



## Health Care Resources

### Medicare

Medicare is health insurance for people 65 or older. You're first eligible to sign up for Medicare 3 months before you turn 65. You may be eligible to get Medicare earlier if you have a disability, End-Stage Renal Disease (ESRD), or ALS (also called Lou Gehrig's disease).

**Phone: (800)-633-4227**

### SCAN

SCAN provides services for people 55 and up. Programs include a wide variety of support through social workers, gerontologists, mental-health professionals, pharmacists, health educators, and volunteers. No charge. Available in Spanish and other languages.

**Phone: (866)-421-1964**

### Long Beach Department of Health & Human Services

Long Beach Department of Health and Human Services provides services that include advocacy, case management, domestic violence services, family preservation, health insurance information, health services, HIV/AIDS services, public health services, substance abuse services, vital records and WIC. The agency also provides services for individuals or agencies which are affected by Coronavirus.

**2525 Grand Ave.  
Long Beach, CA 90815  
Phone: (562)-570-4000**



## The Children's Clinic

TCC's Health Education and Outreach team provides educational classes, workshops, and presentations on various health topics to individuals, community organizations, faith-based organizations, and schools in the greater Long Beach area. Presentations are conducted to increase awareness and knowledge of health conditions, provide information to support healthy lifestyles, and increase knowledge of services available throughout our health center system. Classes include: Community Arts and Crafts, Healthy Meals, Healthy Families, Infant Massage, Zumba, and Healthy Mind, Body, and Soul.

### **Community Arts and Crafts**

**Hours: 10:00 AM-12:00 PM**

**759 Linden Avenue,  
Long Beach, CA, 90813  
Phone: (562) 264-3115**

### **Healthy Meals, Healthy Families**

**Hours: 10:00 AM-12:30 PM**

**759 Linden Avenue, Long Beach , CA, 90813 Phone: (562) 264-3115  
Facebook:@tccfamilyhealth  
<https://www.thechildrensclinic.org/>**

## Welcome Baby Program | Miller Children's & Women's Hospital

Welcome Baby provides new and expecting moms with a personal Parent Coach to offer support and information during pregnancy and through the baby's first nine months. These engagements provide parents with an opportunity to learn about topics such as parenting and early child development, nutrition, breastfeeding, maternal depression, home safety and provide assistance with obtaining basic health care and insurance coverage for both mom and baby. Before the pandemic, Welcome baby made home visits, but now we offer support online and by phone.

**2801 Atlantic Avenue  
Long Beach, 90806  
Phone: (562) 933-2410**