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Navigating Difficulties During Your Treatment:

Many insurance companies will provide a patient navigator to help manage their patient's cases. Typically, these nurse navigators can answer questions about symptoms, medications, and health conditions for non-urgent concerns. They can also provide assistance with:

- Helping a patient find hospitals, doctors, and dentists
- Researching Health Care costs
- Assisting patients with scheduling appointments with hard-to-reach specialists
- Untangling claims, billing, and payment issues
- Requesting transfers of medical records, x-rays, and lab results
- Offering clinical support to explain health conditions and answer questions about symptoms and medications

If you believe a nurse navigator would be helpful in your situation, we recommend that you reach out to your health insurance carrier to inquire if your coverage includes such services.

As a courtesy to you, our practice has also compiled a list of potentially available and publicly listed community resources in the area that you may choose to contact for assistance. We cannot guarantee the availability or quality of any of these resources or the services they provide, and the inclusion of any resource below does not constitute an endorsement by our practice.

Food Insecurity Resources: (Contact each for specific details)

Zion City

City Care Center

(520) 293-6386

2561 W. Ruthrauff Road

Tucson, AZ 85705

Connections Vineyard

Church Food Pantry

(520) 408-5042

(603) 393-3538

(M-F) 9 am – 11:30 am

3150 E. Fort Lowell Road

Tucson, AZ 85716

CDO Assembly of God

Food Distribution Center

(520) 742-1168

www.cdoassemblyofgod.com

2950 W. Lambert Lane

Tucson, AZ 85742

St. Paul's Food Bank

(520) 296-1927

8051 E. Broadway Blvd.

Tucson, AZ 85710

(M-F) 9 am – 11:30 am

**Tucson Chinese Baptist Church
Food Distribution Center
(520) 253-8999**
2411 E. Fort Lowell Road
Tucson, AZ 85719

**Grace St. Paul's Church – Joseph's
Pantry Food Distribution Center
(520) 327-6857**
2331 E. Adams Street
Tucson, AZ 85719

**Christ Church United Methodist Food Bank
CCS Nutrition 'Meals on Wheels'
(520) 327-1116 or (520) 795-3624**
655 N. Craycroft Road
Tucson, AZ 85711

**Casa Maria Soup Kitchen
(520) 624-0312**
352 E. 25th Street
Tucson, AZ 85726

**Catholic Community Services of
Southern Arizona
(520) 624-1562**
5009 E. 29th Street
Tucson, AZ 85711

**The Tucson Neighborhood Food Pantry
(520) 777-9629**
5707 E. 22nd Street
Tucson, AZ 85710

**Southwest Family Resource
And Wellness Center
(520) 908-3980**
6855 S. Mark Road
Tucson, AZ 85757

**His Presence Church for Arizona
(520) 722-2217**
4108 E. North Street
Tucson, AZ 85712
Food box distribution, Thursdays 1-5 pm.
Dinner served Thursday's 5:30 pm.
Diaper distribution- Thurs., Noon – 2 pm.

**Community Food Bank
(520) 622-0525**
www.communityfoodbank
3003 S. Country Club
Tucson, Az 85713
Tues. – Thurs. 9 am. – 4:30 pm. Food boxes
For any low-income person. Distribution sites
At main center above as well as throughout
Pima County and southern Arizona. Many other
Programs as well. See website for listings.

**IMPACT of Southern Arizona
Food Distribution Center
(520) 825-0009**
3535 E. Howser Street
Tucson, AZ 85739
Food boxes, baby formula, toiletries & more.
Also, lunch for seniors at their center or
delivered to a home.

**Local Community Resources
1-800-352-3792 or dial 211**
Various local services information is available.

**Our Family Services
(520) 323-1708**
2590 N. Alvernon Way
Tucson, AZ 85712
<https://ourfamilyservices.org>
oassistant@ourfamilyservices.org

Department of Economic Security – SNAP
(855) 432-7587 (pre-Registration) (M-F) 7am-6pm
(602) 542-8201 (client Liaison)

www.healthearizona.org

www.findhelp.org www.az211.org

316 . Ft. Lowell Road, Tucson, AZ 85705
1455 S. Alvernon Way, Tucson, AZ 85711
Families can receive monthly food stamps under
The “S.N.A.P. Program” if they are at or below
130% of poverty. People can also receive
“Emergency Food Assistance” if at 185% of
Poverty or lower. There are distribution sites
Throughout Tucson and Pima County.

Community Food Bank (Green Valley)
(520) 625-5252

250 E. Continental Road
Green Valley, AZ 85641
(Tues./Wed./Fri.)

Interfaith Community Services
(520) 297-6049

Emergency Financial Aid for housing, utilities,
medications and other living necessities
along with short-term case management
assistance. Call for information on food boxes
and emergency financial assistance.

<https://www.icstucson.org>

Call for details

Northwest Office

2820 W. Ina Road
Tucson, AZ 85741

Eastside Office

8701 E. Old Spanish Trail
Tucson, AZ 85710

Central Office

122 N. Craycroft Road
Tucson, AZ 85710

Gospel Rescue Mission –
Communities Ministries
(520) 740-1501

4550 S. Palo Verde Road
Tucson, AZ 85714

You may qualify for a food box every month
plus resources like baby supplies and personal
hygiene items.

Sahuarita Food Bank
(520) 777-7675

17750 S. La Cañada Drive
Sahuarita, AZ 85629

Community Food Bank (Sahuarita)
(520) 777-7675

17750 S. Nogales Hwy.
Sahuarita, AZ 85629

Community Food Bank (Amado)
(520) 398-2479

28720 S. Nogales Hwy.
Amado, AZ 85645

Borderlands Food Bank
(520) 287-2627

270 W. Produce Row
Nogales, AZ 85621

Southeastern Arizona Community Action
Program - Food Distribution Center
(800) 293-2610

283 W. 5th. Street
Safford, AZ 85546

Resources Vail Food Bank
(520) 338-2610

13105 Colossal Cave Rd. #6775
Vail, AZ 85641

Pascua Yaqui Administration Office
(520) 883-5010

7474 S. Camino De Oeste
Tucson, AZ 85746

Utility Assistance Resources:

Utility Assistance:

<https://des.az.gov/services/basic-needs/shelter-housing/utility-assistance>

<https://seacapaz.com/#9ad70802-655b-4060-8487-463a2310cdee>

<https://www.swgas.com/en/az-special-programs>

<https://www.swgas.com/es/az-special-programs>

<https://swgas.com/en/medically-fragile-household>

<https://www.tep.com/payment-assistance>

Low Income Household Water Assistance Program:

<https://des.az.gov/lihwap>

Short-Term Crisis Resources:

<https://des.az.gov/services/basic-needs/shelter-housing/short-term-crisis-services>

<https://seacapaz.com/#9ad70802-655b-4060-8487-463a2310cdee> (Safford) (800) 293-1144

Jewish Family & Children's Services of Southern Arizona

(520) 795-0300 (ext. 2204) | www.jefa@ifctucson.org

Jewish Emergency Financial Assistance (JEFA) through the support of the Jewish Federation of Southern Arizona, Jewish Community Foundation and very caring doctors helps Jewish individuals and families with emergency financial assistance to avoid eviction, utility shut-off and hunger by offering short-term assistance for rent/mortgage payments, utilities, medical expenses, transportation and more.

<https://jfcstucson.org/services/emergency-financial-assistance/jewish-emergency-financial-assistance>

Vision Impairment Resource:

CVS Pharmacy

<https://www.cvs.com/content/pharmacy/spoken-rx>

ALOHA-Adult Loss of Hearing Association

(520) 795-9887

Financial assistance for hearing healthcare and devices for qualified participants.

<http://alohaaz.org/financial-assistance>

Transportation Services:

Pima Association of Governments

Pima Find-A-Ride

<https://apps.pagnet.org/hsinventory/default.aspx>

American Cancer Society (Envoy America)

(888) 375-5558

Call for Transportation details.

Ability Center

(520) 293-6272

Call for Transportation details.

Oro Valley Sun Shuttle Dial-A-Ride

(520) 229-4990

Call for Transportation details.

Sun Van

(520) 798-1000

TDD (520) 884-5100

Call for Transportation details.

Green Valley/Sahuarita Sun Shuttle Dial-A-Ride

(520) 792-9222

TDD (520) 628-1565

Call for Transportation details.

Pima County Council on Aging

(520) 790-7262

Call for Transportation details.

Smoking / Tobacco Cessation Resources:

<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html>

<https://www.lung.org/quit-smoking/join-freedom-from-smoking>

<https://map.naquitline.org/profile.aspx?stateid=az>

<https://everytrycounts.betobaccofree.hhs.gov>

<https://map.naquitline.org/profile.aspx>

<https://www.becomeanex.org>

<https://www.ycq2.org>

Sun Shuttle Dial-A-Ride (formerly "Handicar")

(520) 792-9222

TDD (520) 628-1565

Call for Transportation details.

Medstar Medical Transport Company

(520) 999-8900

(520) 270-3346

Interfaith Community Services

(520) 297-6049

Call for Transportation details.

Friends in Deed (Green Valley Area)

(520) 625-1150

Call for Transportation details.

Jewish Family & Childrens Services of Southern Arizona

(520) 795-0300 (ext. 2204)

Call for Transportation details.

<https://jfcstucson.org/services>

Arizona State Travel Fund (877) 557-2672

"Arizona State Travel Fund" is supported by the Gila River Indian Community, Salt River Pima Maricopa Indian Community and the Pascua Yaqui Tribe. This fund assists blood Cancer patients residing here in Arizona. Call within service area for details.

<https://www.ils.org/support/susan-lang-pay-forward-patient-travel-assistance-program#Available%20funding>

<https://smokefree.gov>

<https://ashline.org>

Local & National Resources:

Arizona Foundation for Cancer

(520) 324-2840

2625 N. Craycroft Road

Tucson, AZ 85712

Cancer support programs and services to those whose lives have been affected by cancer:

<https://www.arizonaoncologyfoundation.org>

American Cancer Society

(800) 227-2345 (24/7 Cancer Hotline)

The American Cancer Society offers programs and services to help you during and after cancer treatment. They can also help you find other free or low-cost resources available.

<https://www.cancer.org/treatment/support-programs-and-services.html>

CancerCare Resource Navigation

(800) 813-HOPE (4673)

Call for Details

Our staff of professional Oncology social workers provide resource navigation assistance to help you better cope with what you may be facing.

<https://www.cancercare.org/resourcenavigation>

CancerCare Co-Payment Assistance Foundation

(800) 813-HOPE (4673)

(866) 552-6729

Financial assistance for insured cancer patients in treatment in the U.S. to help with co-payments for chemotherapy and targeted medications who meet certain financial, medical and insurance eligibility criteria.

<https://www.cancercare.org/copayfoundation>

CancerCare Financial Assistance Foundation

(800) 813-HOPE (4673)

Limited financial assistance for cancer related costs such as Transportation and child care are available as well as our Oncology social workers who can help you find other resources.

https://www.cancercare.org/financial_assistance

GoodRX

(855) 268-2822

GoodRX is for everyone, whether they have insurance or not. And while you can't combine GoodRX with your insurance to lower your co-pay, it may beat your co-pay, especially if you have a high deductible.

<https://www.goodrx.com>

Rx Hope

(877) 267-0517

Our program provides assistance in getting your critical medications, whether they be free or at a small, affordable co-pay.

<https://www.rxhope.com/home.aspx>

https://www.rxhope.com/Prescriber/Helpful_Links.aspx

Needy Meds**(800) 503-6897**

A central source of information for people who can't afford medicine or other healthcare expenses. Programs such as assistance for specific diseases and conditions, application assistance, state-sponsored programs and Medicaid sites are available.

<https://www.needymeds.org>

PHRMA**(202) 835-3400**

The Medicine Assistance Tool (MAT) makes it easier for those who are struggling to afford their medications, to find and learn about various programs that may be available to make medicines more affordable for them, their loved ones or their patients.

<https://www.phrma.org/patient-support>

Patient Action Network Foundation (PANF)**(866) 316-7263**

The PAN Foundation is dedicated to helping federally and commercially insured people living with life-threatening, chronic and rare diseases with the out-of-pocket costs for their prescribed medications. Through their disease funds, they offer a fast, reliable way to get help paying for medication costs, co-pays, insurance premiums and travel expenses. Eligibility criteria can be found on the website.

<https://www.panfoundation.org/find-disease-fund>

American Brain Tumor Association**(800) 886-ABTA (2282)**

Provides social and emotional support.

<https://www.abta.org/about-brain-tumors/social-emotional-support>

FORCE – Facing Our Risk of Cancer Empowered**(866) 288-RISK (7475)**

Offering resources and confidential support for people who have been diagnosed with or are at risk of a hereditary cancer.

<http://www.facingourrisk.org>

Susan G. Komen for the Cure**877-GO-KOMEN (465-6636)**

Breast cancer treatment assistance program for individuals who have a current annual household income at or below 300% of the 2021 Federal Poverty Level (FPL).

<https://www.komen.org/treatment-assistance-program>

HealthWell**(800) 675-8416**

HealthWell provides financial assistance to cover the cost of prescription drug coinsurance, copayments, deductibles, health insurance premiums and other selected out-of-pocket health care costs. Eligibility for assistance is based on an individual's medical, financial and insurance situation.

<https://www.healthwellfoundation.org/disease-funds>

Colon Cancer Alliance**(877) 422-2030**

Whether connecting you to the greater community or CCA's certified Patient and Family Support Navigators, they provide everything from emotional support to access to financial aid—that's the power behind a true nation of allies coming together.

<https://colorectalcancer.org>

International Myeloma Foundation**(818) 487-7455**

Resources for drug reimbursement information and assistance, as well as housing and travel assistance for patients with Myeloma.

<https://www.myeloma.org/online-resources/drug-reimbursement-information-assistance>

Leukemia & Lymphoma Society (Joe's House)**(877) 563-7468**

Non-profit organization that helps cancer patients and their families find a place to stay when traveling Away from home for medical treatment.

<https://www.ioeshouse.org>

Leukemia & Lymphoma Society**(800) 955-4572****Peer to peer support, support groups, online chats**

<https://www.lls.org/support-resources/peer-peer-support>

<https://www.lls.org/support-resources/support-groups>

<https://www.lls.org/support-resources/online-chats>

Leukemia & Lymphoma Society (Information Specialists)

Information specialists who are highly trained oncology social workers, nurses and health educators who can assist patients through their cancer treatment, financial and social challenges and give accurate, up to date disease, treatment and support information.

<https://www.lls.org/support-resources/information-specialists>

Leukemia & Lymphoma Society (Co-Pay Assistance Program)**(877) 557-2672**

Email address: financialassistance@lls.org

Website: <https://www.lls.org/form/contact-us>

American Liver Foundation**(800) 465-4837**

Drug discount card (in partnership with **Needy Meds**)

<https://liverfoundation.org/for-patients/about-the-liver/health-wellness/drug-discount-card>

GO2 For Lung Cancer

Phone Buddy Program

General Questions (650) 598-2857 / HelpLine: (800) 298-2436

<https://www.GO2.org>

Email: support.GO2.org

Following a lung cancer diagnosis, it is common to feel a sense of loneliness; like you are the only one going through this experience. But we want you to know that you are not alone. There are over 400,000 Americans living with lung cancer today. Our Phone Buddy program helps connect you with lung cancer survivors who have walked in your shoes and want to give back by being there for you as you navigate the lung diagnosis and treatment.

LungMATCH Program

Free, personal one-on-one guidance about your treatment options.

<https://go2foundation.org/resources-and-support/general-support/lungmatch>

Lymphoma Research Foundation

(800) 500-9976 (Operator ext. press 0)

Email: helpline@lymphoma.org

Financial Support

The Lymphoma Research Foundation (**The Foundation**) offers financial support for people currently undergoing treatment for lymphoma and chronic lymphocytic leukemia (**CLL**). Through this program, **The Foundation** may be able to assist lymphoma patients with expenses related to their treatment.

<https://www.lymphoma.org>

Lymphoma Support Network

A one-to-one peer support program for people with lymphoma and their caregivers. The **LSN** connects patients and caregivers with volunteers who have had similar experiences. Volunteers are there to offer words of encouragement and understanding, to help give others strength to meet the challenges they may have to face.

<https://lymphoma.org/resources/supportservices/lsn>

4th Angel Patient & Caregiver Mentor Program

(866) 520-3197

4th Angel is a national nonprofit organization that provides free, one-on-one, confidential outreach and support for cancer patients and caregivers. This program is a part of Scott Hamilton's CARES initiative.

<https://4thangel.ccf.org>

Support for People with Oral, Head & Neck Cancer

(800) 377-0928

<https://www.spohnc.org>

Support for People with Oral and Head and Neck Cancer (**SPOHNC**) pronounced "*Spunk*" is a nonprofit organization involved in the development of programs of support. As such it can have an enormous positive impact on meeting the psychosocial needs of patients as well as preserving, restoring and promoting physical and emotional health.

**US Department of Veterans Affairs - VA Financial Hardship Assistance
(866) 400-1238 (TTY: 711)**

You can request financial hardship assistance to manage your current VA copay debt or request an exemption from future copays.

<https://www.va.gov/health-care/pay-copay-bill/financial-hardship>

**Skin Cancer Foundation (Robins Nest)
(212) 725-5176**

If you're a patient or survivor looking for support, or if someone you care about has skin cancer, our Robins Nest program provides guidance to help you navigate the complexities in gaining access to health care.

<https://www.skincancer.org/treatment-resources/support-resources/robins-nest>

**Cancer Support Community
(602) 712-1006**

Cancer Support Community provides a vast range of professional programs offering emotional support, education and hope for people impacted by cancer at no charge. **Cancer Support Community's "Cancer Support Helpline®" (888) 793-9355** can help to navigate financial issues, support you in making treatment decisions and provide resources to help manage the costs of cancer and its treatments. The National helpline is open Monday through Thursday 11am - 8pm (Eastern Time) and Friday from 11am – 6pm (Eastern Time)

**Cancer Support Community Arizona
(602) 712-1006**

<https://www.cscaz.org>

(Spanish)

[cscaz.org/programa-latino](https://www.cscaz.org/programa-latino)



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