

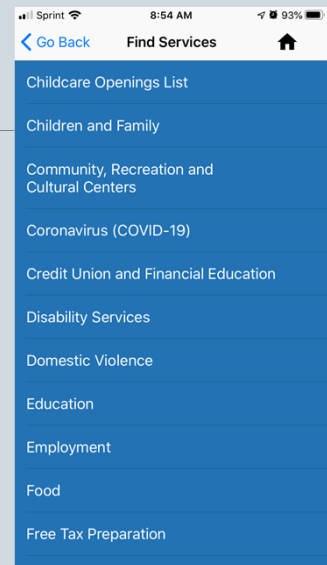
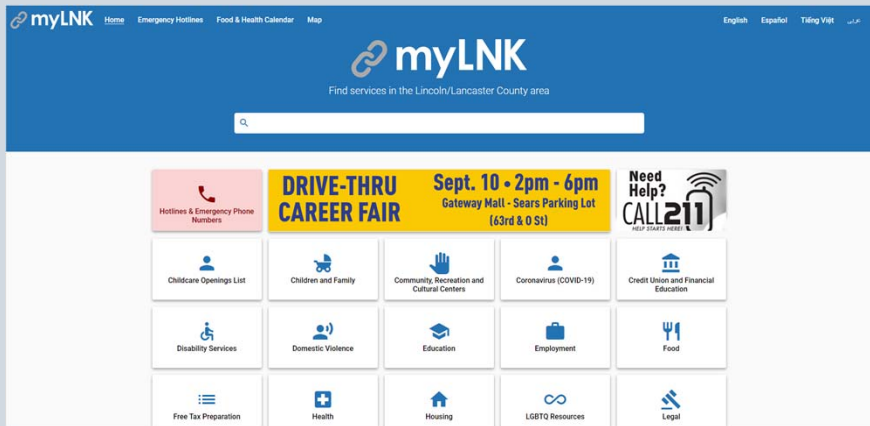
App 

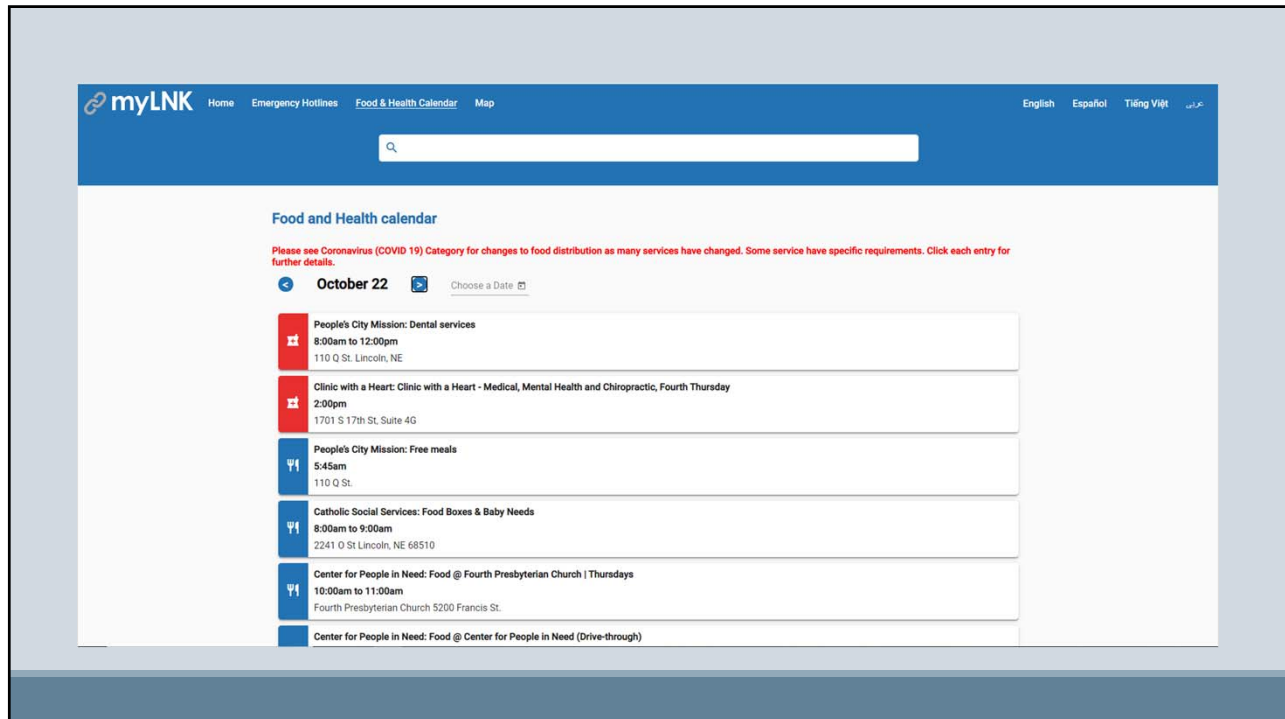
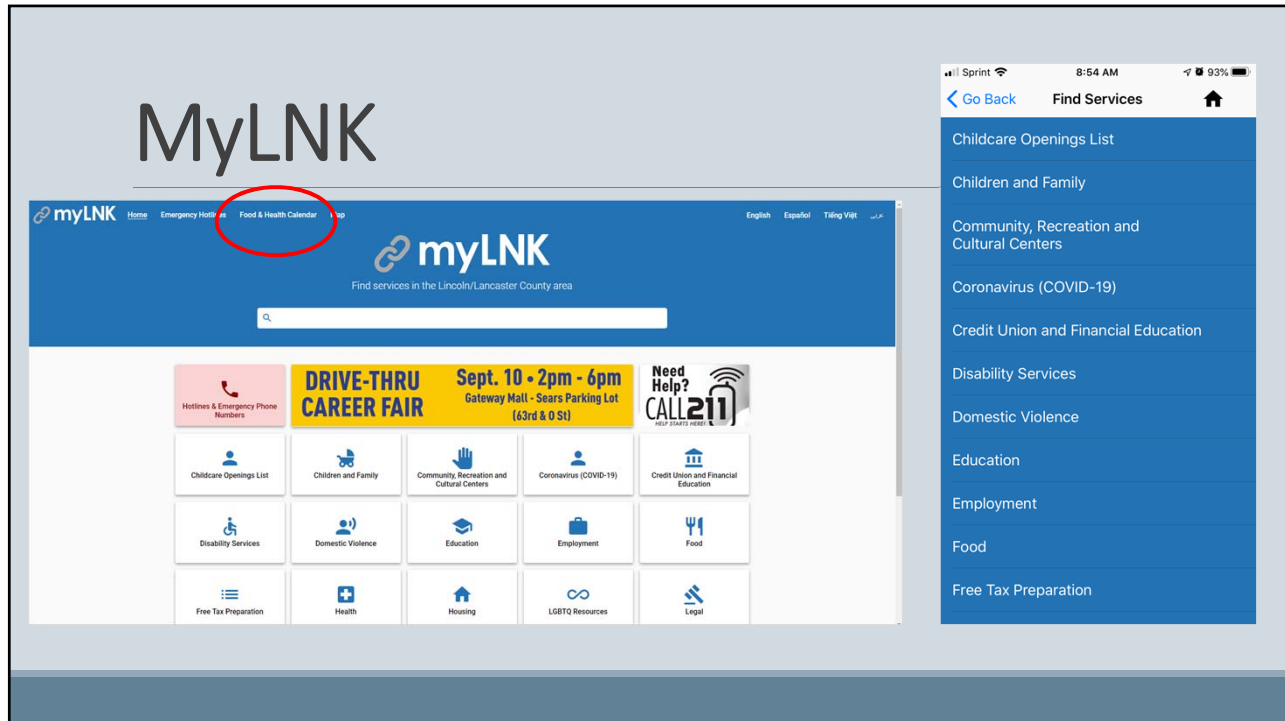
or Website :

[lincolnne.mylnk.app](http://lincolnne.mylnk.app)



# MyLNK











myLNK Home Emergency Hotlines **Food & Health Calendar** Map

English Español Tiếng Việt العربية

Food and Health calendar

Please see Coronavirus (COVID 19) Category for changes to food distribution as many services have changed. Some service have specific requirements. Click each entry for further details.

October 22 Choose a Date

	<b>People's City Mission: Dental services</b> 8:00am to 12:00pm 110 Q St, Lincoln, NE
	<b>Clinic with a Heart: Clinic with a Heart - Medical, Mental Health and Chiropractic, Fourth Thursday</b> 2:00pm 1701 S 17th St, Suite 4G
	<b>People's City Mission: Free meals</b> 5:45am 110 Q St.
	<b>Catholic Social Services: Food Boxes &amp; Baby Needs</b> 8:00am to 9:00am 2241 O St Lincoln, NE 68510
	<b>Center for People in Need: Food @ Fourth Presbyterian Church   Thursdays</b> 10:00am to 11:00am Fourth Presbyterian Church 5200 Francis St.
	<b>Center for People in Need: Food @ Center for People in Need (Drive-through)</b>

# Medical Home

Patients have a relationship with a personal physician/care team.



## Accessing Medical Care

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- Bluestem Health
- Nebraska Urban Indian Medical Center
- Lincoln Family Medicine Center
- Lancaster County Medical Society
- Clinic with a Heart



## Bluestem Health

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- <https://www.bluestemlincoln.com/>
- 5 locations
- Federally Qualified Health Center
- Insurance, Medicare, Medicaid, self-pay with discount, sliding fee scale
- Can serve people who are not documented
- Integrated medical, dental, behavioral health care and telehealth
- On-site pharmacies at 2 locations
- 340B prescription pricing
- Interpretation



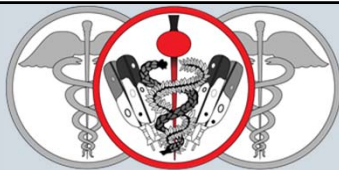
## Bluestem Health

### Becoming a patient:

Start by making an appointment with Patient Support Services,  
402-476-1455

Patient Support Services can help patients:

- Apply for Bluestem's Sliding Fee Discount Program
- Enroll in the Health Insurance Marketplace or Medicaid
- Access Economic or General Assistance programs
- Apply for SNAP



## NUIHC

NEBRASKA URBAN INDIAN HEALTH COALITION

- <http://www.nuihc.com/health-care-services/>
- 2331 Fairfield Street, (402) 434-7177
- Federally Qualified Health Center
- Can serve people regardless of race or ethnicity, or insurance status
- Sliding Fee Scale, Medicaid, Medicare, Insurance
- Primary medical care, diabetes education, prescription assistance
- Interpretation



lincoln  
family medicine  
center

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- <https://www.lincolnfamilymedicine.com/>
- 4600 Valley Road, (402) 483-4571
- Family Practice Medicine Residency Program
- Medicaid, Medicare, Discount for Self-Pay, Need-based Assistance
- Primary medical care, obstetrics, behavioral health, acupuncture



LANCASTER  
COUNTY  
MEDICAL  
SOCIETY

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- <http://www.lcmsne.org/>
- 301 South 70th Street, Suite 340, (402) 483-4800
- Medical Assistance Program (MAP)
  - Connects patients to a medical home
  - Provides assistance with specialty care, medication



**CWH**  
CLINIC WITH A HEART

[www.clinicwithaheart.org](http://www.clinicwithaheart.org)

- 1701 S 17th Street, Lower Level, (402) 421-2924
- Not a medical home - limited to 3 visits per calendar year
- Free care – medical, dental, physical therapy, chiropractic, mental health, vision, hearing, spiritual care
- Free prescriptions – 30- or 90-day supply if filled at Russ’s and on formulary
- No patient identification or proof of income required
- All care provided by volunteers
- Various clinics during the month
- Interpretation



**CWH**  
CLINIC WITH A HEART

**Becoming a patient:**

- Find out what day the service needed is offered
- On THAT day, call beginning at 2 p.m.
- Fill out forms online (or with a volunteer)
- Patient will be given an appointment time after 4 p.m. that day
- Telemedicine is available
- No COVID-19 testing or treatment
- No one allowed in with COVID-19 symptoms



# Differences in Health Care\*

## In many other countries:

- Free centralized health care
- Free services at public hospitals, primary health care centers, and emergency departments
- **Walk-in services (no appointment needed)**
- No need for insurance
- No need for a prescription for many medications
- No need for pre-approval for lab tests

## In the United States:

- Mix of public and private
- No universal health care program or coverage
- Private and public health insurance options
- **Appointments required**
- Need to obtain own health insurance
- Prescription required for many medications
- Most lab tests require approval

\*Source: Using the Health Care System in Lincoln, Nebraska: A Resource for the Yezidi Community, Megan Kelley, Ph.D, Falah Rashoka. M.S.

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Community Health Endowment of Lincoln

