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 1-888-45CHOMP (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.