

***If you have a concern about your physical health, contact your primary care physician or your HMO.**

***If you have medical assistance, contact your [physical health provider](#).**

[ABLEDATA](#)

Federal funded project whose primary mission is to provide information on assistive technology and rehabilitation equipment to consumers, organizations, professionals, caregivers within the United States. Information on how to contact manufacturers or distributors of these products.

AIDS Activities Office--Lehigh Valley Hospital

17th & Chew St., Allentown, PA 18015

610-402-8000

Free anonymous and confidential HIV testing, featuring Ora-Quick Advance testing with results in 20 minutes.

Walk-in hours: 1:30-3:00 pm on Tuesdays and 10:00-11:30 am on Thursdays.

Experienced HIV infectious disease specialists on staff.

AIDS Hotline

610-974-8700

Information and support for individuals with AIDS.

AIDS Law Project of Pennsylvania

215-587-9377

Provides legal assistance for clients living with HIV/AIDS (or clients whose family members are living with HIV/AIDS). Helps with social security appeals, family law, health, housing, employment, estate law, landlord/tenant, insurance and confidentiality issues.

AIDS Services Center

60 W. Broad St., Ste. 99, Bethlehem, PA 18018

610-974-8700

Information, advocacy, support, support groups.

Services provided include AIDS support, prevention education, information and referrals, free HIV testing, 24-Hr hotline.

Case management services are available, as are men's and women's support groups.

[AIDSNET](#)

610-882-1119

Prevention, advocacy for individuals living with HIV/AIDS and their families, HIV testing, and case management services.

[AIDS/HIV Infection Waiver](#)

1-800-922-9384

Provides homemaker services, specialized medical equipment and supplies, extended home nursing and home health care services, and nutritional supplements and consultations.

Eligibility standards: Individuals 21 years of age or older who have AIDS or symptomatic HIV infection. Individuals are eligible for the waiver only if it is

determined that they need the level of care provided by nursing facilities, hospitals, or intermediate care facilities for persons with mental retardation or other related conditions.

[Adult Congenital Heart Association \(ACHA\)](#)

A non-profit organization which seeks to improve the quality of life and extend the lives of adults with congenital heart defects. Through education, outreach, advocacy and promotion of research, ACHA serves and supports more than one million adults with congenital heart defects, their families and the medical community. View information about congenital heart disease and available resources.

[Agency for Healthcare Research and Quality](#)

Part of US Department of Health and Human Services. As a part of its efforts to help consumers become better informed and participate as partners in their own health care, the AHRQ has developed materials that will help patients get safer, high-quality care. Find information and advice on navigating the Health Care System, how to find support and information after being diagnosed, what you need to know before having surgery, and medication safety.

Allentown Asthma and Allergy

610-974-3181

Information for individuals with asthma and/or allergies.

Allentown School District

Central Family Center: 829 Turner St., Allentown, PA 18102/610-765-4815

Jefferson Family Center: 750 St. John St., Allentown, PA 18103

Mosser Village Family Center: 614 S. Carlisle St., Allentown, PA 18109/610-820-9927

Pediatric health services.

[Allentown Women's Center](#)

1-8777-342-5292 or 610-770-9077

Gynecological exams, birth control, family planning services, pregnancy testing, pregnancy information (prenatal, adoption), abortion options, non-surgical abortion. HIV/STD testing and counseling.

Fees are charged for most services. Medical Assistance insurance, self-pay, and some private insurance plans are accepted.

[Alternatives to Abortion--Department of Public Welfare](#)

|1-888-LIFE AID

Offers free, caring, confidential and life-affirming options to abortion. Available to individuals who are involved in an unplanned pregnancy, and to parents of infants up to 12 months of age.

Altogether Angels

610-395-8898

Contact: Donna Zwick

Information, resources and support for individuals with breast cancer.

[Alzheimer's Association of Lehigh Valley](#)

617 A. Main St., Hellertown, PA

610-838-2552

Support, information and resources for individuals with Alzheimer's.

[Alzheimers Disease and Related Disorders--Department of Aging](#)

Provides information and referral services through a toll-free helpline.
Contact: Alzheimer's Association
1-800-438-4380

[American Cancer Society Lehigh Valley](#)

3893 Adler Place, Bethlehem, PA
610-882-4397 1-888-227-2345
Support and information for persons with cancer.

American Diabetes Association

610-435-6700
610-867-1055
Information for diabetic individuals.

American Heart Association

212 E. Broad St., Bethlehem, PA 18018
610-867-0583
Early detection/prevention of cardiovascular illness.
Free literature on heart disease and stroke.
Speaker's bureau for meetings, free CPR training offered at times.

American Liver Foundation

610-432-2481
610-776-5470
Information and support for individuals with liver problems.

[American Lung Association of the Lehigh Valley](#)

610-867-4100
Information and resources for children with asthma and their families.

American Society of Reflex Sympathetic Dystrophy (RSD)/Complex Regional Pain Syndrome

610-776-5992

[American Speech-Language-Hearing Association \(ASHA\)](#)

10801 Rockville Pike, Rockville, MD 20852
1-800-638-8255 (voice/TTY)
Email: actioncenter@asha.org

View information on clinical topics and disorders in speech, language and hearing pathology, academic issues, early detection/intervention, and answers to FAQ's.
[How Does Your Child Hear and Talk?](#) The development of communication skills begins in infancy, before the emergence of the first word. Any speech or language problems is likely to have a significant effect on the child's social and academic skills and behavior. The earlier a child's speech and language problems are treated, the less likely it is that problems will persist or get worse. View information which represents, on average, the age by which most monolingual speaking children will accomplish listed skills.

[Getting Ready for Reading and Writing](#) Information on milestones in children's development of emergent literacy skills and tips for parents.

Literacy and Communication: Expectations From Kindergarten Through Fifth Grade a presentation for teachers, administrators, parents and the community. This presentation reviews benchmarks for learning for kindergarten students through children in fifth grade.

Angel Flight East

1-800-383-9464

The cost of transportation can stand in the way of life-saving treatment. At Angel Flight East, they make sure it doesn't. They help patients who need medical treatment but lack the financial resources to travel commercially. They help patients whose conditions make it difficult or impossible to use public transportation. They are a non-profit, volunteer-based organization dedicated to bringing patients to the medical attention they desperately need, no matter where it may be. Their volunteer pilots fly you there. And there's never a charge. Angel Flight East flies from Maine to Florida, and throughout the Midwest. For destinations beyond their reach, they can often connect with similar volunteer pilot organizations and relay patients to more distant location.

Arthritis Foundation of the Lehigh Valley

610-776-6632

610-395-6161

Information, resources and support for individuals with arthritis.

Arthritis Program--Department of Health

1-877-PA-HEALTH

Offers information and resources about arthritis and chronic joint symptoms, which affect approximately one-third of Pennsylvanians. Resources for self-management of arthritis include the following: Arthritis Foundation Aquatics Program, Arthritis Foundation Exercise Program and Arthritis Foundation Self-Help Program.

Association for the Blind and Visually Impaired

610-433-6018

A provider of prevention of blindness and visual impairment services.

Preventive Services: vision screening, remedial eye care, public education, At-Risk Program.

Social Services: case management, support groups, life skills, social recreation.

Rehabilitation Services: job information, orientation and mobility instruction.

Asthma

610-867-4100

Information and support for individuals with asthma.

Asthma and Allergy Association of Lehigh Valley

610-261-2944

Information and support.

Asthma Control Program--Department of Health

1-877-PA-HEALTH

Provides information and resources to Pennsylvanians about asthma, a chronic disease of the lungs that affects close to 10% of the school-age population. Offers information on how asthma attacks can be prevented.

Asthma Health Info Hotline

1-800-7-ASTHMA

From 10:00 am until 3:00 pm.

After hours, you may leave a message.

Bethlehem Health Bureau

610-865-7087

Wellness and prevention programs (including smoking cessation, cancer prevention, weight management, etc.).

Counseling and screening for HIV.

Screening and/or treatment for sexually transmitted diseases, tuberculosis, and hepatitis.

Immunizations.

Breathing Buddies

610-867-4100

Support and resources for children with asthma.

CARE Net (Crisis Pregnancy Centers of the Lehigh Valley)

Allentown: 610-821-4000

Bethlehem: 610-997-0195

Pregnancy testing, options counseling, support and encouragement.

Parenting; Life Skills Instruction/Men's program.

Referrals to hospitals, doctors, social services, and community resources, housing, adoption. Does not refer for abortions.

All services are confidential and available free of charge.

Camelot For Children

610-791-5683

2354 W. Emmaus Ave., Bethlehem, PA 18103

A place to be a kid. A place to get support as a parent. Camelot provides valuable services to families.

Catholic Charities

610-435-1541

24-Hour Hotline: crisis pregnancy information 1-800-CARE-002.

Caring Hearts: free pregnancy testing, options counseling, referrals, parenting skills training, adoption planning, free ongoing support.

Services for people affected by HIV/AIDS: counseling, material assistance, support groups.

Center for Disease Control and Prevention

1-800-311-3435

From birth to 5 years, there are milestones children should reach in terms of how they play, learn, speak, and act. A delay in any of these areas could be a sign of a developmental problem, even autism. Fortunately, the earlier a delay is recognized, the more you can do to help them reach their full potential. To request a FREE kit, visit the web site. Learn the signs. Act early. The CDC has created a **Parent Portal** to help parents find information to give children healthier, safer lives. The CDC Parent Portal organizes and presents information for parents and provides resources from across CDC, all in one location, making it easier for parents to find what they are looking for. The Portal is a great source for credible, accurate

information in helping parents raising healthy kids and providing a safe home and community. It is also a resource for diseases and conditions that can occur, and for developmental milestones and schedules. The Parent Portal also provides information on physical activity, diet, physical and mental health, injuries and violence, peer relationships, and a special section on risk behaviors geared for the parents of teens.

[Chronic Renal Disease Program \(CRDP\)--Department of Health](#)

717-772-2762

Provides life-saving care and treatment for both children and adults with end-stage renal disease, and offers services such as: dialysis, renal transplantation, medical management, in-patient and outpatient services, home dialysis supplies and equipment, medications, limited patient transportation.

[Coalition for a Smoke-Free Valley](#)

610-402-4855

Email: csfv@lvh.com

Lehigh Valley's Tobacco Resource Center offers information and events.

[Comprehensive Specialty Care Program--Department of Health](#)

717-772-2762

Provides comprehensive services to children with cardiac, cleft palate, orthopedic and neuromuscular conditions, as well as those with hearing and speech impairment and ventilator dependency. Also offers comprehensive services to children and adults with Cooley's anemia, cystic fibrosis, hemophilia and spina bifida. Direct payment for services is available to enrolled clients per a fee schedule.

[Council of Spanish Speaking Organizations](#)

520 E. 4th St., Bethlehem, PA 18015

610-691-5448

Free AIDS testing, WIC program, health screening and supplemental food for pregnant, nursing moms and small children.

[Cystic Fibrosis Foundation – Northeast PA Chapter](#)

610-820-0206

Information on support, advocacy, treatment and research.

[Diabetes Program--Department of Health](#)

1-877-PA-HEALTH

Provides information and resources about diabetes, a chronic and life-threatening disease that affects approximately 8%--or more than 960,000--Pennsylvanians.

[Disabilities Studies and Services Center](#)

Information and links to the National Transition Alliance for Youth with Disabilities, Academy for Educational Development, Federal Resource Center, Family Center on Technology and Disability, etc.

[Eastern PA Down Syndrome Center](#)

610-402-0184

Offers local support groups. Also provides medical evaluations, consultative services, and medical services for adults and children with Down Syndrome. It also

serves as a community resource for families, service agencies, practitioners and the general public.

[Epilepsy Foundation of Eastern PA](#)

919 Walnut St., Suite 700, Philadelphia, PA 19107-5237
1-800-887-7165

[Email: efsepa@efsepa.org](mailto:efsepa@efsepa.org)

1 in 100 people have epilepsy/seizure disorder. You are not alone. The Epilepsy Foundation provides information on support groups, special events, workshops and newsletter.

Everlasting Life Ministries

224 N. 6th St., Allentown, PA
610-434-1477

Provides free health screenings on Tuesday mornings from 9:00-11:00 am. You can see a health professional for blood pressure, help with meds and health insurance information.

[The Family Fitness Program](#)

View information about this program.

Family Planning Program--[Department of Health](#), [Department of Public Welfare](#)

215-985-2600

Family planning in Pennsylvania provides services, information and counseling on health care for women, men and teens. Services are free or low-cost and are always confidential. They include: routine gynecological care, pregnancy testing, contraceptives, cervical cancer exams, screening and treatment for sexually transmitted diseases, and educational counseling.

Fetal Alcohol Syndrome

[National Organization on Fetal Alcohol Syndrome](#)--the leading voice and resource of Fetal Alcohol Spectrum Disorders (FASD) community.

[FASD Identification](#)

[FASD Intervention](#)

[FASD: What Everyone Should Know](#)

[FASD: What School Systems Should Know About Affected Students](#)

[FASD: What the Health Care System Should Know](#)

[FASD: What the Justice System Should Know](#)

[FASD: What the Foster Care System Should Know](#)

[FASD: What the Faith Community Should Know](#)

[FASD: What the Business Community Should Know](#)

[FASD: What Policy Makers Should Know](#)

[Flu Shot Finder](#)

A listing of places you can go in the area for a flu shot.

[Genetic Services Program--Department of Health](#)

1-800-986-BABY

Helps low-income individuals and families learn about birth defects and genetic conditions, and the risk of having an infant born with one of these conditions.

Services include genetic screening and counseling, education and referral services and pre-pregnancy health appraisals.

Good Shepherd Pediatric Rehabilitation Program

1-888-44-REHAB

A comprehensive outpatient rehabilitation program providing diagnostic, evaluative, treatment and referral services for children who have difficulty with the normal developmental process, have identified disabilities or are re-experiencing learning problems. Good Shepherd's multi-disciplinary team addresses the medical, physical, developmental and behavioral aspects of pediatric rehabilitation for children from birth to eighteen years. The program offers evaluation and treatment by a developmental pediatrician, formal and informal assessment of cognitive, language, motor and personal-social development, developmental therapies: physical occupational, speech/language, feeding and swallowing evaluations, treatment and Pediatric Modified Barium Swallow studies conducted, aquatic therapy, assistive technology and augmentative communication assessments/therapy, and Interactive Metronome.

HIV/AIDS Program--Department of Health

1-800-662-6080

Provides HIV prevention and care services throughout Pennsylvania for individuals infected with and affected by HIV disease and for those at-risk for contracting HIV. Offers programs and resources to prevent disease and change high-risk behavior, as well as provide resources for sustaining preventative behavior and avoiding infection. Services provided include free counseling and testing, case management, housing assistance, access to medications, emergency medical care and education materials.

Hand In Hand

1-800-446-5607

The mission of Hand In Hand is to build capacity to ensure success for all infants, young children, and youth, who are deafblind, or at risk for deafblindness, in the context of local schools and communities. Hand In Hand is a project that can help families, educators, and service providers of children (birth to 21) who have both a vision and hearing impairment. These children may also have other disabilities. The project publishes a newsletter opportunities, education updates and stories about kids who are deafblind. They have a lending library of books, videos and information sheets that are available upon request. There are educational consultants and parents liaisons available by phone to help you brainstorm and share ideas concerning your child. There are family liaisons who are also parents of children who are deafblind and may have other disabilities. The project hosts annual family workshops where parents and children from across the state of PA can come and meet each other.

Head Injury Program (HIP)--Department of Health

717-772-2762

Brain Injury Helpline: 1-866-412-4755 (Health and Human Services Call Center)
Provides post-acute rehabilitation services for eligible Pennsylvanians, age 21 and over, who sustained a traumatic brain injury (TBI) after July 1, 1985. Resources available include: toll-free Brain Injury Helpline that provides information and referral services, brain injury resource library and pre-enrollment assistance that helps individuals with TBI access brain injury services.

Health In PA

Learn more about Pennsylvania services.

Healthy Beginnings

610-821-6503

State-funded payment program for medical services to children birth to 18 years of age with or without medical coverage; prenatal/postnatal care for mothers.

Based on income, you must apply to see if you qualify.

Healthy Woman Program--Department of Health

1-800-215-7494 (voice) or 1-800-332-8615 (TTY)

Provides free breast and cervical screening for eligible women. If you are 50 to 64 years of age, have no or limited insurance and have low to moderate income, you may be eligible for free mammograms and Pap tests.

Heart Disease and Stroke Program--Department of Health

1-877-PA-HEALTH

Provides resources and information about heart disease, which is the number one killer of both women and men in Pennsylvania. Also provides information about stroke, which is the third leading cause of death and a major cause of adult disability.

Hepatitis Programs--Department of Health

1-877-PA-HEALTH

Perinatal Hepatitis B Prevention Program provides hepatitis B vaccine for infants and individuals in frequent, close contact with hepatitis B virus-infected pregnant women. Hepatitis B Vaccination for High-Risk Adolescents and Adults provides hepatitis A, hepatitis B and combination hepatitis A and B vaccines for clients 11 years of age and older who are at risk.

Home Modifications and Adaptations

1-866-286-3636 (Health and Human Services Call Center)

Provides financial assistance to pay for modifications to make a home accessible for a person with a disability. Assistance is available for projects like ramps, grab bars and stair glides.

Huntington's Disease Support Information

610-260-0420

1-877-384-3721

Information and resources for persons with Huntington's Disease.

Immunization Programs--Department of Health

1-877-PA-HEALTH

Provides resources and information about vaccine-preventable diseases, as well as providing vaccines for specific diseases that affect infants, children, adolescents and adults. Offers the following services: educational materials, ongoing disease surveillance, enforcement of school and childcare immunization coverage levels, registry and tracking systems and outbreak control interventions. There is also a Vaccines For Children (VFC) Program which provides vaccines free of charge to public and private providers for eligible children. Children ages 18 and younger are eligible if they are enrolled in Medicaid, are without insurance or are American Indian or

Alaskan Native. children with health insurance that does not cover vaccination are also eligible to receive VFC vaccines at public clinic sites.

[Injury Prevention Program--Department of Health](#)

1-877-PA-HEALTH

Provides resources and information to encourage Pennsylvanians to practice safety and reduce their risk of injury. The top causes of preventable injuries that lead to hospitalization and death are motor vehicle crashes, poisonings, falls, suffocations, fire/burns and drowning.

[KidsHealth](#)

KidsHealth is the largest and most-visited site providing doctor-approved health information about children from birth through adolescence. There is a parent site that offers practical parenting information and news, a kids site that offers homework help and how the body works and a teen site that gives answers, advice and straight talk.

Information for Parents--

[Doctors & Hospitals](#)

[First Aid & Safety](#)

[General Health](#)

[Growth & Development](#)

[Medical Problems](#)

[Nutrition & Fitness](#)

[Pregnancy & Newborns](#)

Information for Kids--

[Dealing with Feelings](#)

[Everyday Illnesses and Injuries](#)

[A Glossary of Medical Words](#)

[Going to a Psychologist, Psychiatrist or Therapist](#)

[Growing Up](#)

[Kids' Health Problems](#)

[People, Places and Things That Help Me](#)

[Staying Healthy](#)

[Watch Out](#)

Information for Teens--

[Diseases and Conditions](#)

[Drugs & Alcohol](#)

[Food & Fitness](#)

[Infections](#)

[Sexual Health](#)

[Your Body](#)

La-Leche

610-867-8570

Information and support for women who breast feed.

Latino AIDS Outreach

610-861-6845

Provides education and prevention programs regarding STD's and AIDS. Provides counseling, testing, and clinic.

Lead Information Line

1-800-440-LEAD

Lead Hazard Control Program helps to create lead-safe homes for low-income families with children ages 6 and under, through lead hazard risk assessments and lead hazard control activities. Childhood Lead Poisoning Prevention Program offers blood-lead screen and follow-up tests for children ages 6 and under, with a focus on those children at highest risk for lead poisoning (for example, children who reside in homes built before 1978). Also provides referrals for diagnostic services and medical treatment, assessment of environmental lead hazards when there is a confirmed case of lead poisoning, and community, profession, and parent education regarding the hazards of lead poisoning.

Lehigh/Northampton Counseling Service for the Deaf

610-432-9118

610-866-0940 TTY

Sign language classes, interpreters, and information and referral services for the hearing impaired.

[Lehigh County Conferences of Churches Daybreak Program](#)

Provides support for those who are currently undergoing or have completed treatment for mental illness, chemical dependencies and HIV/AIDS.

[Lehigh County Early Intervention](#)

Provides services and supports to help families with children with developmental delays between birth and three years of age.

Lehigh County State Health Center

3730 Lehigh St., Ste. 206, Whitehall, PA 18052

610-821-6770

Immunization only. For non-insured children. A \$5.00 donation will be requested but can be waived.

By appointment only.

[Lehigh Valley Crisis Pregnancy Center](#)

610-821-0943

[Lehigh Valley Hospital](#)

Allentown: 610-402-8000

Bethlehem: 484-884-2200

Health awareness classes (free or fees charged).

For other services MA is accepted, physical exams, immunizations, sick care.

Uninsured low-income people need to call for financial screening prior to appointment. Please call 610-402-2394. Also they offer free child care service for clinics and outpatient services.

Healthy Prenatal Behaviors Program: rewards women with gifts for keeping appointments during pregnancy. Pregnant women first trimester (will accept later in pregnancy); helps apply for MA; childbirth preparation and parenting classes.

Transportation is provided. Also offers postpartum check up. Accepts insurance, MA, or self-pay.

There is a Lehigh Valley Hospital Health Hotline: 610-402-2273 staffed Monday through Friday from 8:00 am until 4:30 pm. Find out about health/pregnancy, other classes, support groups, doctor referrals, and second opinions.

Long-Term Living Services--Department of Public Welfare

1-866-286-3636 (Health and Human Services Call Center)

Alternate Contact: 1-800-757-5042

Local Contact: [Lehigh County Assistance Office](#)

Provides services to allow a person under 60 years of age with physical, mental or other disabilities to live as independently as possible; offers a wide range of assistance, services or devices provided over an extended period of time and designed to meet medical, personal and social needs in a variety of settings or locations. Services provided in the home cover a wide range of needs, including home health care, personal care (assistance with bathing, dressing, eating, grooming, toileting, etc.), housekeeping, shopping assistance, laundry, caregiver relief, transportation, assistance with routine household chores and home-delivered meals. Apply [online](#).

Love 'Em With a Check Up Program--Department of Health

1-800-986-BABY

Assists low-income women and their families in obtaining prenatal care and related health and human services. Provides general information and referral for Medicaid, the Children's Health Insurance Program (CHIP) and adultBasic.

Maternal & Family Health Services, Inc.

610-432-3455

Women, Infant, & Children (WIC) nutritional program for pregnant women and children ages 0-5.

Healthy Women Program: breast and cervical cancer screening program.

Family Planning Program: general health screenings, family planning, education, and counseling.

Nurse Family Partnership: nurse home visits for first time parents which begin during pregnancy and continues for 2 years after the child's birth (must meet income guidelines).

Multiple Sclerosis Society of the Lehigh Valley

610-559-9327

Contact the local MS Society to request information and publications about MS and to find local programs.

Muscular Dystrophy Association

610-391-1977

Web site offers publications and has information on local support groups. There is also an on-line community that persons with MD can join.

Music Therapy Associates

610-740-9890

Email: kkcc@erols.com

"Releasing the Healing Power of Music". This is a private music therapy practice serving clients of all ages and abilities. Music therapy may benefit individuals with geriatric issues, mental illness, chronic illnesses & cancer, Alzheimer's Disease & dementia, developmental disabilities & autism, neurological disorders & brain injuries, and physical disabilities & sensory impairments. Music therapy clients may participate in singing, music improvisation, song writing, reminiscence, receptive music listening, lyric discussion, music performance, and learning through music. Check with your insurance company to see if they fund this services or you may

private pay.

[National Multiple Sclerosis Society](#)

1-800-548-4611

1-800-344-4867

610-395-7230

Web site offers information on treatment, advocacy, and special events.

[National SIDS Resource Center](#)

Provides information on services and technical assistance on SIDS and related topics.

[New Directions Treatment Services](#)

1810 Steelstone Rd., Suite 101-102, Allentown, PA 18103

610-264-7784 or 610-264-5900

Screening and counseling for AIDS/HIV.

[Nutrition Field Trips](#)

Free hands-on field trips! Are you looking for a fun way to get your kids interested in nutrition? Giant's got the answer. Giant and the Field Trip Factory are teaming up to offer free Hands-on Kid Healthy Ideas tours to classrooms in the community up to Grades 6. Your kids will have fun exploring the grocery store environment while learning about MyPyramid healthy snacks, healthy habits and more! Visit the web site and click on the Kid Health Ideas Logo for more information and ask your child's teacher about booking a Giant store tour today.

[Office for the Deaf and Hard of Hearing FAQ](#)

View FAQ's about the office.

[Oral Health Program--Department of Health](#)

1-877-PA-HEALTH

Provides resources and information about dental health. Dental disease is the most common chronic disease in children, and it is almost totally preventable.

[Osteoporosis Program--Department of Health](#)

1-877-PA-HEALTH

Provides resources and education for Pennsylvanians regarding osteoporosis, a weakening of the bones and loss of bone mass. By 2020, half of all Americans over 50 will have weak bones unless changes to eating habits and lifestyles are made.

[Overeaters Anonymous](#)

610-435-2736

Web site provides information on phone/on-line support. Web site also features Literature Magazine and Literature Catalog. Support groups for overeaters. Allentown Meetings : Tuesdays 10:00 AM @ Trinity Church of Allentown and 7:30 PM @ Asbury United Methodist Church. Thursdays 12:00 PM @ Wendy's Tigham Square. Fridays 1:15 PM @ Redeemer Lutheran Church and 7:30 PM @ St. Peter's Lutheran Church.

Bethlehem Meetings : Mondays 7:00 PM @ Holy Trinity Lutheran Church and Thursdays 7:00 PM @ Holy Trinity Lutheran Church.

[PA Health Law Project](#)

1-800-274-3258

Advocates access for persons with disabilities to consumer-directed health services and assists with issues regarding Medical Assistance.

PA Newborn Screening Services

1-800-986-BABY

Provides screening services to identify disorders in newborns, including two mandatory tests: hearing loss and a metabolic condition that causes serious medical problems, brain damage or death. Early detection, diagnosis and treatment can prevent permanent disability, severe mental retardation, life-threatening complications and death.

PA Free Quit Smoking Line

1-877-824-1090

Call or go online to get assistance to quit smoking. Go to www.quit.com, choose "Start Your Quit-smoking Program Now"; Enter your Zip Code; Click on the Nicodemon.

PACER Center Health Information and Advocacy Center

Pacer's Health Information and Advocacy Center (CHIAC) provides a central source for families of children and young adults with disabilities to obtain support, advocacy, and information about the health care system. PACER promotes family-centered care and family and professional collaboration at all levels of health care. THE HIAC also have a strong commitment to promote and support the needs of families from radically, culturally, and linguistically diverse communities. The Center provides information to help families make choices about health care providers, communicate with health care providers, understand health insurance including managed care, file insurance appeals, understand legal rights in the health care system and become aware of general health resources such as Medical Assistance (MA) and Supplemental Security Income (SSI).

Pennsylvania Department of Health

1-877-PA-HEALTH

Information regarding health related issues such as communicable and non-communicable diseases, immunizations, drug & alcohol programs, and other health topics.

Pediatric Cancer Foundation of the Lehigh Valley, Inc.

610-393-9215

The Pediatric Cancer Foundation of the Lehigh Valley is a local organization focused on making a difference in the lives of children diagnosed with cancer and their families through ongoing programming, support and resources which enable children to LIVE. Offers support group meeting for parents of a children with cancer, education and resources to help parents deal with the day-to-day changes, questions, and to help navigate the medical jargon. There are also Monthly Family Fun events, date nights and spa days for caregivers, workshops, and information on their web site.

Pennsylvania Elks Home Service Program

1-814-444-1954

In-home services provided by a Registered Nurse and/or Medical Case Coordinator: medical case management services, instruction on home care, information and referral to community agencies, serve as a liaison between patient and health care

professionals, assistance in developing recreational activities, and medical equipment needs assessment and coordination.

Advocacy and support provided by a Registered Nurse and/or Medical Case Coordinator in the following areas: emotional support, attaining vocational goals, appropriate educational services, and legal rights. An individual of any age who has a developmental disability. This is a disability that is manifested before a person reaches 22 years of age. It may result in physical or mental delays or in a combination of both. Services can continue throughout a person's lifetime, if needed. Services are free of charge.

Pennsylvania Office for the Deaf and Hard of Hearing--ODHH

45 N. 4th St., Allentown, PA 18102

1-800-233-3008 (V/TTY)

Hearing callers use Pennsylvania Relay first at 711, then ask for 610-821-6111 (TTY Only)

Provides information, referral and advocacy to adults and children who are deaf or hard of hearing, their relatives, friends, physicians, lawyers, counselors and employers. The ODHH can advocate for people with hearing loss who are not receiving proper services from government or private agencies. It can distribute information and answer questions on issues which concern people with hearing loss and refer people to appropriate organizations. The ODHH stands ready to serve as liaison, to open doors, explain procedures and make referrals. No request is too small.

Phoenix Society for Burn Survivors

610-402-8733

1-800-888-2876

Web site offers information on upcoming events, support networking and resource center.

Physical Activity Program--Department of Health

1-877-PA-HEALTH

Promotes the incorporation of at least 30 minutes of daily physical activity by all Pennsylvanians. Supports the Keystone State Games, a statewide, annual competition for amateur athletes. Provides education on the benefits of daily physical activity, such as reduced risk of cardiovascular disease, decreased bone loss, increased energy and ability to manage stress, improved sleep and weight control.

Planned Parenthood

Allentown: 610-439-1033

Bethlehem: 610-694-0642

Hotline: 1-800-230-7526

Birth control, pregnancy testing, STD and HIV testing, counseling, informational pamphlets and booklets on topics such as pregnancy, puberty, STD, etc.

Medical Assistance insurance and private insurance plans accepted. Sliding scale fee available.

Poison Control Hotline

1-800-222-1222

[Project SPARKLE \(Supporting Parent Access to Resources, Knowledge, Linkages and Education\)](#)

3190 William Pitt Way, Pittsburgh, PA 15238
1-800-446-5607, ext 6876 (toll-free in PA only)
Contact: Juli Baumgarner, Education Consultant
Email: jbaumgarner@pattan.net

Project SPARKLE is a special program for families of children with deafblindness. It is a program of individualized learning that enhances the ability of parents of children who are deafblind to fulfill their role in the development and education of their children. Through Project SPARKLE, parents will have access to information, training, and resources in their homes via DVD technology and the Internet.

[St. Luke's Hospital and Health Network Neo Natal Clinic](#)

Provides obstetric and gynecological services to women, with majority of the patients being low-income mothers who are the primary care givers for their families.

[Sacred Heart Hospital Sigal Center Dental Clinic](#)

Provides low-income residents with access to dental treatment and education.

[Scoliosis Association of the Lehigh Valley](#)

610-866-6196
Supports for persons with scoliosis.

[Sexually Transmitted Diseases \(STD\) Program--Department of Health](#)

1-877-PA-HEALTH
Provides free, confidential testing for sexually transmitted diseases such as chlamydia, HIV, gonorrhea and syphilis. Also provides treatment, education, surveillance, and resources to prevent and intervene in the transmission of STDs.

[Shriners Hospitals for Children](#)

1-800-237-5055
A one-of-a-kind health care system dedicated to improving the lives of children by providing pediatric specialty care, innovative research and outstanding teaching programs. Children up to age 18 are eligible for care at Shriners Hospitals for Children if, in the opinion of their physicians, there is a reasonable possibility they can benefit from the specialized services available. Admission is based solely on a child's medical needs. A family's income or insurance status are not criteria for a child's acceptance as a patient. For patients, the ability to pay or insurance coverage is never an issue. There is no charge for any care or services provided within Shriners Hospitals for Children facilities. For information about how to apply or to refer a patient, please call or go to the web site. Treatment may be provided for orthopaedic issues, burns, spinal cord injury, cleft lip, and palate care.

[Sickle Cell Disease Program--Department of Health](#)

717-772-2762
Provides comprehensive medical treatment and psychosocial services, care coordination and education to children and adults with sickle cell disease.

[Sixth Street Shelter Adult Health Clinic](#)

219 N. 6th St. (between Linden and Chew Sts.), Allentown, PA
610-435-1490

Walk-in adult health clinic for those with no insurance. medical staff is from Lehigh Valley Hospital. Wednesdays from 5:30-7:00 pm.

[Skin Cancer Prevention and Control Program--Department of Health](#)

1-877-PA-HEALTH

Provides information and resources to Pennsylvanians about the dangers of skin cancer. One serious sunburn can double your risk of developing skin cancer. One person dies from skin cancer every hour in the United States, and children and young adults are most at risk. Provides tips for protecting skin from the sun.

[Smoking Cessation Patches Program](#)

1-800-QUIT-NOW

Offers guidance in development, a quit plan, the quit companion, calculator and video blogs of Pennsylvanians sharing their own stories.

[Special Kids Network](#)

1-800-986-4550

Making connections for Pennsylvania's children with special health care needs. Information on resources available in the state of Pennsylvania for children with special needs.

Information available in the following areas: recreation, therapy, health care products, education, social services, support groups, etc.

[StopHIV.com](#)

Resources for AIDS/HIV services in Lehigh County.

Su Familia Hispanic Family Helpline

1-866-783-2645

In English and Spanish.

Will make referrals to help Hispanic families get basic health information to prevent or manage chronic conditions. Refers to local health providers and federally supported programs, including CHIP.

[Tobacco Prevention and Cessation Program--Department of Health](#)

PA Free Quitline: 1-800-QUIT-NOW or 1-866-228-4327 (TTY)

Provides free resources to assist Pennsylvanians in the effort to quit tobacco use. When compared with tobacco users who try to quit on their own, tobacco users who make quit attempts with telephone support and self-help advice are approximately twice as likely to be successful.

Traumatic Brain Injury Line

1-866-412-4755

[Tri-Medical Supply](#)

1-800-541-0734

Offers a wide selection of incontinence products. Tri-Medical's professional staff provides expert guidance on the proper application and use of these products, and can show you better alternatives to the products or systems you're currently using. Tri-Medical Supply serves the families of patients who are at least three years old, and for whom a licensed physician has deemed their services a medical necessity. Accepts PA Medical Assistance. Four Easy Steps: 1) Call Tri-Medical Supply and their qualified staff will explain how their service works and review the types of insurance

they accept 2) Call your physician and request a prescription 3) Your physician will fax or mail the prescription to Tri-Medical Supply 4) Tri-Medical Supply will handle the insurance paperwork and arrange for shipment of the supplies to your door.

Tuberculosis (TB) Program--Department of Health

1-877-PA-HEALTH

Provides education, resources and testing for tuberculosis. Encourages individuals belonging to high-risk groups to be tested. High-risk groups include those with HIV, intravenous drug users, foreign-born persons from TB-prevalent countries and especially those who have come in close contact with individuals with infectious tuberculosis.

The United Healthcare Children's Foundation (UHCFF)

The United Healthcare Children's Foundation provides grants to families to help pay for child health care services. Find out what services are included, if your child may qualify, and apply for the grant on-line.

United States National Library of Medicine/National Institutes of Health

Topics on conditions, diseases and wellness. Information regarding medications/drugs and hospitals and physicians.

Vision USA

1-800-766-4466

Basic eye health and vision care services for individuals with low-income and who do not have vision insurance.

Eligible individuals are referred to a volunteer doctor of optometry who will provide a comprehensive eye exam at no charge.

Must meet eligibility guidelines.

Visual Impairment and Blindness Services of Northampton County

610-866-8049

Services and support for persons who are visually impaired/blind.

Weller Center for Health Education

325 Northampton St., Easton, PA 18042

610-258-8500

Health museum exhibits for children and families to visit in groups only.

Family wellness programs, education on drugs, AIDS, general health, family life, sex education for teenagers.

Monday through Friday from 8:30 am to 4:30 pm

For reserved programs for groups, call for reservations.

It is not open for walk-ins.

The Wellness Community of the Greater Lehigh Valley

3400 Bath Pike, Bethlehem, PA 18017

610-861-7555

Offers support for people with cancer, their families and caregivers.

Programs include:

Mind & Body--offers Yoga, T'ai Chi, Qigong, Creative Expressions, Writing workshops for adults, beginners drawing, Look Good...Feel Better for female cancer patients, creative crafting circles, enjoying nature's gift, my story my self, self hypnosis, and healing meditative practices.

Nutrition--can be an important part in your fight for recovery. Throughout the year they will have special workshops covering a variety of topics on nutrition, led by qualified nutritionists and doctors.

Kids Corner--this group is an opportunity for school age children, who have a parent or grandparent with cancer, to come together with other kids who have shared experiences. Through art and play activities they will explore thoughts, feelings and questions about life when a loved one has cancer. Group available for teens.

Women, Infants & Children(WIC)

Casa Guadalupe: 141-143 Linden St., Allentown, 610-435-5673

Lehigh Valley Center: 824 Hamilton St., Allentown, 610-432-3455

The WIC Nutrition Program helps pregnant women, new mothers and young children eat well, learn about nutrition and stay healthy. As a nutrition intervention program, WIC is designed to improve the diets of pregnant and breastfeeding women, infants and children (up to age 5), who are at nutritional risk. By helping to improve access to quality nutrition services and healthy foods, WIC improves infant feeding practices and child development and encourages healthy eating habits that last a lifetime.

Who is eligible and who can apply?: pregnant women; women who are breastfeeding a baby under one year of age; women who have had a baby in the past six months; parents, step-parents, guardians, and foster parents of infants and children under the age of 5 can apply for their children, even if you have a job or private health insurance, you can still apply for WIC. Marital status does not affect your ability to apply. To be eligible, you must qualify for the program, participants must meet WIC income guidelines (a family of four may earn up to \$35,798 and be income-eligible), have a nutritional or medical need and live in Pennsylvania. For those who qualify, benefits begin with the first appointment.