

# ACCESS GRANTED:

Your Information Resource for Accessing the  
Healthcare System in Dallas, TX.



## Mission of GoodNEWS

Hypertension, heart disease, obesity and diabetes are threatening the health of our communities today. But rather than simply treating disease after it exists, GoodNEWS is a holistic lifestyle enhancement program designed to stimulate healthy thinking and practice to prevent the development of disease. We are health care professionals, researchers, church congregations and community members in Dallas, Texas who are working together to improve and transform the health and lives of our entire community.

## Accessing Healthcare Services

### Emergency vs. Routine Medical Care?

It is important to know the difference between an emergency and routine medical care when you or someone you know is sick or injured. Not every situation is an emergency, so it is very important to know the difference and where to go for care. Below are some common examples of an emergency and routine medical care.

<b>Emergency</b> = life threatening conditions	<b>Common Examples</b>
	• chest pains
	• broken bones
	• deep cuts and lacerations
	• vomiting blood
	• difficulty breathing
	• loss of consciousness
	• head injury
	• seizures
	• sudden slurred speech
• major burns	
<b>Routine Medical Care</b> = making an appointment to see a doctor	<b>Common Examples</b>
	• Cold or flu
	• Allergies
	• High blood pressure
	• Diabetes
	• Skin rash
	• Headache
	• Immunizations
	• Prenatal care
	• Sexually transmitted diseases

**Listed are three outlets available for you to access routine medical care and emergency medical services in the Dallas area.**

1. Parkland Health and Hospital System
2. Martin Luther King Jr. Family Clinic
3. Free Clinics

## **Parkland**

### **Parkland's Mission**

“Dedicated to the health and well-being of individuals and communities entrusted to our care.”

### **Where is Parkland Hospital Located?**

Hospital Location:  
5201 Harry Hines Blvd.  
Dallas, TX 75235



### **Parland COPCs (Routine Care)**

Parkland Health & Hospital System started Community Oriented Primary Care (COPCs) in 1987. These neighborhood health centers, Parkland felt, would give you and your family complete health care near your home. We want to improve your health through high quality, affordable and conveniently located medical care.

*For more information about hours and services provided, please contact COPC health centers directly or refer to their website at [www.parklandhospital.com](http://www.parklandhospital.com).*

### **Locations:**

#### **Bluitt-Flowers Health Center**

303 E. Overton Road  
Dallas, TX 75216  
214.266.4200  
Fax: 214.266.4218

#### **Hours:**

Monday - Thursday 7:30 a.m. - 6:00 p.m.  
Friday 8:00 a.m. - 5:00 p.m.

#### **deHaro-Saldivar Health Center**

1400 N. Westmoreland Rd.  
Dallas, TX 75211  
214.266.0500  
Fax: 214.266.0554

#### **Hours:**

Monday - Thursday 7:30 a.m. - 6:00 p.m.  
Friday 7:30 a.m. - 5:00 p.m.  
Saturday 8:00 a.m. - 6:00 p.m. (Urgent Care)

#### **Oak West Health Center**

4201 Brook Spring Drive  
Dallas, TX 75224  
214.266.1450  
Fax: 214.266.1455

#### **Hours:**

Monday - Wednesday 7:30 a.m. – 6:00 p.m.  
Thursday - Friday 8:00 a.m. – 5:00 p.m.  
2nd Friday 1:00 p.m. – 5:00 p.m.

#### **Pediatric Primary Care Center**

6303 Harry Hines Blvd., Suite 101  
Dallas, TX 75235  
214.266.0100  
Fax: 214.266.0113

#### **Hours:**

Monday - Friday 8:00 a.m. - 5:00 p.m.

**Lakewest Women's Health Center**

3737 Goldman Ave.  
 Dallas, TX 75212  
 214.266.0900  
 Fax: 214.266.0922

**Hours:**

Monday, Tuesday, Thursday, Friday  
 7:30 a.m. - 6 p.m.  
 Wednesday closed

**East Dallas Health Center**

3320 Live Oak  
 Dallas, TX 75204  
 214.266.1000  
 Fax: 214.266.1128

**Hours:**

Monday - Friday 8:00 a.m. - 5:00 p.m.

**Garland Health Center**

802 Hopkins  
 Garland, TX 75040  
 214.266.0700  
 Fax: 214.266.0656

**Hours:**

Monday - Thursday 7:00 a.m. - 6:00 p.m.  
 Friday 8:00 a.m. - 5:00 p.m.

**Irving Health Center**

1800 N. Britain Road  
 Irving, TX 75061  
 214.266.3000  
 Fax: 214.266.3050

**Hours:**

Monday - Thursday 7:30 a.m. - 6:00 p.m.  
 Friday 8:00 a.m. - 5:00 p.m.

**Southeast Dallas Health Center**

9202 Elam Road  
 Dallas, TX 75217  
 214.266.1600  
 Fax: 214.266.1790

**Hours:**

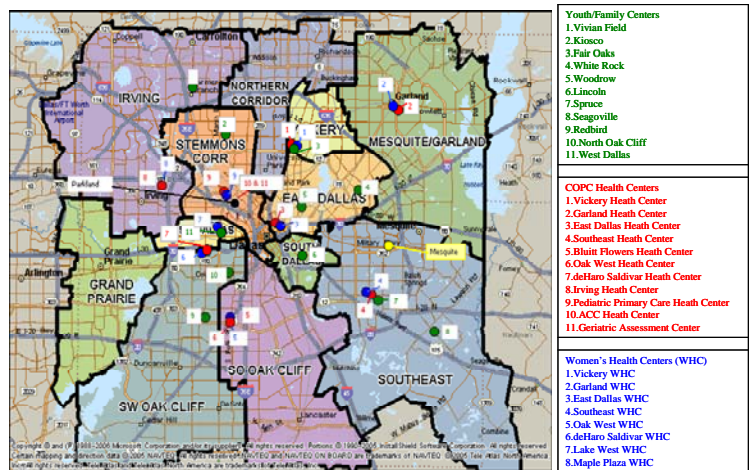
Monday - Friday 7:30 a.m. - 6:00 p.m.  
 2nd and 4th Friday 1:00 p.m. - 6:00 p.m.

**Vickery Health Center**

8224 Park Lane, Suite 130  
 Dallas, TX 75231  
 214.266.0350  
 Fax: 214-266-0362

**Hours:**

Monday - Friday 8:00 a.m. - 5:00 p.m.  
 Sunday 8:00 a.m. - 6:00 p.m. (urgent care)

**Locations of Parkland Health Centers****Who is Eligible for Parkland Services?**

Eligibility is based on the following criteria:

- Anyone with health insurance, whose insurance is accepted by Parkland.
- Anyone who can pay cash for services.
- Anyone with Medicare, traditional Medicaid, Medicaid Managed care for whom they are in network (this excludes Amerigroup). Parkland KIDSfirst and CHIPS programs are also eligible for Parkland services.
- Anyone who makes below 200% of Federal Poverty Guidelines. May be eligible for Parkland Health Plus. See the next page to learn more about Parkland Health Plus.
- Anyone approved for Out-of-County Reimbursement programs.

## **Martin Luther King Jr. Family Clinic**

The Martin Luther King, Jr. (MLK) Family Clinic was founded in 1985 and serves the people of Dallas County. This service area has been designated as a Medically Underserved Area and as Health Professional Shortage Area. The clinic maintains two service sites and provides services such as pediatrics, obstetrics and gynecology, internal medicine, immunizations, pharmacy, laboratory, social services, family planning, WIC, HIV/AIDS testing and counseling, dental, health education, nutrition counseling, and transportation assistance. Their mission is “to improve the health status of individuals and families by providing accessible, affordable, primary and preventive medical and dental services to the underserved and other.”

### **Where is MLK located?**

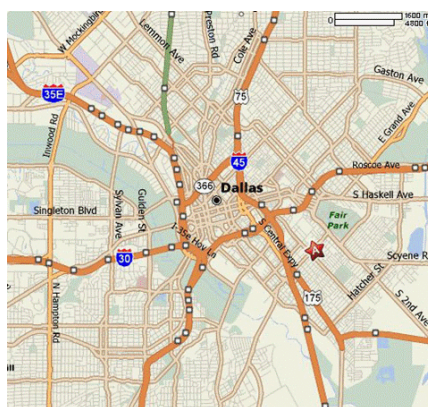
#### **Address:**

2922-B MLK Blvd.  
Dallas TX 75215

#### **Contact:**

214-426-3645

[www.mlkfamilyclinic.org](http://www.mlkfamilyclinic.org)



### **What do I need to bring?**

Drivers License or Proof of identification  
Proof of Income  
Proof of Address

Please note: MLK does not accept Parkland Health First.

### **What are my costs?**

A sliding fee discount is offered based on your income and family size. Special rates are given to those who cannot afford health insurance on the job.

## **Free Clinics**

Below you will find many free clinics in the Dallas area. This is not a complete list. To find more listings for free medical or non-medical services, please go to: <http://www.agapeclinic.org/resources.htm>

We have provided contact information for each clinic. Please call or check the clinic's website for more information. Some of the clinics listed are only open on certain days.

<b><u>Agape Clinic at Grace United Methodist Church</u></b> <b><u>4105 Junius St.</u></b> <b><u>Dallas, TX 75246</u></b> <b><u>214-824-2533</u></b> <b><u><a href="http://www.agapeclinic.org">www.agapeclinic.org</a></u></b>	<b><u>Islamic Association of North Texas Clinic</u></b> <b><u>840 Abrams</u></b> <b><u>Richardson, TX 75081</u></b> <b><u>972-231-5698</u></b> <b><u><a href="http://www.iant.com">www.iant.com</a></u></b>
--	---

(continued)

<p><b>Brother Bill's Helping Hand</b>  <u>3430 Odessa</u>  <u>Dallas, TX 75212</u>  <u>(214) 638-2196</u>  <a href="http://www.bbhh.org">www.bbhh.org</a></p>	<p><b>Los Barrios Unidos Community Clinic, Inc.</b>  <u>809 Singleton Blvd.</u>  <u>Dallas, TX 75212</u>  <u>(214) 651-8739</u>  <a href="http://www.losbarriosunidos.org">www.losbarriosunidos.org</a></p>
<p><b>Central Dallas Ministries Community Health Services</b>  <u>801 N. Peak St.</u>  <u>Dallas, TX 75246</u>  <u>214.823.8710</u>  <a href="http://www.centraldallasministries.org/chs/index.htm">www.centraldallasministries.org/chs/index.htm</a></p>	<p><b>Metrocrest Family Medical Clinic</b>  <u>One Medical Parkway, Ste140</u>  <u>Dallas, TX 75234</u>  <u>972-484-8444</u></p>
<p><b>Christ's Family Clinic</b>  <u>6409 Preston Road</u>  <u>University Park, TX 75205</u>  <u>214-261-9500</u>  <a href="http://www.christsfamilyministries.org">http://www.christsfamilyministries.org</a></p>	<p><b>Mission East Dallas</b>  <u>2914 Oates Drive</u>  <u>Dallas, TX 75228</u>  <u>972-682-8917</u>  <a href="http://www.missioneastdallas.org">http://www.missioneastdallas.org</a></p>
<p><b>Dallas Life Foundation</b>  <u>1100 Cadiz St.</u>  <u>Dallas, TX 75215</u>  <u>214-421-1380</u>  <a href="http://www.dallaslife.org">www.dallaslife.org</a></p>	<p><b>North Dallas Shared Ministries Medical Clinic</b>  <u>2875 Merrell Road</u>  <u>Dallas, TX 75229</u>  <u>972-620-8696</u>  <a href="http://www.ndsm.org">www.ndsm.org</a></p>
<p><b>Faith Memorial Clinic</b>  <u>1900 S. Ewing</u>  <u>Dallas, TX 75216</u>  <u>214-941-7401</u></p>	<p><b>North Texas Indian Physicians Charitable Clinic</b>  <u>1706 Britain</u>  <u>Irving, TX 75061</u>  <u>972-870-9500</u></p>
<p><b>Grand Prairie Wellness Center</b>  <u>1710 Small St.</u>  <u>Grand Prairie, TX 75050</u>  <u>(972) 266-9123</u>  <a href="http://www.gpwellnesscenter.org">www.gpwellnesscenter.org</a></p>	<p><b>Physicians for Children at Bachman Lake</b>  <u>3701 W. Northwest Highway, #112</u>  <u>Dallas, TX 75220</u>  <u>214.654.0007</u>  <a href="http://www.p-f-c.org/">http://www.p-f-c.org/</a></p>
<p><b>Healing Hands Ministries</b>  <u>7475 Skillman, 103B</u>  <u>Dallas, TX 75231</u>  <u>(214) 221-0855</u></p>	<p><b>The Stewpot Clinic</b>  <u>408 Park Ave.</u>  <u>Dallas, TX 75201</u>  <u>214-746-2785, ext. 244</u>  <a href="http://www.presbyterians.org">www.presbyterians.org</a></p>
<p><b>Hope Clinic – Garland</b>  <u>620 W. Ave B</u>  <u>Garland, TX 75040</u>  <u>972-485-9292</u></p>	<p><b>Trinity Wellness Clinic (Network of Community Ministries)</b>  <u>739 S. Sherman Drive</u>  <u>Richardson, TX 75081</u>  <u>972-234-8880</u>  <a href="http://www.thenetwork.org">www.thenetwork.org</a></p>
<p><b>Irving Interfaith Clinic</b>  <u>813 N. O'Connor Rd</u>  <u>Irving, TX 75061</u>  <u>972-254-2700</u>  <a href="http://irvinginterfaithclinic.org/">http://irvinginterfaithclinic.org/</a></p>	<p><b>Urban Inter-Tribal Center of Texas</b>  <u>209 E. Jefferson Blvd.</u>  <u>Dallas, TX 75203</u>  <u>214-941-1050</u></p>