

TEXAS-BASED AFFORDABLE MEDICAL SERVICES FOR UNDERSERVED PATIENTS

** This is not a comprehensive list, and will continue to be updated over time.*

ACTIVE LIFESTYLE AND EXERISE

FitSteps for Life

<https://cancerfoundationforlife.org/fitsteps-for-life/>

*FitSteps for Life® (FitSteps) is the pioneer and leader in cancer exercise treatment; prescribing individualized and structured exercise treatment specifically for cancer patients. It is the only known community-based program that is provided free for the lifetime of the patient. Clinical Exercise Specialists work directly with each patient to prescribe appropriate exercises based on their diagnosis and physical capabilities. Exercise prescriptions include aerobic exercise, resistance training, and core strengthening, along with upper and lower body stretching techniques. Monitoring of metrics during exercise (pulse oximetry, blood pressure, heart rate, heart rate recovery, RPE) ensures a safe environment for patients. **Abilene, Arlington, Bullard, Fort Worth, Greenville, Jacksonville, Lindale, Mt. Pleasant, Richardson, Tyler, Waco***

MD Anderson Cancer Center

<https://www.mdanderson.org/prevention-screening/manage-your-risk/physical-activity.html>

<https://www.mdanderson.org/patients-family/diagnosis-treatment/care-centers-clinics/cancer-prevention-center/clinics-and-programs/healthy-living-clinic.html>

“Managing your weight, eating a healthy diet, avoiding tobacco and being physically active are some of the most important things you can do to reduce your cancer risk. The Healthy Living Clinic can help you make these healthy lifestyle changes. The Healthy Living Clinic is open to MD Anderson patients only.”

Moncrief Cancer Institute

<https://www.moncrief.com/content/fitness-program>

“Our fitness program includes a one-on-one consultation with an American College of Sports Medicine (ACSM) certified cancer exercise trainer, who will review your medical history, exercise history and your fitness goals. After they secure a release from your physician that allows you to exercise, you’ll receive a fitness routine that provides specific guidelines for improvement in areas like: Cardiovascular endurance; muscle strength and endurance; flexibility; range of motion; balance.

Make fitness a part of your lifestyle. Check our [Event Calendar](#) for group exercise classes for cancer patients and survivors. You can also sign up for our Survivor Program for one-on-one training from ACSM certified exercise trainers. [Email us](#) or call 817.288.9800.

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U.T. Southwestern Medical Center Simmons Comprehensive Cancer Center: Oncology Rehabilitation

<https://utswmed.org/cancer/support-services/oncology-rehabilitation/>

Oncology rehabilitation (also called cancer rehabilitation) is a subspecialty of Physical Medicine and Rehabilitation (PM&R) that focuses on maintaining and restoring the highest possible functional status and quality of life to patients with cancer, at all stages of treatment through survivorship.

What Our Treatment Team Can Provide: Physical therapy to assist with issues such as balance disorders, difficulty with walking, endurance, or pain; occupational therapy to assist with dexterity, coordination, range of motion deficits, pain, or lymphedema; speech therapy to help with cognition, speech and language, or swallowing issues.

For more information or to make an appointment with a cancer rehabilitation physician, please call us at 214-645-HOPE (4673).

AFFORDABLE HEALTH CARE/ EQUIPMENT

Access to Care by Texas County (Uninsured or low income)

<https://www.texasancer.info/access/accesstocare.html>

https://www.texasancer.info/access/accesstocare_pdfs.html

Database for those low-income or uninsured Texans seeking free or low-cost cancer screening or treatment.

**Information available in English or Spanish.*

Angel Fund Foundation

<http://www.angelfundfoundation.org/index.php>

*Angel Fund Foundation, Inc., is a non-profit organization developed to help meet the financial needs of cancer patients in the **Texarkana** treatment area who are undergoing treatment, and have limited means of financial support.*

Aunt Bertha, Inc.

www.auntbertha.com/find-social-services/texas

Database for free or reduced-cost medical care and other resources.

Breast Health Collaborative of Texas:

www.bhctexas.org

https://docs.wixstatic.com/ugd/58c2d8_d06a130fc5ec45118c610e20c6967932.pdf

*Resources for access to quality breast health care for **all Texans** as part of Breast Health Collaborative of Texas*

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The Bridge Breast Network

<https://www.bridgebreast.org/>

*The Bridge Breast Network provides access to diagnostic and treatment services for breast cancer to low income, uninsured, or underinsured individuals in **North Texas**.*

Cancer Alliance of Texas

<https://www.dshs.texas.gov/tcccp/CancerAllianceofTexas.shtm>

- Public resources: <https://www.dshs.texas.gov/tcccp/public-resources.aspx>
- Professional resources: <https://www.dshs.texas.gov/tcccp/professionalresources.aspx>

“Engages organizations to work together to lessen the impact of cancer by focusing on primary prevention, early detection, better treatment, enhanced survivorship, elimination of disparities, and research.”

CancerCARE Services

<https://cancercareservices.org/>

*“Through the Journey of Hope Program, Care Services focuses on supporting cancer patients, caring for caregivers and empowering survivors by guiding and teaching our clients to CONNECT, COPE and THRIVE through their journey with cancer... We offer navigation assistance through finances, dealing with emotions, wellness, social connection and education to cancer patients, for little or no charge to clients in **Tarrant County**.”*

Cancer Services Network

<http://www.cancerservicesnetwork.org/about.html>

*“Our mission is to provide help and hope to local cancer patients, cancer survivors, their families and caregivers through direct financial, emotional, spiritual, and social programs and services. All services provided by CSN are made available at no charge to our clients.” Serves anyone living in 19 counties in West Central Texas, regardless of where they go for their cancer care: **Brown, Callahan, Coleman, Comanche, Eastland, Fisher, Haskell, Jones, Kent, Knox, Mitchell, Nolan, Runnels, Scurry, Shackelford, Stephens, Stonewall, Taylor, and Throckmorton counties**.”*

- Prescription medications
- Health insurance premiums
- Transportation stipend
- Medical equipment and supplies
- Wigs, hats, mastectomy bras, and prostheses
- Nutrition
- Household assistance funds
- Emotional support
- Spiritual support
- Resource library

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Cancer Support Community: Cancer Support Resources

<http://cancersupporttexas.org/resources/links-to-other-cancer-support-information/>

“Cancer specific websites, clinical trials, financial assistance, health insurance resources, local transportation resources, prescription assistance, social security disability resources.”

Collin County Cares/ Assistance Center of Collin County

https://www.collincares.org/agency1_list.php

Directory of service providers serving **Collin County** (includes some in **Dallas County**).

Colorectal Screening

Free Colorectal Screening: FIT Stool Test (ages 50-75, no blood in stool, not have inflammatory bowel disease)

<https://www.texascancer.info/prevscrntreat/colonscreen.html>

*“If the FIT test shows you have blood in your stool, you will be offered a free colonoscopy.... Patients who have already been diagnosed with rectal polyps or cancer, or who have family members with colon polyps or colon cancer, should talk to a health care provider at the clinic about screening options.... Clinics that serve a county are listed in alphabetical order by city and then by clinic name. Not every county has a clinic, so you may have to go outside your own county for services.” Counties: **Aransas, Atascoca, Austin, Bandera, Bastrop, Bee, Bexar, Blanco, Brazoria, Brooks, Caldwell, Calhoun, Callahan, Cameron, Chambers, Colorado, Comal, Concho, Fayette, Fort Bend, Frio, Galveston, Gillespie, Gonzales, Guadalupe, Hardin, Harris, Hays, Hidalgo, Jasper, Jefferson, Karnes, Kendall, Kenedy, Kimble, Kleberg, Llano, Lee, Liberty, Live Oak, Mason, Matagorda, McCulloch, McMullen, Medina, Menard, Montgomery, Newton, Nueces, Orange, Polk, San Jacinto, San Patricio, Shackelford, Starr, Stephens, Taylor, Tom Green, Travis, Tyler, Victoria, Walker, Waller, Wharton, Willacy, Wilson.***

Colonoscopy Assist

<https://colonoscopyassist.com> (multiple sites across Texas)

“Colonoscopy Assist is a program that promotes affordable colon cancer screening and is available as a free resource to the public. The following services are provided at affordable pre-negotiated rates: 1.) Colonoscopy (screening or diagnostic); 2.) Upper endoscopy; 3.) Flexible sigmoidoscopy; 4.) Virtual colonoscopy; 5.) Cologuard; 6.) FIT. Financial assistance is available for patients unable to afford the services.” Flat procedure rates all-inclusive and include: 1.) Physician fees; 2.) Facility or hospital fees; 3.) Sedation or anesthesia costs; 4.) Removal of polyps and taking of biopsies; 5.) Pathology costs (lab fees); 6.) Reports from physician and pathology lab.

Colorectal Screening continued on next page.

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Colorectal Screening (continued)

Cancer Prevention Research Institute of Texas (CPRIT)

<https://www.cprit.texas.gov/search-results#?cludoquery=colonoscopy&cludopage=1&cludorefurl=https%3A%2F%2Fwww.cprit.state.tx.us%2Fgrants-funded&cludorefpt=Grants%20Funded%20%E2%80%94%20Cancer%20Prevention%20and%20Research%20Institute%20of%20Texas>

Potential grant monies to assist with colorectal cancer screening.

Community Cancer Association

<http://wacocancer.org/>

*“Provides financial assistance for prescriptions, wigs, and transportation for out-of-town medical treatment to cancer patients in **McLennan County**.”*

Connect to Care **Dallas**

<https://www.connecttocaredallas.org/>

“Linking older adults and people with disabilities to community resources faster and easier than ever.”

Dental Clinics in Texas: Free, Low-Cost or Sliding Scale (NeedyMeds)

https://www.needyeds.org/dental_clinics.taf?_function=state&state=TX

*“Clinics listed in this database offer dental services (some may also offer medical, mental health, or substance abuse services) to area residents and are free, low cost with a sliding scale based on income, or offer some type of financial assistance. **Please note that the clinics listed are not necessarily free.**”*
May search by zip code or by state.

Dental Lifeline Network

<https://dentallifeline.org/texas/>

“A 501 (c)(3) nonprofit organization, founded in 1974, that nationally provides access to dental care and education for people who cannot afford it and: Have a permanent disability; or who are elderly: 65 or older; or who are medically fragile.”

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DME Exchange of Dallas

<https://www.dfwdmeexchange.org/>

*“DME Dallas will collect, refurbish, sanitize and distribute used durable medical equipment (DME) to residents of **Dallas County** who cannot afford to purchase or rent it.”*

Greater Dallas Arya Samaj (GDAS) Cancer Clinic

<http://www.gdascancerclinic.com/clinic/>

“We provide adjuvant treatment of patients with breast cancer; colon cancer. We would consider treatment of other cancers on case to case basis.... The services will be provided at highly subsidized professional fees to make it affordable for all.”

FitSteps for Life®

<https://cancerfoundationforlife.org/fitsteps-for-life/>

<https://cancerfoundationforlife.org/locations/>

*“Fit Steps for Life® (Fitsteps) is the pioneer and leader in cancer exercise treatment; prescribing individualized and structured exercise treatment specifically for cancer patients. It is the only known community-based program that is provided free for the lifetime of the patient.” **East Texas (Bullard, Jacksonville, Lindale, Tyler), Dallas Metroplex (Dallas, Duncanville, Garland, Plano, Richardson), Affiliate Centers (Abilene, Arlington, Fort Worth, Greenville, Mt. Pleasant, Waco).***

Healing Hands Ministry (Dallas)

<http://healinghandsdallas.org/>

“Healing Hands Ministries strives to provide compassionate, accessible, quality care to all of its neighbors. Services provided: Behavioral health, primary care, dentistry, pediatrics, transportation services.”

Mammography—Moncrief Cancer Institute

http://www.moncrief.com/content/mammography-screening?fbclid=IwAR02x4wuBR2_XTbC21zFS_FuRDBYC6QMsQoF50sZgX8CUGvzBrrb179XSNU

*“Serving Tarrant County and beyond. Moncrief provides nearly 10,000 free screenings a year to uninsured and underinsured women in 35 counties throughout **North and Central Texas.**”*

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Medical Clinics in Texas: Free, Low-Cost or Sliding Scale (NeedyMeds)

https://www.needymeds.org/medical_clinics.taf?_function=state&state=TX

*“Clinics listed in this database offer medical services (some may also offer dental, mental health, or Substance Addiction services) and are free, low-cost with a sliding scale based on income, or offer some type of financial assistance. **Please note that the clinics listed are not necessarily free.**”* May search by zip code or by state.

Mental Health Clinics in Texas: Free, Low-Cost or Sliding Scale (NeedyMeds)

https://www.needymeds.org/mental_clinics.taf?_function=state&state=TX

*“Clinics listed in this database offer dental services (some may also offer medical, mental health, or substance abuse services) to area residents and are free, low cost with a sliding scale based on income, or offer some type of financial assistance. **Please note that the clinics listed are not necessarily free.**”* May search by zip code or by state.

Mary’s Gift Program

<https://www.wisehealthsystem.com/service/cancer-center/marys-gift/>

*“The program provides mammograms for low-income, uninsured and underinsured men and women in **Wise County**, and is administered by the Wise Health Foundation.”*

Mommies in Need

<https://www.mommiesinneed.org/>

In-home program: *“For families that qualify, Mommies in Need provides full-time, in-home nannies at no cost, for up to six months. We also connect parents and children with resources to help cope with the unique challenges of these health situations and with other families facing similar difficulties.”* Families must reside in **Collin, Dallas, or Denton Counties**.

Annie’s Place: *“Beginning in Fall of 2020, we will have a drop-in childcare center at Parkland Hospital to care for children of patients going through a health crisis....able to care for children from birth through age 6.”*

Thrive Cancer Fertility Network

<http://caporalassistance.org/get-help/>

*“Provides financial assistance through the Mariposa Program to young adults residing pursuing fertility preservation services due to becoming infertile as a result of cancer. (Currently only providing those residing in **Central Texas**).”*

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Women Rock

<https://www.womenrockinc.org>

*“Women Rock in a nonprofit organization that provides assistance with screening and diagnostic mammograms, mobile breast health education, conservative financial assistance to help clients manage breast cancer treatment and survivor and caregiver support. All monies raised goes to patients in the **North Texas area**.”*

GENERAL

General Guidelines for Low-Income or Uninsured Texans Seeking Cancer Care

https://www.texasancer.info/access/accesstocare_general.html

“General guidelines to assist patients in locating cancer care in the state of Texas. Includes Primary Care Clinics link, Breast and Cervical Cancer Services, Healthy Texas Women, Cancer Centers, U.S. Military Veterans, 211, Legal Aid Organizations, and Other Resources.”

My Texas My HealthSM

<http://www.mytexasmyhealth.org/>

“Statewide program created by the Texas Association of Community Health Centers (TACHC) to inform Texans about their various health insurance options under the Affordable Care Act through the use of Certified Application Counselors.”

Texas Association of Community Health Centers

<https://www.tachc.org/about-tachc>

TACHC is a private, non-profit membership association that represents Texas safety-net health care providers. TACHC is the federally-designated primary care association for the state and is the link between federal, state, and local entities providing health care for Texas’ most vulnerable populations.

Find a (Texas) Community Health Center

<https://www.tachc.org/find-healthcare-center>

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Texas Cancer Information

<https://www.texascancer.info/>

Find Cancer Services: <https://www.texascancer.info/findcancerservices.html>

Support and Survivorship: <https://www.texascancer.info/support/supportsurv.html>

Cancer-Related Data: <https://www.texascancer.info/dataandprograms.html>

Cancer Control: <https://www.texascancer.info/cancercontrol/index.html>

Education: <https://www.texascancer.info/education.html>

“Connects patients, caregivers, general public, health care policy planners, physicians and other health professionals with reliable online cancer information at no cost.”

Texas County Indigent Health Care Program

<https://hhs.texas.gov/services/health/county-indigent-health-care-program>

Directory of County Contacts:

<https://hhs.texas.gov/sites/default/files/documents/services/health/cihcp-directory.pdf>

“Helps low-income Texas residents who don’t qualify for other state or federal health care programs to have access to health care services. Benefits are limited to participating administrators who provide primary, preventative, and some specialty services. These include: Vaccines, medical screening services, annual physical exams, inpatient and outpatient hospital visits, laboratory and radiology, skilled nursing facility services.”

Texas Health and Human Services 211 Texas

<https://www.211texas.org/guided-search/>

<https://hhs.texas.gov/hhs-services>

Search for resources available by key word and zip code.

- Health/ Medical
- Food/ Nutrition
- Income/ Expenses
- Crisis/ Emergency
- Mental Health
- Aging/ Disability
- Housing/ shelter
- Etc.

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Texas Health and Human Services Primary Health Care (PHC) Services Program

<https://hhs.texas.gov/services/health/primary-health-care-services-program>

The PHC Services Program serves men, women, and children. Services include: Health education; emergency services; family planning services; diagnosis and treatment; diagnostic testing (such as x-rays and lab services); preventative health services (including immunizations)

Eligibility:

- *Texas resident*
- *Income level at or below 200 percent of federal poverty guidelines*
<https://aspe.hhs.gov/poverty-guidelines>
- *Is not a beneficiary of other non-HHCS programs or benefits that provide the same service*

Searchable service locator (search by city/ zip code, distance from that city/ zip code, county, and service needed—put in “all” or choose from options such as primary health care, county indigent health care, etc.): <http://txclinics.dshs.texas.gov/chcl/>

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HOUSING

Healthcare Hospitality Network (HHN)

<https://www.hhnetwork.org/>

“The Healthcare Hospitality Network, Inc. (HHN) is a nationwide professional association of nearly 200 unique, nonprofit organizations that provide lodging and support services to patients, families and their loved ones who are receiving medical treatment far from their home communities.”

Medical Center League House, Inc. (Amarillo, TX)

<https://www.leaguehouse.org/>

Anayat House (Beaumont, TX)

<https://anayathouse.org/>

Reaud Guest House (Beaumont, TX)

<http://reaudguesthouse.org/>

Cinco Charities—The Ballard House (Katy, TX)

<https://theballardhouse.org/>

Rathgeber Hospitality House (Wichita Falls, TX)

<http://rathgeberhospitalityhouse.org/>

Hendrick League House (Abilene, TX)

<http://www.hendrickhealth.org/league-house/league-house.aspx>

Reba’s Ranch House—Texoma Health Foundation (Denison, TX)

<https://rebasranchhouse.org/>

Dan’s House of Hope (Houston, TX)

<https://danshouseofhope.org/>

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LEGAL

Texas: Cancer Law Clinic (Austin):

<http://www.nclsn.org/members/cancer-law-clinic/>; www.cancerlawclinic.org

*“The Cancer Law Clinic is a group of local professionals who care about the cancer community. They are attorneys, paralegals, notaries, community and business leaders, and other volunteers with the mission of providing **pro bono estate planning legal services to the cancer community**. They are supported by the Austin Bar Association, Austin Bar Foundation, local law firms, as well as local cancer community professionals.*

Income and/ or asset eligibility requirements: Below the federal estate tax and no foreign assets.”

Texas State Law Library Legal Clinics

<https://www.sll.texas.gov/self-help/where-to-go-for-help/legal-clinics/>

“Various bar associations, non-profit organizations, and other private advocacy organizations host legal clinics that are open to the public. Legal clinics usually do not require an appointment and allow you to speak with an attorney who could help answer your legal questions or offer legal advice on how you might be able to resolve a legal issue. Most clinics are free, but some may have a small fee to attend.

Nearly all clinics have income qualifications, and some clinics cover certain legal topics (e.g., wills, family law). Some are for veterans only. Others are for the homeless. There may be language interpreters present. “

TRAVEL: AIR

Raquel’s Wings for Life

<https://raquelwingsforlife.com/>

*“Raquel’s Wings for Life is a non-profit organization servicing **Wise County**, TX which transports cancer patients free of cost to MD Anderson in Houston, TX. Our goal is to alleviate the financial burden and time consumption of traveling from the patient’s home to the medical treatment facilities of their choice that are not otherwise available to them locally.”*

TRAVEL: GROUND

ChemoCars

<https://chemocars.org/>

*“ChemoCars provides free on-demand rides to and from cancer treatment via Uber and Lyft.” **Amarillo***

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Heart of Texas Rural Transit District (HOTRTD)

<https://hotcog.org/health-and-human-services-programs/rural-transportation/>

*“HOTRDT provides demand response transportation to the general public, including transportation for seniors age 65 and older, and to the disable of any age.” **Bosque, Falls, Freestone, Hill, Limestone and rural McLennan counties**.*

Texas Department of Transportation Rural Public Transportation Systems

<https://www.txdot.gov/inside-txdot/division/public-transportation/find-ride.html>

Rural Transit System Contacts:

https://www.txdot.gov/inside-txdot/division/public-transportation/find-ride.html?CFC_target=https%3A%2F%2Fwww.dot.state.tx.us%2Fapps-cg%2Fpublic_transit%2Fcontacts.htm&type=rural

http://ftp.dot.state.tx.us/pub/txdot-info/ptn/rural_map.pdf

https://www.txdot.gov/inside-txdot/division/public-transportation/find-ride.html?CFC_target=https%3A%2F%2Fwww.dot.state.tx.us%2Fapps-cg%2Fpublic_transit%2Fcontacts.htm&type=rural

Can look up transit providers by county or category.