



A Partner of  OneOncology

Navigating Difficulties During Your Treatment:

Many insurance companies will provide a patient navigator to help manage their patient's cases. Typically, these nurse navigators can answer questions about symptoms, medications, and health conditions for non-urgent concerns. They can also provide assistance with:

- Helping a patient find hospitals, doctors, and dentists
- Researching health care costs
- Assisting patients when scheduling appointments with hard-to-reach specialists
- Untangling claims, billing, and payment issues
- Providing information about elder care
- Requesting transfers of medical records, x-rays, and lab results
- Offering clinical support to explain health conditions and answer questions about symptoms and medications
- Helping with transition to other care if benefits end or if otherwise necessary

If you believe a nurse navigator would be helpful in your situation, we recommend that you reach out to your health insurance carrier to inquire if your coverage includes such services.

As a courtesy to you, our practice has also compiled a list of potentially available and publicly listed community resources in the area that you may choose to contact for assistance. We cannot guarantee the availability or quality of any of these resources or the services they provide, and the inclusion of any resource below does not constitute an endorsement by our practice.

Food Insecurity Resources:

**Good Shepherd Church –
Food Distribution Center**
(520) 625-1375
17750 N La Cañada Drive
Tucson, AZ 85755

**Victory Worship Center –
Food Distribution Center**
(520) 293-6386
2561 W Ruthrauff Road
Tucson, AZ 85705

**CDO Assembly Of God –
Food Distribution Center**
(520) 742-1168
2950 W Lambert Lane
Tucson, AZ 85742

**Connections Vineyard Church
Food Pantry**
(520) 408-5042
3150 E Fort Lowell Road
Tucson, AZ 85716

**Tucson Chinese Baptist Church –
Food Distribution Center**
(520) 253-8999
2411 E Fort Lowell Road
Tucson, AZ 85719

**Living Faith Christian Center –
Food Distribution Center**
(520) 722-2217
4108 E North Street
Tucson, AZ 85712

**Christ Church United Methodist
Food Bank**
(520) 327-1116
655 N Craycroft Road
Tucson, AZ 85711

**Grace Saint Paul's Church –
Joseph's Pantry
Food Distribution Center**
(520) 327-6857
2331 E Adams Street
Tucson, AZ 85719

**First United Church Of Christ –
Food Distribution Center**
(520) 622-7664
1350 N Arcadia Avenue
Tucson, AZ 85712

**Catholic Community Services of Southern
Arizona Meals on Wheels**
(520) 624-1562
5009 E. 29th Street

Living Faith Center
4108 E. North Street
(520) 722-2217
Food Box Distribution-Thursdays 1 – 5 p.m.
Dinner served Thursdays 5:30 p.m.
Diaper distribution-Thursdays noon – 2 p.m.

**Salvation Army - Hospitality House -
Food Distribution Center**
(520) 622-5411
1002 N Main Avenue
Tucson, AZ 85705

St Paul's Food Bank
(520) 296-1927
8051 E Broadway Blvd.
Tucson, AZ 85710

**Pima County Nutrition –
Food Distribution Center**
(520) 628-7871
St. Elizabeth Health Center
Tucson, AZ 85705

The Tucson Neighborhood Food Pantry
(520) 777-9629
5707 E 22nd Street
Tucson, AZ 85710

**Write For Change –
Food Distribution Center**
(520) 400-4117
2561 N Richey Blvd.
Tucson, AZ 85716

**New Beginnings For Women And
Children - Food Distribution Center**
(520) 325-8800
2590 N Alvernon Way
Tucson, AZ 85712

**Southwest Family Resource And Wellness
Center - Food Distribution Center**
(520) 908-3980
6855 S Mark Road
Tucson, AZ 85757

Casa Maria Soup Kitchen
(520) 624-0312
352 E. 25th Street
Open every day of the year, 8:30-11:30 a.m.,
except Thanksgiving and Christmas.

Community Food Bank
(520) 622-0525
3003 S. Country Club, Tucson
Tues - Thurs 9 a.m. – 4:30 p.m. Food boxes for
any low-income person. Distribution sites at
main center above as well as throughout Pima
County and southern Arizona. Many other
programs as well. See website for listings.

**IMPACT of Southern Arizona –
Food Distribution Center**

(520) 825-0009
3535 E Hawser Street
Tucson, AZ 85739

Food boxes, baby formula, toiletries and more. Also lunch for seniors at their center or delivered to a home.

**Gospel Rescue Mission –
Community Ministries**

(520) 740-1501
338 W. 28th Street
Tucson, AZ 85713

A food box every month plus other resources like baby supplies and personal hygiene.

Interfaith Community Services

(520) 297-6049
ICS assists individuals and families with Emergency Financial Aid for housing, utilities, medications and other living necessities, along with short-term case management.

Call for information for food boxes and emergency financial assistance.

<https://www.icstucson.org/organizer/interfaith-community-services/>

Northwest Office
2820 West Ina Road
Tucson, AZ 85741

Eastside Office
8701 East Old Spanish Trail
Tucson, AZ 85710

Central Office
122 North Craycroft Road
Tucson, AZ 85711

Southside Office
101 West Irvington Road Suite 2A
Tucson, AZ 85706

ReSources Vail Food Bank

(520) 879-1240
13105 E Colossal Cave Rd #6775
Vail, AZ 85641

Department of Economic Security-SNAP

(520) 638-2270
316 W. Fort Lowell Road and
1455 S. Alvernon Way
Pre-registration call 800-221-5689 SNAP
Emergency Food Assistance Program. Families can receive monthly food stamps under the SNAP program if they are at or below 130% of poverty. Call the number above to enroll.

People can also receive Emergency Food Assistance if at 185% of poverty or lower. There are distribution sites throughout Tucson and Pima County

Community Food Bank Green Valley

(520) 625-5252
250 Continental Road
Green Valley, AZ 85614

Sahuarita Food Bank

(520) 668-0547
17750 South La Cañada Drive
Sahuarita, AZ 85629

Community Food Bank Amado

(520) 398-2479
28720 S Nogales Hwy
Amado, AZ 85645

Borderlands Food Bank

(520) 287-2627
7406 S Camino De Oeste
Tucson, AZ 85746

Borderlands Food Bank

(520) 287-2627
270 W Produce Row
Nogales, AZ 85621

**Southeastern Arizona Community Action
Program - Food Distribution Center**

(928) 428-2872
283 W 5th Street
Safford, AZ 85546

**Society of Saint Vincent de Paul - Food
Distribution Center**

(928) 428-0460
221 E Main Street
Safford, AZ 85546

Utility Assistance Resources

Utility Assistance:

<https://des.az.gov/services/basic-needs/shelter-housing/utility-assistance>

<https://www.tep.com/payment-assistance/>

<https://www.swgas.com/en/az-special-programs>

<https://seacapaz.com/#9ad70802-655b-4060-8487-463a2310cdee>

Low Income Household Water Assistance Program:

<https://des.az.gov/lihwapp>

Short-Term Crisis Resources

<https://des.az.gov/services/basic-needs/shelter-housing/short-term-crisis-services>

<https://seacapaz.com/#9ad70802-655b-4060-8487-463a2310cdee> (Safford)
(800) 293-1144

Jewish Family & Children's Services of Southern Arizona

(520) 795-0300 ext. 2204 | jefa@jfcstucson.org

Jewish Emergency Financial Assistance (JEFA) through the support of the Jewish Federation of Southern Arizona, Jewish Community Foundation and very caring doctors helps Jewish individuals and families with emergency financial assistance to avoid eviction, utility shut-off and hunger by offering short-term financial assistance for rent/mortgage payments, utilities, medical expenses, transportation and more.

<https://jfcstucson.org/services/emergency-financial-assistance/jewish-emergency-financial-assistance/>

Vision Impairment Resource:

CVS Pharmacy (Spoken prescription labels available at selected locations)

<https://www.cvs.com/content/pharmacy/spoken-rx>

Hearing Impairment Resource:

ALOHA – Adult Loss of Hearing Association

(520) 795-9887

Financial assistance for hearing healthcare and devices for qualified participants.

<http://alohaaz.org/financial-assistance/>

Transportation Resources:

Pima Association of Governments

<https://apps.pagnet.org/hsinventory/default.aspx>

American Cancer Society (Envoy America)

Telephone: (888) 375-5558

Ability Center

Telephone: (520) 293-6272

Oro Valley Sun Shuttle Dial-A-Ride

Telephone: (520) 229-4990

Sun Van

Telephone: (520) 798-1000
TDD (520) 884-5100

Green Valley/Sahuarita

Sun Shuttle Dial-a-Ride

Telephone: (520) 792-9222
TDD (520) 628-1565

Pima County Council on Aging

(within service area)

Telephone: (520) 790-7262 (Helpline)

Arizona Medical Transport

Telephone: (520) 792-0944

Sun Shuttle Dial-A-Ride (Formerly Handicar)

Telephone: (520) 792-9222
TDD (520) 628-1565

Medical Transport Company (MTC)

Telephone: (520) 999-8900

Interfaith Community Services

Telephone: (520) 297-6049

Friends in Deed (Green Valley area only)

Telephone: (520) 625-1150

Angel Flight West

(888) 4-AN-ANGEL

See **Jewish Family & Children's Services of Southern Arizona** listed in above section.
(520) 795-0300 ext. 2204

The **Arizona State travel fund** is supported by Gila River Indian Community, Salt River Pima Maricopa Indian Community, and Pascua Yaqui Tribe. This fund assists blood cancer patients who reside in the state of Arizona
<https://www.lls.org/support-resources/financial-support/susan-lang-pay-it-forward-patient-travel-assistance-program#Available%20Funding>

Smoking / Tobacco Cessation Resources:

<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html>

<https://smokefree.gov/>

<https://everytrycounts.betobaccofree.hhs.gov/>

<https://map.naquitline.org/profile.aspx?stateid=az>

<https://www.ycq2.org/>

<https://www.lung.org/quit-smoking/join-freedom-from-smoking>

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

<https://ashline.org/>

Local Resource:

Arizona Oncology Foundation

(520) 324-2840

Cancer support programs and services to those whose lives have been affected by cancer:

<https://www.arizonaoncologyfoundation.org/programs-and-services/support-services/>

National Resources:

American Cancer Society

(800) 227-2345

The American Cancer Society offers programs and services to help you during and after cancer treatment.

They can also help you find other free or low-cost resources available.

<https://www.cancer.org/treatment/support-programs-and-services.html>

CancerCare Case Management

(800) 813-HOPE (4673)

Staff of professional oncology social workers provide case management services to help you better cope with cancer.

https://www.cancercare.org/patients_and_survivors

CancerCare Co-Payment Assistance Foundation

(800) 813-HOPE (4673)

Financial assistance for insured cancer patients in treatment in the US to help with co-payments for chemotherapy and targeted treatment medications who meet certain financial, medical and insurance eligibility criteria.

<https://www.cancercare.org/copayfoundation#!contact-us>

CancerCare Financial Assistance Foundation

(800) 813-HOPE (4673)

Limited financial assistance for cancer-related costs such as transportation and child care, and our oncology social workers can help you find resources.

<https://www.cancercare.org/financial>

GoodRx

(855) 268-2822

GoodRx is for everyone, whether they have insurance or not. And while you can't combine GoodRx with your insurance to lower your copay, it may beat your copay — especially if you have a high-deductible.

<https://www.goodrx.com/>

Rx Hope

(877) 267-0517

Program provides assistance in getting your critical medications, whether they be free or at a small, affordable co-pay.

<https://www.rxhope.com/home.aspx>

Needy Meds

(800) 503-6897

A central source of information for people who can't afford medicine or other healthcare expenses. Programs such as assistance for specific diseases and conditions, application assistance, state-sponsored programs and Medicaid sites are available.

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

PHRMA

The Medicine Assistance Tool (MAT) makes it easier for those struggling to afford their medicines to find and learn about various programs that may be available to make prescription medicines more affordable for them, their loved ones or their patients.

<https://www.phrma.org/patient-support>

Patient Access Network Foundation (PANF)

866-316-7263

The PAN Foundation is dedicated to helping federally and commercially insured people living with life-threatening, chronic and rare diseases with the out-of-pocket costs for their prescribed medications. Through their disease funds, they offer a fast, reliable way to get help paying for medication costs, co-pays, insurance premiums, and travel expenses. See website for eligibility criteria.

<https://www.panfoundation.org/find-disease-fund/>

American Brain Tumor Association

(800) 886-ABTA (2282)

Provides social and emotional support.

<https://www.abta.org/about-brain-tumors/social-emotional-support/>

FORCE - Facing Our Risk of Cancer Empowered

866-288-RISK (7475) offers resources and confidential support for people who have been diagnosed with or are at risk of a hereditary cancer

<http://www.facingourrisk.org>

Susan G. Komen for the Cure

877-GO-KOMEN (465-6636)

Breast cancer treatment assistance program for individuals who have a current annual household income at or below 300% of the 2021 Federal Poverty Level (FPL)

<https://www.komen.org/treatment-assistance-program/>

HealthWell

(800) 675-8416

HealthWell provides financial assistance to cover the cost of prescription drug coinsurance, copayments, deductibles, health insurance premiums and other selected out-of-pocket health care costs. Eligibility for assistance is based on an individual's medical, financial and insurance situation.

<https://www.healthwellfoundation.org/disease-funds/>

Colon Cancer Alliance

(877) 422-2030

Whether connecting you to the greater community or CCA's certified Patient and Family Support Navigators, they provide everything from emotional support to access to financial aid—that's the power behind a true nation of allies coming together.

<https://www.ccalliance.org/patient-family-support>

International Myeloma Foundation

(818) 487-7455

Resources for drug reimbursement information and assistance, as well as housing and travel assistance for patients with Myeloma.

<https://www.myeloma.org/online-resources/drug-reimbursement-information-assistance>

Joe's House

(877) 563-7468

Non-profit organization that helps cancer patients and their families find a place to stay when traveling away from home for medical treatment.

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

Leukemia & Lymphoma Society

(800) 955-4572

Peer to peer support, support groups, online chats

<https://www.lls.org/support-resources/peer-peer-support>

<https://www.lls.org/support-resources/support-groups>

<https://www.lls.org/support-resources/online-chats>

Information Specialists

Information specialists who are highly trained oncology social workers, nurses and health educators who can assist patients through their cancer treatment, financial and social challenges and give accurate, up-to-date disease, treatment and support information.

<https://www.lls.org/support-resources/information-specialists>

Co-Pay Assistance Program

(877) 557-2672 | FinancialAssistance@lls.org

<https://www.lls.org/support-resources/financial-support/co-pay-assistance-program#Available%20Funding>

American Liver Foundation

(800) 465-4837

Drug discount card (in partnership with Needy Meds)

<https://liverfoundation.org/for-patients/about-the-liver/health-wellness/drug-discount-card/>

Lung Cancer Alliance

(800) 298-2436

Phone Buddy Program

Peer-to-peer support program for people with lung cancer. Phone Buddy volunteers have either been through or are going through lung cancer treatment and as a result are uniquely qualified to lend support and share information and resources.

<https://go2foundation.org/resources-and-support/emotional-support/phone-buddy/>

LungMATCH

Free, personal one-on-one guidance about your treatment options

<https://go2foundation.org/resources-and-support/general-support/lungmatch/>

Lymphoma Research Foundation

(800) 500 9976

Financial Support

The Lymphoma Research Foundation (LRF) offers financial support for people currently undergoing treatment for lymphoma and chronic lymphocytic leukemia (CLL). Through this program, LRF may be able to assist lymphoma patients with expenses related to their treatment.

<https://lymphoma.org/resources/supportservices/financialsupport/>

Lymphoma Support Network (LSN)

A one-to-one peer support program for people with lymphoma and their caregivers. The LSN connects patients and caregivers with volunteers who have had similar experiences. Volunteers are there to offer words of encouragement, and understanding, to help give others strength to meet the challenges they may have to face.

<https://lymphoma.org/resources/supportservices/lsn/>

4th Angel Patient & Caregiver Mentor Program

(866) 520-3197

4th Angel is a national nonprofit organization that provides free, one-on-one, confidential outreach and support for cancer patients and caregivers. This program is a part of Scott Hamilton's CARES initiative.

<https://4thangel.ccf.org/>

Support for People with Oral and Head and Neck Cancer (SPOHNC)

(800) 377-0928

National Survivor Volunteer Network

Serving patients, caregivers and their families since 2004, bringing them the opportunity to share diagnosis and treatment experiences with "someone who has walked in their shoes." The network consists of volunteers who have had oral and head and neck cancer.

<https://www.spohnc.org/supportive-care/>

US Department of Veterans Affairs - VA Financial Hardship Assistance

(866) 400-1238 (TTY: 711).

You can request financial hardship assistance to manage your current VA copay debt or request an exemption from future copays.

<https://www.va.gov/health-care/pay-copay-bill/financial-hardship/>

Skin Cancer Foundation

(212) 725-5176

Robins Nest

If you're a patient or survivor looking for support, or if someone you care about has skin cancer, our Robins Nest program provides guidance to help you navigate the complexities in gaining access to health care.

<https://www.skincancer.org/treatment-resources/support-resources/robins-nest/>

Cancer Support Community / Gilda's Club

(888) 793-9355

Cancer Support Community provides a vast range of professional programs offering emotional support, education and hope for people impacted by cancer at no charge.

Cancer Support Community's Cancer Support Helpline®

Help to navigate financial issues, support you in making treatment decisions, and provide resources to help manage the costs of cancer and its treatments. The helpline is open Monday through Friday from 9:00 a.m. – 9:00 p.m. Eastern Time.

You can also CHAT ONLINE with one of their Helpline Counselors at www.CancerSupportCommunity.org/chat.

Tips for Managing the Cost of Cancer Care

https://www.cancersupportcommunity.org/sites/default/files/file/2020-12/CSC_CostofCare_Booklet_Final.pdf

Cancer Support Community Arizona

602-712-1006

<https://www.cancersupportcommunity.org/location/cancer-support-community-arizona>