

Preventive Health and Screenings

Catch Hearing Loss Early

Find out more about early hearing loss detection in babies by going to doh.wa.gov/earlyhearingloss or calling **1-888-923-4334** (English and Spanish).



Check Up on your Sexual and Reproductive Health

Find a clinic near you at doh.wa.gov/YouandYourFamily/SexualandReproductiveHealth/ClinicLocations (English only).

Get a Cancer Screening

Learn more about cancer screening tests at doh.wa.gov/YouandYourFamily/IllnessandDisease/Cancer/CancerScreening (English only).

If cancer runs in your family, you can get genetic testing to see if you're at risk. Go to doh.wa.gov/CascadeScreening (English only) or call **800-364-1641** and state your language.



Prevent Older Adult Falls

Learn tips for preventing falls at doh.wa.gov/olderadultfalls.

Schedule a Checkup



Visiting your health care provider regularly helps catch problems early, making them easier to treat. You can also find out about screening tests and immunizations you might need.

Children in Washington can get a free health check-up every year through insurance.

Call your insurance company for help finding a clinic or scheduling a visit. To find insurance, go to WaHealthPlanFinder.org (English and Spanish) or call **1-855-923-4633** and state your language.



File a Complaint

DOH regulates health care providers and certain health care facilities. To file a complaint, go to doh.wa.gov/AboutUs/FileAComplaint (English only).



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To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.



Resources for Your Health

*Thanks for getting vaccinated!
Look inside for more health services.*

800-525-0127
WWW.DOH.WA.GOV

Make sure to follow us @



COVID-19 Resources

Learn more about COVID-19 at doh.wa.gov/coronavirus.

Add WA Notify

Add Washington's exposure notification tool to your phone to get an alert if you've been near someone with COVID-19. Go to WaNotify.org.

Get Tested

Visit doh.wa.gov/testing for more information on COVID-19 testing and locations.

Get the Vaccine

Go to VaccineLocator.doh.wa.gov or text your ZIP code to GET VAX (438-829) to find a COVID-19 vaccine near you. You can also call 1-833-VAX-HELP (833-829-4357), then press #. Language assistance is available. Learn more at CovidVaccineWA.org.

Call Care Connect

If you are isolating or quarantining at home, you can call 1-833-453-0336 to get support (like groceries or supplies) Language assistance is available.

Support for Mental Health and Recovery

It is normal that you or your loved ones might feel anxious, sad, depressed, scared or angry. Visit coronavirus.wa.gov/wellbeing (English only) for crisis support and self-care resources for you and the people you care about.

Washington Listens

Need support during the COVID-19 pandemic? Call or text Washington Listens at **1-833-681-0211** to talk to a support specialist. It's free, anonymous, and language access services are available.

Washington Recovery Help Line

If you or someone you know needs help with substance abuse, call **1-866-789-1511** and state your language, or go to WaRecoveryHelpline.org.

Teens can contact Teenlink by calling or texting **1-866-TEEN-LINK (1-866-833-6546)** State your language when the call is answered. You can also visit TeenLink.org.

Washington State Quitline

Get free help to quit smoking, vaping, or other commercial tobacco. Call **1-800-QUIT-NOW** or visit doh.wa.gov/quit.

Nutrition Programs

You may be eligible for one of the nutrition programs below. Check your eligibility through Washington Connection at WashingtonConnection.org (English and Spanish only).

Women, Infants, and Children Nutrition (WIC) program

Visit doh.wa.gov/wic (English and Spanish only) to learn more or find a clinic near you.

Basic Food Programs

Check dshs.wa.gov/esa/community-services-offices/basic-food (available in multiple languages) for more information about the Supplemental Nutrition Assistance Program (SNAP) and Electronic Benefit Transfer (EBT) programs.

Family Resources

Parents can find essential health and food resources through:

- ParentHelp123.org (English and Spanish)
- Help Me Grow WA hotline, **1-800-322-2588** or HelpMeGrowWa.org (English and Spanish)