



Video 9

Connecting to the Care You Need

Insurance or Clinic Eligibility

Do you have insurance?

If not — you may still qualify

- Medicaid & CHIP
- Community Health Centers (FQHC)
- Sliding-scale clinics



Your CHW can CONNECT you and help you apply — even if the forms seem complicated.

Making a Clinic Appointment

Don't wait until you feel sick

Regular visits help catch problems early.

1. Find a clinic
2. Make the call
3. Bring your medication list
4. Bring your questions



Your CHW can CONNECT you to find a clinic and help you make an appointment

Getting Medications & Supplies



Medications shouldn't be a luxury.

- \$4 medications
- Patient assistance programs (PAP)
- Community health center pharmacies
- Free glucometers & test strips

Your CHW can CONNECT you find low-cost medications and supplies near you.

Prevention Checkups



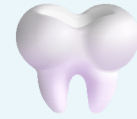
Flu Shot

Often FREE
at pharmacies & clinics



Eye Exam

Every year —
even before problems



Dental Care

Gum disease
worsens blood sugar

Your CHW can CONNECT you to schedule referrals for all three.

Finding a Place to Exercise



**You don't
need a gym.**

- Walking groups
- Church parking lots
- Community centers
- YMCA (sliding scale)
- Local parks & trails

Your CHW can CONNECT you to free or low-cost options near you.

Support — Church, Family & Community

You don't have to do this alone.

Faith communities

Family & friends

Diabetes support groups



Your CHW can CONNECT you to emotional support. It is just as important as medicine.

Transportation — Getting to Your Care



Missing appointments is dangerous.

- Medicaid transportation (FREE)
- Church volunteer drivers
- Community van programs
- Rideshare assistance

Don't skip your appointment - your CHW can CONNECT you so don't miss your appointment!

DEPRESSION

Feeling overwhelmed can make it hard to eat well, exercise, or take your medications.

2x

more likely to
have depression

**Talk to your CHW if you feel sad, hopeless,
or overwhelmed.**

Your CHW can CONNECT you to help

Do You Need Help Connecting?

Your CHW can CONNECT you

Insurance

Clinic Appt

Medications

**Eye & Flu &
Dental**

Exercise

Support

Transportation

Mental Health





- Insurance or clinic eligibility
- Making a clinic appointment
- Getting medications & supplies
- Prevention checkups (flu, eye, dental)
- Finding a place to exercise
- Support - church, family & community
- Transportation & mental health

- **Your CHW can help you how to CONNECT to resources!!**

References

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