

Health and Welfare Resources

Multnomah County Resource List—

This list of services available through the County includes a variety of services, some free or sliding scale, including Health Care, Alcohol and Drug help, and numerous other support resources.

http://www.co.multnomah.or.us/health/hivhcv/documents/community_resources_apr09.pdf

Low Income and Sliding Scale Clinics—

Coalition of Clinics (a search engine of non-profit clinics intended for the un-insured and under insured. Proof of low income might be necessary for some of these-last three months bank statements and/or pay stubs)

<http://www.coalitionclinics.org/>

Project Access--

<http://www.coalitionclinics.org/project-access.html>

What is the Eligibility Criteria?

- Patients must meet the following eligibility guidelines:
- referred by a participating safety net clinic
- at or below 200% of the Federal Poverty Level
- a resident of Multnomah County for at least six months
- have no access to insurance
- and have a demonstrated medical need

Based on a successful national model, Project Access leverages charity care from private physicians and other health care providers, ambulatory care clinics, hospitals, private diagnostic service providers, and pharmacies to provide patients streamlined access to donated care, and to make it easy for the health care community to donate care.

Community safety net clinics provide primary and acute care to low-income, uninsured residents of Multnomah County. However, when a patient is diagnosed with a condition requiring a specialist, their care hits a road block. The safety net is without the resources to provide comprehensive services, such as specialty care and hospitalization. While symptoms can be treated, a patient's health invariably becomes worse, forcing them to the emergency department with a health crisis.

Project Access coordinates a process in which volunteer physicians and hospitals are willing to care for patients at the time their health issue is identified in the safety net clinic. Patients are seen by a specialist to resolve serious medical problems rather than returning repeatedly to primary clinics to treat symptoms.

Mercy and Wisdom Healing Center—

Helping the low income and underinsured to achieve health through integrative medical care and education.

www.mercyandwisdom.org

As a member of the [Coalition of Community Health Clinics](http://coalitionclinics.org) (<http://coalitionclinics.org>) they offer vouchers for free prescriptions and we can make [referrals](#) for many types of treatment and social resources.

MusiCares

MusiCares provides a safety net of critical assistance for music people in times of need. MusiCares' services and resources cover a wide range of financial, medical and personal emergencies, and each case is treated with integrity and confidentiality. MusiCares also focuses the resources and attention of the music industry on human service issues that directly impact the health and welfare of the music community.

http://www2.grammy.com/MusiCares/Client_Services/
<http://www2.grammy.com/MusiCares/>

Future of Music Coalition

In 2005, FMC teamed up with Alex Maiolo and Chris Stephenson to create **HINT – the Health Insurance Navigation Tool**. HINT provides informed, musician-friendly support and advice to musicians who need information about health insurance, for free.

<http://futureofmusic.org/issues/campaigns/get-hint>

Make an appointment to get advice

[Click here to request an appointment](#). HINT appointments are currently available Monday through Thursday, 7 PM – 8:30 PM Eastern Time. Appointments are 30 minutes long. After filling out this form and answering a few questions, your request will be emailed to our HINT team and they will confirm the date and time with you. All calls are confidential. FMC will collect summary data on the insurance needs of musicians so that we will better understand how to effectively work towards providing health insurance for artists in the future.

Bright Now! Dental!

They offer programs specifically for union members and their families, even retirees.

www.brightnow.com