

When it comes to your health, everything matters.

PRIMARY CARE DOCTOR

Having a primary care doctor is the best first step toward taking charge of your health. A primary care doctor can learn your medical history and help you chart your medical future, working to keep small issues from growing into larger ones.

Once you establish this important relationship, your doctor can help you **know your numbers**, starting with these five important gauges of good health:

- Blood pressure
- Cholesterol — total LDL (bad), HDL (good)
- Blood sugar
- Healthy target weight
- Recommended daily amount of physical activity

NEED A DOCTOR?

If you need assistance finding a primary care doctor, call Community Hospital's referral line at **1-888-4SCHOMP** (888-452-4667).

MEDICAL OR HEALTHCARE SERVICES

If you don't have insurance, find out whether you qualify for Medi-Cal or other assistance by calling Monterey County Department of Social and Employment Services at (866) 323-1953. You may also find assistance from one of these agencies or services.

Natividad Medical Center

— Financial Counseling

1441 Constitution Boulevard, Salinas
755-4165

Monterey County Health

Department clinics

- Alisal Health Center
559 East Alisal Street, Suite 201
Salinas
769-8808
- Marina Health Clinic
3155 DeForest Road, Marina
384-1445
- Seaside Family Health Center
1150 Fremont Boulevard, Seaside
899-8100

Clinica de Salud

10561 Merritt Street, Castroville
633-1514

Planned Parenthood

- 625 Hilby Avenue, Seaside
394-1691
- 316 N. Main Street, Salinas
758-8261

RotaCare

1150 Fremont Boulevard, Seaside
659-8037
(Wednesdays, 5–9 p.m. only; first come, first served)

Salud Para La Gente

Seaside Community Health Clinic
1130 Fremont, Suite 210B, Seaside
394-6642

Low-cost prescription assistance

- Prescription Assistance Program
www.needymeds.com
- Pharmacy discounts
Some pharmacies offer prescription savings programs and services for a small fee.

2-1-1 referral service

For information about a broad range of services, including health and dental clinics, housing and shelters, crisis intervention, and drug and alcohol counseling, call 2-1-1, a referral service operated by United Way of Monterey County.