



RESOURCE GUIDE FOR UNDOCUMENTED IMMIGRANTS and NON-US CITIZENS

All people of King County, regardless of income, ethnic background, immigration status or zip code should have the opportunity to live long and healthy lives.



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It is our extreme pleasure to provide you with this resource. If you have any questions or concerns regarding our guide, please contact us:

Carmen Olvera
Program Manager
Public Health Seattle & King County
Carmen.Olvera@Kingcounty.gov
(206) 550-6119

Leticia Vargas
Health Care Navigator II
Public Health Seattle & King County
Leticia.Vargas@Kingcounty.gov
(206) 263-1365

Luis Salazar
Educator Consultant
Public Health-Seattle & King County
Luis.Salazar@Kingcounty.gov
(206) 263-8261

Cristel Solis Barrientos
Health Care Navigator II
Public Health-Seattle & King County
Cristel.Solis-Barrientos@kingcounty.gov
(425) 757-9402

Public Health-Seattle & King County
Community Health Services | Access & Outreach
401 5th Seattle, WA 98104-1818
1-800-756-5437 (*press 1 for Spanish line*)
chap@kingcounty.gov
www.kingcounty.gov/coverage

Public Health — Seattle & King County | Patty Hayes, *Director*
Community Health Services Division | TJ Cosgrove, *Division Director*
Access & Outreach | Daphne Pie, *Health Services Administrator II*

Access & Outreach Program

Build Systems: Work to achieve system-wide changes that reduce health disparities in King County. The First Friday Forum (FFF) brings together community-based organizations, health care Navigators, and our state partners to discuss important policy issues affecting residents of King County.

Ensure Access: We work to reduce barriers to health insurance and other public benefits. Public Health is the Lead Navigator Organization in King County under the Affordable Care Act (ACA). The King County Navigator network has 33 agencies, 235 navigators. We work directly with the most vulnerable living and working in King County. We provide infrastructure support, which includes training, coaching, and counseling.

Enroll the most vulnerable into program & service: We assist residents to enroll into the following programs: Apple Health, Classic Medicaid, Qualified Health Plans, Basic Food, Energy Assistance Programs, Orca LIFT, Breast Cervical Health Program, childcare assistance programs, and the ABCD Dental Program (Access to Baby and Child Dentistry).

Our team is multilingual and multicultural with experienced and knowledgeable Navigators, Health Educators, and Program Managers.



RESOURCE GUIDE

Our goal with this guide is to provide important and necessary resources for undocumented and Non-US Citizen residents living in King County. We believe everyone is welcome here and should be able to access care.

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HEALTH INSURANCE OPTIONS

CHILDREN'S MEDICAL

Children up to age 18 may be eligible for the free or low-cost Apple Health for Kids regardless of their legal status. Children can also access dental, vision, and many other services when enrolled in Apple Health.

Eligibility:

- Must intend to reside in Washington.
- Must meet income guidelines.
- Immigration Status is not a factor.

Program	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
Apple Health for Kids							
No Premiums	\$2,287 Monthly	\$3,089 Monthly	\$3,892 Monthly	\$4,695 Monthly	\$5,497 Monthly	\$6,300 Monthly	\$7,103 Monthly
Low Cost							
\$20.00 per month per child	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
\$40 maximum	\$2,818 Monthly	\$3,808 Monthly	\$4,797 Monthly	\$5,786 Monthly	\$6,776 Monthly	\$7,765 Monthly	\$8,754 Monthly
Low Cost							
\$30 per child per month	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
\$60 maximum	\$3,371 Monthly	\$4,555 Monthly	\$5,738 Monthly	\$6,922 Monthly	\$8,105 Monthly	\$9,289 Monthly	\$10,472 Monthly

How to apply? [Community Health Access Program \(CHAP\)](#) -1-800-756-5437.

PREGNANCY MEDICAL

If you are pregnant, you may be eligible for Apple Health for Pregnant Women. Full medical coverage is throughout delivery plus two more months of the postpartum period.

Eligibility:

- Must intend to reside in Washington.
- Must meet income guidelines.
- Immigration status is not a factor.

Program	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
Apple Health for Pregnant Women	N/A Baby included in household size	\$2,845 Monthly	\$3,584 Monthly	\$4,323 Monthly	\$5,063 Monthly	\$5,802 Monthly	\$6,541 Monthly

Women found eligible for Pregnancy Medical can also receive Maternity Support Services (MSS) and Infant Case Management (ICM) (this is in conjunction with WIC).

These programs help pregnant women find local doctors, midwives, and other community resources to support a healthy pregnancy. The ICM program provides supports support and referral to needed medical, social, educational, and other resources in the community.

Women, Infants & Children Nutrition Program (WIC)

WIC is a supplemental food program for women who are pregnant or breastfeeding, infants, and children. WIC also provides health screening, nutrition and health education, breastfeeding promotion and support, and monthly monetary benefits for nutritious foods.

For more information: kingcounty.gov/WIC or (206) 263-9300.

ALIEN EMERGENCY MEDICAL (AEM)

AEM is a program for individuals who do not meet citizenship or immigration status requirements. It can also be for qualified individuals who have not met the 5-year bar and have a qualifying medical emergency. This program will pay for treatment related to the emergent medical condition only. It does not provide coverage for routine medical services.

Eligibility

You must have an emergent medical condition and the meet income requirement.

Emergent Medical Condition:

Qualifying emergent medical conditions include:

- ✓ Emergency room care
- ✓ Hospital admission or outpatient hospital surgery
- ✓ Cancer treatment plan
- ✓ Dialysis treatment
- ✓ Anti-rejection medication for an organ transplant
- ✓ COVID-19 screening & testing

Income requirements:

Program	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household
AEM	\$1,468 Monthly	\$1,983 Monthly	\$2,498 Monthly	\$3,013 Monthly	\$3,529 Monthly

How to apply? [Community Health Access Program \(CHAP\) 1-800-756-5437.](#)

COFA ISLANDER HEALTH CARE

Compact of Free Association (COFA) Islander Health Care provides health coverage for eligible islanders from the Republic of the Marshall Islands, the Federated State of Micronesia, and the Republic of Palau.

COFA (Compact of Free Association) Islander Health Care is a Health Care Authority (HCA) program that provides insurance at no cost to those originally from the COFA Islands if they meet income guidelines.

HCA pays the monthly insurance premium directly to the insurance company and the client is given a Navia card to pay for prescriptions, co-insurance, and co-payments.

Eligibility:

- Must intend to reside in Washington.
- Must meet income requirements.
- Enroll into a silver level qualified health plan.
- Agree to file federal taxes (even if they do not meet tax-filing requirements).
- Not receiving other federal or state medical coverage.

Program	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
COFA	\$1,468 Monthly	\$1,983 Monthly	\$2,498 Monthly	\$3,013 Monthly	\$3,529 Monthly	\$4,044 Monthly	\$4,559 Monthly

How to apply? Wahealthplanfinder.org or you can call the [Community Health Access Program](#) (CHAP) 1-800-756-5437.

FAMILY PLANNING ONLY

Family Planning Only provides coverage for a variety of family planning services to both men and women to prevent unintended pregnancies.

Eligibility:

- Must intend to reside in Washington.
- Must meet income requirements.
- Must be either:
 - Uninsured and not eligible for Apple Health (Medicaid).
 - Insured and seeking confidential services. Only applies to the following:
 - Teens 18 years and younger.
 - Victims of domestic violence.

What's covered?

- ✓ Birth Control Methods (pills, patches, rings, shots, IUD's) Condoms, Spermicides.
- ✓ Emergency Contraception, Tubal Ligations (tubes tied), Sterilization & Vasectomy.
- ✓ Limited screening and treatment for sexually transmitted infections (STIs, STDs).
- ✓ Screening for Cervical cancer & Well Woman Physical Examination & more.

Program	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
Family Planning Only	\$2,765 Monthly	\$3,736 Monthly	\$4,706 Monthly	\$5,677 Monthly	\$6,648 Monthly	\$7,618 Monthly	\$8,589 Monthly

[Download the Family Planning Only services application](#) (PDF), 13-781 (www.hca.wa.gov)

How to apply? Complete the application above and mail it to the address listed on the application or, contact the [Community Health Access Program](#) (CHAP) 1-800-756-5437 for assistance.

BREAST & CERVICAL HEALTH PROGRAM (BCHP)

BCCHP helps eligible clients get screened for cancer and access treatment. If you or your family have a personal history of cancer, please talk to your medical provider.

Breast Cancer Screening: It's recommended that women should be screening at ages 40-64. Men, transmen, and transwomen should discuss personal risk with a medical provider and get screened accordingly.

Cervical Cancer Screening: For women 21-29, a Pap test is recommended every 3 years. Women ages 30-64 should be tested for Human Papillomavirus (HPV) every 5 years, or a Pap test alone every 3 years. Transmen should discuss personal risk with a medical provider.

Eligibility:

- Must be uninsured or underinsured.
- Must meet age requirement.
- Not eligible for WA Apple Health (Medicaid).
- Chose not to enroll in a qualified health plan or missed open enrollment.
- Have a high deductible for breast/cervical diagnostics >\$500.
- Must meet income requirements.

Program	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
BCCHP	\$2,658 Monthly	\$3,592 Monthly	\$4,525 Monthly	\$5,458 Monthly	\$6,392 Monthly	\$7,325 Monthly	\$8,258 Monthly

How to apply? Contact the [Community Health Access Program](#) (CHAP), 1-800-756-5437.

HOSPITAL CHARITY CARE

Washington state laws require hospitals to provide residents with certain types of care for free or at a lower cost if they cannot afford to pay for medical treatment. Charity Care covers “medically necessary” treatment. This includes inpatient hospital stays and emergency room visits.

**What if you never applied for Charity Care and your hospital bill went and now a collection agency is calling me? A collection agency may not report medical debt to a credit bureau for at least 180 days from the date the collection agency received the debt. You should immediately apply for Charity Care and contact the collection agency. The agency must stop all collections activity until the hospital process your application.

How to apply? Each hospital has the application on their website. Linked below is a copy of the application for most King County hospitals.

- [CHI Franciscan: Charity Care / Financial Assistance Application Form](#)
- [Kaiser Permanente Medical Financial Assistance \(MFA\) Program](#)
- [MultCare Hospital Financial Assistance Application Form](#)
- [Overlake Medical Center: Charity Care/Financial Assistance Application Form](#)
- [Seattle Cancer Care Alliance: Financial Assistance/Charity Care Application Form](#)
- [Seattle Children's Financial Assistance \(Charity Care\) Application](#)
- [Snoqualmie Valley Hospital: Charity Care/Financial Assistance Application](#)
- [Swedish Hospital: Charity Care/Financial Assistance Application Form](#)
- [Virginia Mason Medical Center: Charity Care/Financial Assistance Application Form](#)
- [UW Medicine: Financial Assistance Application Form](#)
- [Evergreen Health: Charity Care/Financial Assistance Application](#)

For additional help please contact the [Community Health Access Program](#) (CHAP) 1-800-756-5437

PRESCRIPTION PROGRAMS

KING COUNTY PRESCRIPTION DISCOUNT CARD PROGRAM

Available at no cost to all county residents. It can save an average of 24% off the price of all commonly prescribed medications.

- King county residents who do not have insurance can show their card to save on all prescription's purchases.
- No annual limits placed on use.
- No application forms or waiting periods.
- No age, income, or immigration requirements.
- Covers pet prescriptions.

This is not an insurance program it is a prescription discount program only.

Some local pharmacies include: Safeway, Carolyn Downs Family Medicine, Walgreens, Bartell, Harborview Medical Center, Seattle Indian Health Board, Chesterfield, QFC, Kelly Ross, ICHS International District, Pacific Medical Center, King Plaza, NeighborCare pharmacies, Sea Mar, Rite Aid, CVS, and King County Public Health.

To print an ID card that can be used immediately at a participating pharmacy or to locate a pharmacy visit: www.nacorx.org

For additional information: Contact the [Community Health Access Program](#)

(CHAP) 1-800-756-5437.

WASHINGTON PRESCRIPTION DRUG PROGRAM (WPDP) DISCOUNT CARD

The WPDP discount card provides prescription drug discounts for those who don't have prescription drug coverage.

Eligibility

All Washington State residents are eligible for the WPDP Discount Card. There are no age or income restrictions. The Discount Card does not cover prescription drugs prescribed for pets. There are no annual fees or hidden costs. All drugs with a prescription are eligible for a discount. You can save up to 60 percent on generic drugs and up to 20% on brand name drugs.

How do I enroll?

- Online at www.modahealth.com/SecuredFormsWeb/ODS/drug_card_wpdp.jsp
- By phone at 1-800-913-4146
- Print an enrollment form and mail it in.
 - Vietnamese
 - Russian
 - Spanish
 - English

You will receive your Discount Card one week after your application is received.

DEFERRED ACTION FOR CHILDHOOD ARRIVALS (DACA)

What is DACA?

DACA is a program that protects undocumented immigrants who came to the United States as children under circumstances beyond their control from deportation. On June 15, 2012, the Secretary of Homeland Security announced that people who meet these criteria and meet several other guidelines may request consideration of deferred action for a period of two years, subject to renewal. If approved for DACA you are eligible for a work permit. Deferred action does not provide lawful status.

DACA Health Insurance Options

While residents who are approved for DACA have the right to work and avoid deportation, they do not have a lawful immigration status. Therefore, you're not eligible for most medical programs. You can apply for:

- ✓ Apple Health for Kids (up to age 19)
- ✓ Apple Health Pregnancy Medical
- ✓ Alien Emergency Medical (AEM)
- ✓ Prescription Assistance Program
- ✓ Family Planning Only
- ✓ Hospital Charity Care
- ✓ Breast Cervical Colon Health Program (BCCHP)
- ✓ Dental Care at our Public Health Centers
- ✓ Each program is included in this resource guide.

DACA Renewal Scholarships

El Centro De La Raza is offering scholarships to Individuals who need financial support paying for their DACA renewals. They will send a check made out to the Department of Homeland Security in full. Submit the form here: www.elcentrodelaraza.org/get-help/daca.

PUBLIC HEALTH CENTERS

Helping residents find a medical/dental home

Our goal is to ensure that every resident in King County has a medical and dental provider regardless of insurance status, race, zip code, immigration status or income.

PRIMARY CARE

Downtown Public Health Center	Eastgate Public Health Center	North Public Health Center	Navos
		(Medical services provided by NeighborCare Health)	
2121 4 th Ave Seattle, 98121 (206) 477-3977	14350 SE Eastgate Way Bellevue, 98007 (206) 296-477-8000	10521 Meridian Ave N 2 nd Floor Seattle, 98133 (206) 263-9440	1210 SW 136 th St Burien, 98166 (206) 257-6870

FAMILY PLANNING CLINICS (BIRTH CONTROL & SEXUAL HEALTH CLINICS)

Auburn Public Health Center	Eastgate Public Health Center	Federal Way Public Health Center	Kent Public Health Center
901 Auburn Way N. #A Auburn, 98002 (206) 477-0600	14350 SE Eastgate Way Bellevue, 98007 (206) 296-477-8000	10521 Meridian Ave N 2 nd FL Seattle, 98133 (206) 263-9440	25742 104 th Ave SE Kent, 98030 (206) 477-6950

For additional information: www.kingcounty.gov/clinics or (206) 296-4600.

COMMUNITY HEALTH CENTERS (CHC)

Helping residents find a medical/dental home

Community Health Centers

In addition to Public Health Centers, our Community Health Centers (CHC) partners are throughout King County and they provide services to residents regardless of race, immigration status, income or zip code.

Many of our partners have reduced or adjusted fees according to your household size and income. They provide some or all the following services:

- Complete medical care for the whole family;
- Behavioral Health Services
- Family Planning and women's health care, including pregnancy testing;
- Treatment for sexually transmitted diseases (STD);
- WIC food and nutrition programs;
- Interpreters for those who speak limited English
- Dental Clinics
- Pharmacies on site

Country Doctors
(206) 299-1600

Healthpoint
(866) 893-5717

Highline-CHI
Franciscan
1-888-825-3227

International
Community Health
Services
(206) 788-3700

Neighborcare
Health
(206) 548-5710

SeaMar Community
Health Centers
(206) 762-3263

Seattle Children's
Odessa Brown Clinic
(206) 987-7210

Seattle Indian
Health Board
(206) 324-9360

Please visit: www.kingcounty.gov/chc for location addresses of the clinics in King County or call the number of the clinic listed above.

ADDITIONAL CLINICS IN KING COUNTY

These are private, nonprofit community-based organizations that provide medical care at little or no charge to low-income, uninsured persons through the use of volunteer healthcare professionals. They are not affiliated with Public Health-Seattle & King County.

Auburn	Bellevue	Fall City
<p>Christ Community Free Clinic 1 "A" St NW Auburn 98071 (253) 736-2634</p> <p>www.christfreeclinic.org</p> <p>Free urgent medical & limited dental services.</p>	<p>Hopelink Building 14812 Main St Bellevue 98007 (206) 414-6984</p> <p>www.valleymed.org/our-services/outreach-programs/rotacare-clinic/</p> <p>Free health care for adults & children without medical insurance.</p>	<p>CarePoint 36017 SE Fish Hatchery Rd Fall City WA 98024 (425) 478-6627</p> <p>www.carepointonline.wordpress.com/services</p> <p>Free healthcare to the Snoqualmie Valley & surrounding areas.</p>
Federal Way	Renton	Tukwila
<p>Cornerstone Medical Services 1014 S. 320th Street Federal Way 98003 (253) 200-1988</p> <p>Uninsured or low-income families can receive free or discounted healthcare.</p>	<p>RotaCare Free Clinic Salvation Army Church 720 S Tobin Renton 98058 (425) 228-3450</p> <p>www.valleymed.org/our-services/outreach-programs/rotacare-clinic</p> <p>Free care for adults & children without medical insurance.</p>	<p>New Hope Health Center Redemption Fellowship 15880 Military Rd. S Tukwila 98188 (206) 453-1868</p> <p>www.newhopehealth.org</p> <p>Care is provided for all adults with no insurance. Proof of income is required.</p>
Seattle	Seattle	Seattle
<p>Lahai Health-Green Lake Aurora Commons 8914 Aurora Avenue N Seattle 98103 (206) 363-4105 ext. 230</p> <p>www.lahai.org/medicalclinic</p> <p>Uninsured patients can be seen at no cost or a suggested donation of \$10.00.</p>	<p>Lahai Health-Haller Lake North Seattle Church 2152 N 122nd Street Seattle 98133 (206) 363-4105 ext. 230</p> <p>www.lahai.org/medicalclinic</p> <p>Uninsured patients can be seen at no cost or a suggested donation of \$10.00.</p>	<p>RotaCare Free Clinic 12736 33rd Ave NE #200 Seattle 98125 (206) 414-6984</p> <p>www.valleymed.org/our-services/outreach-programs/rotacare-clinic</p> <p>Free care for adults & children without medical insurance.</p>

DENTAL CARE

Public Health-Seattle & King County has dental clinics throughout King County. Our adult dental services are all available to Apple Health (Medicaid) clients and to adult non-citizens not eligible for Apple Health.

PUBLIC HEALTH CENTERS

Downtown Public Health	North Seattle Dental Clinic	Columbia City Center for Health	Renton Public Health Center	Eastgate Public Health
2124 4 th Ave Seattle 98121 (206) 477-8300	12359 Lake City Way NE Seattle 98125 (206) 205-8580	4400 37 th Ave S Seattle 98118 (206) 535-2497	3201 NE 7 th St Renton 98056 (206) 477-0100	14350 SE Eastgate Way Bellevue 98007 (206) 477-8000

COMMUNITY CLINICS

In addition to Public Health Dental Clinics, our partners at the Community Health Centers (CHS) also provide dental care. www.kingcounty.gov/chc

HealthPoint	International Community Health Services (IChS)	NeighborCare Health	Sea Mar Community Health Centers	Seattle Indian Health Board (SIHB)
(1-866-893-5717)	(206) 788-3700	(206) 548-5710	(206) 762-3263	(206) 324-9360

For additional information, please call: [Community Health Access Program](http://www.kingcounty.gov/chap) (CHAP), 1-(800) 756-5437. [Access a list of dental clinics for clients with and without health insurance](http://www.kingcounty.gov/dental) or visit www.kingcounty.gov/abcd.

ACCESSING DENTAL SERVICES

ACCESS TO BABY AND CHILDREN DENTISTRY (ABCD) PROGRAM

Access to Baby and Child Dentistry (ABCD) is a system of care in King County that connects Apple Health (Medicaid) insured children from birth through age five with specially trained dentists in their communities. It's important that young children get care early, as a child with dental disease may have oral health problems throughout life. Cavities can be painful and interfere with a child's ability to focus and learn in school, eat, speak and even play. Yet, cavities are almost entirely preventable, and prevention saves money for everyone.

Why ABCD? Making sure that your children have healthy teeth and mouths for a lifetime begins early. Baby teeth help children chew food and speak clearly. They shape children's faces and guide adult teeth into place. Cavities in baby teeth can cause pain and affect a child's ability to sleep, learn and pay attention.

Eligibility:

- Any Apple Health (Medicaid) eligible child from birth through age 5 years old are automatically enrolled
- Any child enrolled in the Developmental Disabilities Administration (DDA) home and community-based waiver services between ages 6 -12 years old.

Program Benefits:

- Increased access to dental care throughout King County
- Increased number of dental services (i.e. 3 fluoride varnish applications per year, 2 Family Oral Hygiene Instruction consultations per year, etc.)
- Assistance in finding a dentist that will fit your needs and language preferences
- Assistance in coordinating transportation to and from the dental office
- Assistance in coordinating interpreter services for the dental visit

Dental Resource List Children

For additional questions, contact [Community Health Access Program](#) (CHAP) 1-(800) 756-5437 or abcd@kingcounty.gov . [Access a list of pediatric dentists in King County](#) or visit www.kingcounty.gov/abcd

VISION RESOURCES & EYEGLASSES

Millionair Club Charity www.millionairclub.org

2515 Western Avenue, Seattle 98121

Open Thursday to anyone over 18 with no medical insurance. ID is required. Please call first day of the month at 9:00 am to schedule an appointment.

Clients are encouraged to walk-in for stand-by line or wait list starting at 7:30 am, may arrive as early as 6:00 am. There are only about 8 appointments per Thursday. Clinic closed July and August.

For more information call (206) 728-5627

InfantSEE® www.infantsee.org

A public health service program that provides eye and vision care for infants. Member optometrists provide a comprehensive eye assessment for infants between 6 and 12 months of age at no-cost to the families.

For more information call 1-(888) 396-3937 or (314) 983-4160.

LensCrafters – OneSight Program

This program is for King County residents who need eyeglasses. Clients must meet income requirements and have a valid prescription within the last two years.

For more information call [Community Health Access Program](#) (CHAP) at 1-(800) 756-5437.

New Eyes (Eye glasses)

New Eyes provides a basic pair of single or lined bifocal lenses. A New Eyes voucher is for individuals who have no other resources with which to obtain eyeglasses. You must have a current prescription.

To apply, please call [Community Health Access Program](#) (CHAP) at 1-(800) 756-5437.

PRIVATE INSURANCE COMPANIES THAT DON'T REQUIRE A SOCIAL SECURITY NUMBER

You are eligible to purchase a plan that sells outside of Wahealthplanfinder.org. Some plans do not require a social security number to enroll.

MEDICAL

- *Kaiser Permanente Washington*
 - Website: www.wa.kaiserpermanente.org/individual-family/
 - Phone: 1-(800) 358-8815
- *Regence*
 - Website: www.regence.com/member/shop-individual
 - Phone: 1-(888) 734-3623

DENTAL

You can purchase a dental plan that covers cleanings, x-rays and other dental services. Each plan has monthly premiums and co-payments.

- *Delta Dental*
 - Website: www.deltadentalwa.com
 - 1-(844) 764-5301

If you have Costco membership and purchase Delta Dental through them as your plan may have a lower cost.

VISION

You can purchase a vision plan that covers contact or eyeglasses and frames. Each plan has monthly premiums and co-payments.

- *Vision Service Providers (VSP)*
 - Website: www.vsp.com/vision-insurance-plans
 - 1-(855) 782-9877

FOOD RESOURCES

BASIC FOOD PROGRAM (EBT/SNAP)

The Basic Food Program (SNAP, EBT, or Food Stamps) helps families buy more food for their families. Once you have been approved you will receive an Electronic Benefit Transfer card (EBT) that will allow you to buy fresh fruit, vegetable, meat and much more at participating stores.

Eligibility is based on monthly income and family size. Undocumented residents are not eligible for the Basic Food program, but families with children who are **U.S. citizens may be eligible.**

Program	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
Basic Food	\$2,127 Monthly	\$2,873 Monthly	\$3,620 Monthly	\$4,367 Monthly	\$5,113 Monthly	\$5,860 Monthly	\$6,607 Monthly

Basic Food	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
Maximum Benefits	\$194 Monthly	\$355 Monthly	\$509 Monthly	\$646 Monthly	\$768 Monthly	\$921 Monthly	\$1,018 Monthly

Once you have been approved for Basic Food, most households are eligible for: Women Infants Children (WIC) program (see next page), low-income internet, free or reduced school lunches, and wireless telephone programs (see page 32).

How to apply? Contact the [Community Health Access Program](#)

(CHAP) 1-(800) 756-5437 for assistance or apply online at www.washingtonconnection.org.

WOMEN, INFANT AND CHILDREN (WIC) SUPPLEMENTAL NUTRITION PROGRAM

WIC is a supplemental food program for women who are pregnant or breastfeeding, infants and children. Pregnant women, new moms & children under five can get healthy food and lots more through this program.

Eligibility:

- You live in Washington State, and have a medical or nutrition need
- Dad, grandparents, and other caregivers of children under the age of five may also sign kids up for WIC. Foster children under age five and foster teens who are pregnant are eligible for WIC.
- If you or your family member are on Apple Health (Medicaid), Temporary Assistance for Needy Families (TANF), or Basic Food you may be eligible for WIC too.
- Many working families and military families are eligible for WIC.

To find a WIC clinic or get more information: Call (206) 263-9300 or www.kingcounty.gov/wic.

NORTHWEST HARVEST SODO COMMUNITY MARKET

Offering pre-bagged produce, prepared foods and shelf-stable groceries right at the door. Open to anyone of ANY AGE. No ID is required. It's located in Seattle's SODO neighborhood: 1915 4th Avenue South, near the corner of 4th Avenue South and South Holgate Street.

For more information: www.northwestharvest.org/sodo-community-market or (206) 380-0277.

FEEST (FREE GROCERIES)

FEEST is an organization led by students at Chief Sealth, Evergreen, Rainier Beach and Tyee High School. They organize a grocery deliver project to families attending the above schools. Families fill out the form online and indicate your shopping list.

For more information: www.feestseattle.org or (206) 348-3675.

Food Banks in King County

This is only a partial list of Food Banks in King County. Please contact each location directly for days and hours of food pickup.

Auburn	Auburn	Bellevue	Burien	Covington
St. Vincent de Paul 717 Auburn Way N Auburn 98002 (253) 833-2546	Auburn Food Bank 930 18th Pl NE Auburn 98002 (253) 833-8925	Hopelink Bellevue 14812 Main St Bellevue 98007 (425) 943-7555	Highline Area Food Bank 18300 4 th Ave S Burien 98148 (206) 433-9900	Storehouse 26201 180 th Ave SE Covington 98042 (253) 631-3038
Des Moines	Enumclaw	Enumclaw	Fall City	Federal Way
Des Moines Area Food Bank 22225 9 th Ave S Des Moines 98198 (206) 878-2660	Enumclaw Food Bank 1350 Cole St Enumclaw 98022 (360) 825-6188	Plateau Outreach Ministries 1806 Cole St Enumclaw 98022 (360) 825-8961	Fall City Community Food Pantry 4326 337 th Pl SE Fall City 98024 (425) 269-8098	Multi-Service Center 1200 S 336 th Federal Way 98003 (253) 838-6810
Issaquah	Kent	Kent	Maple Valley	North Bend
Issaquah Food & Clothing Bank 179 1 st Ave SE Issaquah 98027 (425) 392-4123	Kent Food Bank & Emergency 515 W Harrison St Suite #107 Kent 98032 (253) 520-3550	Kent Food Bank 24360 129 th Pl SE Kent 98030 (253) 981-3145	Maple Valley Food Bank 21415 Renton-Maple Valley Road SE Maple Valley 98038 (425) 432-8139	Snoqualmie Valley Food Bank 122 E 3 rd St North Bend 98045 (425) 888-7832
Pacific	Renton	Seattle	Seattle	Seattle
Algonia/Pacific Food Pantry 603 3 rd Ave SE Pacific 98047 (253) 351-0450	Salvation Army- Renton 206 S Tobin Renton 98057 (425) 255-5969	West Seattle Food Bank 3419 SW Morgan Seattle 98126 (206) 932-9023	Rainier Valley Food Bank 4205 Rainier Ave S Seattle 98118 (206) 723-4105	North Helpline Food Bank 12736 33 rd Ave NE Seattle 98125 (206) 367-3477

Food Banks in King County

Seattle	Seattle	Seattle	Seattle	Seattle
The Food Bank at St. Mary's 611 20 th Ave S Seattle, 98144 (206) 324-7100	Seattle Indian Center Food Bank 1265 S Main St #105 Seattle 98144 (206) 329-8700	El Centro De La Raza 2524 16 th Ave S Seattle 98144 (206) 973-4401	Byrd Barr Place 722 18 th Ave Seattle 98122 (206) 812-4940	Ballard Food Bank 5130 Leary Ave NW Seattle 98107 (206) 789-7800
Seattle	Seattle	Seattle	Skykomish	Shoreline
Queen Anne Food Bank of Sacred Heart 232 Warren Ave N Seattle 98109 (206) 216-4102	White Center Food Bank 10829 8 th Ave SW Seattle 98146 (206) 762-2848	St. Vincent de Paul – Georgetown 5972 4 th Ave Seattle 98108 (206) 767-9975	Skykomish Harvest Food Bank 108 Old Cascade Hwy NE Skykomish 98288 (425) 908-0429	Hopelink Shoreline 17837 Aurora Ave N Shoreline 98133 (206) 440-7300
Tukwila	Vashon	<p>You may also go to</p> <p>www.northwestharvest.org/statewide-network</p> <p>and search by zip code or city.</p>		
Tukwila Pantry 3118 S 140 th Tukwila 98168 (206) 431-8293	Vashon- Maury Food Bank 10030 SW 210th Bldg. 4 Vashon 98070 (206) 463-6332			

TRANSPORTATION

ORCA LIFT

Reducing your bus fare to \$1.50 (in most cases)

ORCA LIFT is reduced transit fare that can help you get more out of your public transportation system. Your ORCA LIFT card provides you with a reduced transit fare on select regional transit systems throughout the Puget Sound area. ORCA LIFT cards will also work with transit agencies not offering a reduce rate, but at the full adult fare

Community Transit (local): \$1.25	Community Transit (commuter): \$2.00
Everett Transit: \$1.50	King County Metro buses: \$1.50
King County Water Taxi	West Seattle: \$3.75
Vashon Island: \$4.50	Kitsap Transit buses and Foot Ferries: \$1.00
Kitsap Transit Fast Ferries:	Souder Trains: \$2.50-\$4.25
East-bound: \$1.00	Fares change depending on distance
West-Bound: \$5.00	Sound Transit Buses: \$1.50
Seattle Streetcar: \$1.50	Pierce Transit & Washington State Ferries: full fare
Sound Transit Link light rail: \$1.50	

Eligibility:

You must meet income guidelines. (See Below)

If your family is receiving Basic Food or Apple Health, or if you're on pregnancy medical you're already eligible!

Immigration status is not a factor.

Family Size	1-Person Household	2-Person Household	3-Person Household	4-Person Household	5-Person Household	6-Person Household	7-Person Household
Gross income	\$2,127 Monthly	\$2,873 Monthly	\$3,620 Monthly	\$4,367 Monthly	\$5,113 Monthly	\$5,860 Monthly	\$6,607 Monthly

How to apply: You can enroll online at: www.kingcounty.gov/collegelift or call the [Community Health Access Program](#) 1-(800) 756-5437.

OTHER PROGRAMS OR INFORMATION

GUN SAFETY

King County's Lock It Up program mission is to promote safety in our communities by increasing safe firearm storage.

Find information on:

- Why it's important to store firearms safely
- Safe storage device options
- How to practice safe storage at home
- How to encourage others to store firearms safely

To learn more, check out our data site at www.kingcounty.gov/firearms

TOBACCO AND VAPOR PREVENTION

Program's mission is to reduce health disparities through partnerships, policies, and system changes that promote effective cessation efforts and prevent tobacco use, nicotine addiction and exposure to secondhand smoke.

For more information contact:

- Tobacco Prevention Program
401 5th Avenue, Suite 1110
Seattle 98104
- Phone (206) 263-8271
- Email: tobacco.prevention@kingcounty.gov

ENGLISH AS A SECOND LANGUAGE

KING COUNTY LIBRARY SYSTEM

Learn English grammar, reading, writing and conversation skills with an experienced instructor. Classes are free.

For more information, please visit

[www.kcls.bibliocommons.com/events/search/fq=types:\(5672ea0bddaae0b810019c3d\)](http://www.kcls.bibliocommons.com/events/search/fq=types:(5672ea0bddaae0b810019c3d))

GOODWILL

English for Speakers of Other Languages (ESOL) Classes

All classes are free of charge. Classes are held two to four days a week and last 90 minutes to two hours. Computer labs are available for ESOL students who want to use Rosetta Stone to work on their English skills at their own pace.

- ESOL Cashiering and Customer Service Program

This program is for Level 2 English language learners who want to get a job in cashiering or customer service.

- *Classes include:* Cashiering, Customer Service, American Workplace, Computer Skills, and Job Search. ESOL Cashiering and Customer Service is offered at the King County Job Training and Education Center.

For more information or to learn how to register, please contact Joseph Ntumba, joseph.ntumba@seattlegoodwill.org or (206) 860-5786.

CENTRO RENDU

Free adult basic education classes in Spanish, classes for English language learners, high school completion programs (GED & 21+), computer and financial literacy classes.

For more information contact (253) 499-4235 or centrorendu@svdpseattle.org

HOPELINK

About English for Work

English for Work is a free program that helps people improve their English language skills to prepare for employment in the United States. Students learn about topics such as skills and strengths, job search, resumes, and interviewing, while practicing speaking, listening, reading, and writing.

Classes are best for intermediate and advanced level students.

To enroll in English for Work online, students must:

- Plan to get a job in the U.S. or enroll in job training/college to prepare to get a job (within the next 6 months)
- Be able to participate in online classes
- Complete orientation
- Be 18 years or older
- Not have a B, F, J, or M visa

Live near a Hopelink Center (for example, in Shoreline, Bothell, Kenmore, Kirkland, Bellevue, Redmond, or any surrounding cities)

Important: If you do not want to get a job, other classes will be better for you. Please ask us for recommendations!

For more information contact (425) 250-3007 or englishforwork@hopelink.org

REWA

ReWA offers six levels of ESL classes, ranging from basic to intermediate. Our literacy program provides newcomers with a positive environment to help them gain and improve English language skills and break down the barriers to employment.

For more information, contact Yuliya Matyushkina at (206) 957-2029 or yuliya@rewa.org

LITERACY SOURCE

Literacy Source has partnered with the cities of SeaTac and Tukwila for over a decade to provide free English language classes in the community. We currently partner with Lutheran Community Services to offer an ESOL class at the Angle Lake Family Center in SeaTac. Classes are three times weekly, and provide childcare for non-school aged children.

Address:

Angle Lake Family Center
4040 South 188th Street, SeaTac 98188

Contact Lisa Greenfield for more information. Classes are open enrollment - please arrive before class to talk with the instructor.

ESL DIRECTORY

To find more classes in your area please visit www.esldirectory.com/esl-program-search/usa/washington

LEGAL RESOURCES

Asian Counseling and Referral Service (ACRS)

Areas of legal assistance:	Adjustment of Status, Consular Processing, Family-based petitions, Naturalization/Citizenship
Types of legal assistance:	Help completing forms, Filings with USCIS
Location:	3639 Martin Luther King Jr. Way South, Seattle 98144
Contact:	(206) 695-7566, www.acrs.org

Catholic Community Services of Western Washington – Catholic Immigration Legal Services (Seattle Office)

Areas of legal assistance:	Employment Authorization
Types of legal assistance:	Representation before the Board of Immigration Appeals (BIA)
Location:	100 23rd Avenue South, Seattle 98144
Contact:	(206) 328-6314, www.ccsww.org , AbdiJ@ccsww.org

Colectiva Legal del Pueblo

Areas of legal assistance:	Adjustment of Status, Asylum applications, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, Habeas Corpus, NACARA, Naturalization/Citizenship, Removal hearings, T visas, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions.
Types of legal assistance:	Help completing forms, Filings with USCIS, Representation at Asylum Interviews , (Credible Fear Interviews, Reasonable Fear Interviews), Representation before the Immigration Court, Representation before the Board of Immigration Appeals (BIA), Federal court appeals
Location:	201 SW 153rd Street, Burien 98166
Contact:	(206) 931-1514, www.colectivalegal.org , info@colectivalegal.org

Entre Hermanos

Areas of legal assistance:	Adjustment of Status, Asylum applications, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, Habeas Corpus, NACARA, Naturalization/Citizenship, Removal hearings, Special Immigrant Juvenile Status, T visas, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions
Types of legal assistance:	Help completing forms, Filings with USCIS, Representation at Asylum Interviews (Credible Fear Interviews, Reasonable Fear Interviews), Representation before the Immigration Court, Representation before the Board of Immigration Appeals (BIA), Federal court appeals
Location:	1621 S Jackson Street, Suite #202, Seattle 98144
Contact:	(206) 538-0329, www.entrehermanos.org , mayra@entrehermanos.org

Interchurch Refugee Ministries - Refugee Resettlement Office

Areas of legal assistance:	Adjustment of Status, Family-based petitions, Naturalization/Citizenship
Types of legal assistance:	Help completing forms, Filings with USCIS
Location:	1610 South King Street, Seattle 98144
Contact:	(206) 323-3152, www.dioceseroseattle.org , info@rroseattle.org

International Rescue Committee (SeaTac Office)

Areas of legal assistance:	Adjustment of Status, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, Naturalization/Citizenship
Types of legal assistance:	Help completing forms, Filings with USCIS
Location:	1200 Military Road South, Suite #101, SeaTac 98148
Contact:	(206) 623-2105, www.rescue.org , seattle@rescue.org

International Rescue Committee (Seattle Office)

Areas of legal assistance:	Adjustment of Status, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, Naturalization/Citizenship, Temporary Protected Status (TPS)
Types of legal assistance:	Help completing forms, Filings with USCIS
Location:	1200 South 192nd Street, Suite #101, Seattle 98148
Contact:	(206) 623-2105, www.rescue.org/seattle , seattle@rescue.org

Lutheran Community Services Northwest - Refugee Program (Seattle Office)

Areas of legal assistance:	Adjustment of Status, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, Naturalization/Citizenship
Types of legal assistance:	Help completing forms, Filings with USCIS
Location:	911 Stewart Street, Seattle 98101
Contact:	(206) 694-5742, www.lcsnw.org/services , nrao@lcsnw.org

Neighborhood House

Areas of legal assistance:	Naturalization/Citizenship
Types of legal assistance:	Help completing forms, Filings with USCIS, Representation before the Immigration Court, Representation before the Board of Immigration Appeals (BIA)
Location:	1225 South Weller Street, Suite #510, Seattle 98144
Contact:	(206) 461-8430, www.nhwa.org

Northwest Immigrant Rights Project (Seattle Office)

Areas of legal assistance:	Adjustment of Status, Asylum applications, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, Habeas Corpus, NACARA, Naturalization/Citizenship, Removal hearings, Special Immigrant Juvenile Status, T visas, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions
Types of legal assistance	Help completing forms, Filings with USCIS, Representation at Asylum Interviews (Credible Fear Interviews, Reasonable Fear Interviews), before the Immigration Court, Representation before the Board of Immigration Appeals (BIA), Federal court appeals
Location:	615 2nd Avenue, Suite #400, Seattle 98104
Contact:	(206) 587-4009, www.nwirp.org

Refugee Women's Alliance

Areas of legal assistance:	Adjustment of Status, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, Naturalization/Citizenship, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions
Types of legal assistance:	Help completing forms, Filings with USCIS
Location:	4008 Martin Luther King Jr. Way, Seattle 98108
Contact:	(206) 721-0243, www.rewa.org

St. James Immigrant Assistance

Areas of legal assistance:	Naturalization/Citizenship
Types of legal assistance:	Help completing forms, Filings with USCIS
Location:	804 Ninth Avenue, Seattle 98104
Contact:	(206) 382-4511, www.stjames-cathedral.org/immigrant , ckoehler@stjames-cathedral.org

Tacoma Community House

Areas of legal assistance:	Adjustment of Status, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, Naturalization/Citizenship, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions
Types of legal assistance:	Help completing forms, Filings with USCIS
Location:	1314 South L Street, Tacoma 98405
Contact:	(253) 383-3951, www.acomacommunityhouse.org , ycosme@tacomacommunityhouse.org

The Washington New Americans Program at OneAmerica

Areas of legal assistance:	Naturalization/Citizenship
Types of legal assistance:	Help completing forms, Filings with USCIS
Location:	1225 South Weller Street, Suite #430, Seattle 98144
Contact:	(206) 926-3924, www.wanewamericans.org , wna@weareoneamerica.org

The West African Community Council

Areas of legal assistance:	Adjustment of Status, Asylum applications, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Employment-based immigrant and non-immigrant petitions, Family-based petitions, Naturalization/Citizenship, T visas, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions
Types of legal assistance:	Help completing forms, Filings with USCIS, Representation at Asylum Interviews (Credible Fear Interviews, Reasonable Fear Interviews)
Location:	6322 44th Avenue South, Seattle 98118
Contact:	(206) 349-0892, www.waccofseattle.com , issan@waccofseattle.com

Ukrainian Community Center of Washington (Seattle Office)

Areas of legal assistance:	Adjustment of Status, Consular Processing, Employment authorization, Employment-based immigrant and non-immigrant petitions, Family-based petitions, Naturalization / Citizenship, U visas
Types of legal assistance:	Help completing forms, Filings with USCIS
Location:	13470 Martin Luther King Jr. Way South, Seattle 98178
Contact:	(425) 430-8229, www.uccwa.org

World Relief (Seattle Office)

Areas of legal assistance:	Adjustment of Status, Employment authorization, Naturalization/Citizenship
Types of legal assistance:	Help completing forms, Filings with USCIS
Location:	841 Central Avenue North, Suite C-106, Kent 98032
Contact:	(253) 277-1121, www.worldreliefseattle.org , infoseattle@wr.org

For additional questions regarding this guide, please contact:

<p>CARMEN OLVERA <i>Program Manager</i> Public Health - Seattle & King County Carmen.Olvera@Kingcounty.gov (206) 550-6119</p>	<p>LETICIA VARGAS <i>Health Care Navigator II</i> Public Health - Seattle & King County Leticia.Vargas@Kingcounty.gov (206) 263-1365</p>
<p>LUIS SALAZAR <i>Educator Consultant</i> Public Health - Seattle & King County Luis.Salazar@Kingcounty.gov (206) 263-8261</p>	<p>CRISTEL SOLIS BARRIENTOS <i>Health Care Navigator II</i> Public Health - Seattle & King County Cristel.Solis-Barrientos@kingcounty.gov (425) 757-9402</p>

The [Community Health Access Program](#) can be reached at:

1-(800) 756-5437

www.kingcounty.gov/outreach

www.kingcounty.gov/coverage

Email: Chap@kingcounty.gov

