

Community Resources for Heart Health

Phoenix

Click the underlined words to access each resource.

Transportation



o Valley Metro Paratransit Services

- Accessible transit for residents with disabilities or those aged 65 and older
- Trips can be scheduled for non-emergency medical appointments

Educational Resources



o Virtual Red Bags of Courage

Emotional Support

o HeartSisters Online Virtual Support Group

A free online support group where women living with heart disease can share experiences and provide mutual support

o Inspire Online Community

Community Health Centers



o Mountain Park Health Center

- Primary care, behavioral health, and preventive services
- Provided to residents regardless of insurance status or ability to pay.

o Native Health Phoenix

- Medical, dental, and wellness services with a focus on the Native American population and culturally competent care.

o Phoenix Allies for Community Health

- Free medical services to uninsured and underserved populations
- Focus on providing patient centered health services with respect and cultural humility.

o Wesley Health Center

- Primary healthcare, preventive services, and health management education,
- Serves all, but primarily for Hispanic families

Insurance



o Healthcare Navigation Services by Chicanos Por La Causa

- Assistance with health insurance applications, navigating AHCCCS, and accessing medical services
- Fully bilingual program

IMPORTANT NOTE : Federally Qualified Health Centers, like these ones, are committed to providing care to everyone - regardless of their ability to pay, insurance status, or immigration status. Your information is safe and confidential.



WOMENHEART

Sponsored by Bristol Myers Squibb