

Saving Money on Health Care

*The following are examples of sources of free and low-cost health-related services. This listing is **not** a recommendation or endorsement of any of these providers. Make your own assessment of the suitability of these resources for your needs.*

General

For referral to providers of free and low-cost services in your area, call 211.

Vision Care

Eye Exams

Free:

1. Lions Clubs – many offer access to free vision care and vouchers for eyeglasses, partnering with OneSight program (see below) (www.lionsclubs.org)
2. OneSight program –provides free eye care and new eyewear to those in need. All patients are pre-selected by local charities based on visual and financial need. On OneDay, the second Tuesday of December, LensCrafters, Pearle Vision, Sears Optical and Target Optical open their doors early to provide free optical exams and new eyewear to thousands in need. <http://onesight.org/>
3. VSP Mobile Eyes – provides patients under 200% of the poverty line with a free eye exam and free glasses <https://vspglobal.com/cms/vspglobal-outreach/mobile-clinics.html>
4. Vision USA program – provides free exams and glasses to low income individuals <http://www.optometrycharity.org/vision-usa/>
5. New Eyes for the Needy – voucher program for free eyeglasses (do not provide eye exams) <http://neweyesforthenedy.org/>

Low Cost:

1. America's Best – one low price covers eye exam and two pairs of glasses www.twopair.com
2. Local optometry school where the exam is performed by a well-trained student and supervised by an optometrist.
3. Major retailers offer low cost exams, frames and lenses. For example, Costco charges around \$50 dollars for eye exams and JC Penney's exams are in the \$40 range.
4. Online coupons like Groupon and LivingSocial sometimes offer eyewear discounts.
5. Online retailers such as www.zennioptical.com (prices starting at \$15) and www.eyebuydirect.com (prices start at \$6.99 with hundreds to choose from). Coastal.com <http://www.coastal.com/glasses/cCouponEligibleGlasses.html> offer code is FIRSTPAIRFREE (may be a time-limited offer)

Dental Care

Free or low cost:

1. Dental colleges <http://www.ada.org/267.aspx>
2. Dental hygiene schools (many at community colleges) http://www.adha.org/careerinfo/dir_education.htm
3. Federally-funded community health centers http://findahealthcenter.hrsa.gov/Search_HCC.aspx
4. Free dental clinics <http://www.freemedicalcamps.com/>

Medical Care

Free or low cost:

1. Federally-funded community health centers http://findahealthcenter.hrsa.gov/Search_HCC.aspx
2. Community free clinics <http://www.freemedicalcamps.com/>
3. Public hospitals often have associated outpatient clinics.
4. City and county health departments. Some counties offer free health screenings and other services like flu shots. For example, Alameda County, CA: <http://achealthcare.org/>
5. Discount or free benefits for veterans: <http://www.va.gov/healthbenefits/cost/>

Mental Health Care

Free or low cost:

1. Community mental health services http://www.nmha.org/go/find_therapy
2. Federally-funded community health centers http://findahealthcenter.hrsa.gov/Search_HCC.aspx
3. Community free clinics <http://www.freemedicalcamps.com/> (some offer mental health services)