

Connecting with Resources

Rural Health has a team of outreach workers on staff to help you and your family connect with other services you may need, like housing, the Food Bank, adult education and employment opportunities, and applications for assistance. Call your center and dial ext. 1055 (Atlantic/Chincoteague); ext. 1034 (Eastville/Franktown); or ext. 1056 (Onley).

Insurance Assistance

Rural Health has a team of certified application counselors who can help you understand your insurance options and help you complete applications to enroll. For assistance call your center and dial ext. 1055 (Atlantic/Chincoteague); ext. 1034 (Eastville/Franktown); or ext. 1056 (Onley); or email getcovered@esrh.org.

NOTES

Call Us to Get Started!

Atlantic Community Health Center
with Dental
757-824-5676

Chincoteague Island
Community Health Center
757-336-3682

Eastville Community Health Center
with Dental & Pharmacy
757-331-1086

Franktown Community Health Center
Dental only
757-442-4819

Onley Community Health Center
757-787-7374

Metompink Elementary School
Dental Unit*
757-665-1159

Pungoteague Elementary School
Dental Unit*
757-789-7777

Nandua Middle School Dental Unit*
757-787-3494

Corporate Office
757-414-0400

*For *all* children ages six months through 18 years.

Access Your Info Online!

With our patient portal you can ask your care provider questions that aren't urgent, request medication refills, and check lab results. You can also review and print your list of medications and review notes from your visit with a provider.

To set up a patient portal account, call your center and ask to be "web enabled" or ask about it at your next appointment. Currently we are enrolling individuals ages 0-13 and 18+.



Guide to Support Services



**Exceptional care.
Every patient.
Every time.**

www.esrh.org

Follow us on Facebook
www.facebook.com/esrhs

Eastern Shore Rural Health offers these support services at no cost or a low cost to our patients.

Discounted Rural Health Visits!

Discounts may be available based on family size and income. No one will be turned away due to their inability to pay. A sliding fee application can be found in the Forms section at www.esrh.org or by speaking to the patient account manager at your Rural Health center.

Chesapeake Bay Bridge Tunnel Medical Toll Program

This program provides tickets to Eastern Shore residents traveling across the Bay for medical appointments based on income and family size. You don't have to be a Rural Health patient to qualify. If you have Medicaid, contact the Health Department for your tickets. For non-Medicaid patients, tickets are available at the Atlantic, Eastville, and Onley centers. For assistance call your center and dial ext. 1607 (Atlantic/Chincoteague); ext. 1313 (Eastville); or ext. 1716 (Onley). Program application can be found in the Forms section at esrh.org.

Pharmacy at Eastville Center

Rayfield's Pharmacy is operating within the Eastville Community Health Center. The pharmacy is open Monday-Friday from 9 a.m. to 5 p.m., you can enter the pharmacy through the center lobby or use the drive through. Pharmacy phone number is 757-442-0927.

COMING SOON!

Rural Health will open a pharmacy at the Onley center.

Health Education

Health Education is a free service for all Rural Health patients. Health educators can help you manage your asthma, diabetes, blood pressure and cholesterol and they can advise you on weight loss, nutrition, exercise, and how to take your medicine. The health educators offer a diabetes prevention program that include these services. They can also link you to help to stop smoking. Plus health educators can direct you on how to create advanced medical directives. These legal documents allow you to tell your loved ones ahead of time what end-of-life care you want – and don't want – to avoid confusion later. Call your center and dial ext. 1628 (Atlantic/Chincoteague); ext. 1357 (Eastville/Franktown); or ext. 1728 (Onley).

Help Getting Prescriptions

Through our free Pharmacy Assistance Program, a medication assistance caseworker can review all of your medicines and determine the least costly way to get them for you. Call your center and dial ext. 1634 (Atlantic/Chincoteague); ext. 1331 (Eastville/Franktown); or ext. 1734 (Onley).

Behavioral Health

Rural Health has added mental health providers to its staff and continues to partner with the Eastern Shore Community Services Board (www.escsb.org) to provide limited behavioral health services at most centers. This can be arranged by your Rural Health care provider.

Free Program To Prevent Type 2 Diabetes

The PreventT2 lifestyle change program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). This program will help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half. The program is FREE to all of our pre-diabetic patients. The program is currently held virtually. To see if you qualify for the program, call your center and dial ext. 1628 (Atlantic/Chincoteague); ext. 1357 (Eastville/Franktown); or ext. 1728 (Onley).



Transportation

Rural Health partners with the Eastern Shore Community Services Board (CSB) to provide affordable transportation for patients who need a ride to our centers. Rides are based on a sliding scale and are available to every patient regardless of insurance or income status. Call your center and dial ext. 1055 (Atlantic/Chincoteague); ext. 1034 (Eastville/Franktown); or ext. 1056 (Onley); or ask for this service when you are making your appointment. We can provide Star Transit bus passes to patients. Star Transit passes are available at each center. Patients must have an appointment to use either service.

COMING SOON!

Urgent care to open at Four Corner Plaza in Onley.