

Blood Pressure (BP) Support- No cost programs that help you monitor your BP and make healthy lifestyle changes

- Healthy Hearts Blood Pressure Self-Monitoring Program*- Frederick County Health Dept.- Call 301-600-3362, visit webpage at <https://health.frederickcountymd.gov/HealthyHeart> using QR code shown here, or email cswank@frederickcountymd.gov
 - Next class for English speakers- Will start in October or November 2025.
 - Next class for Spanish speakers- Will start in October 2025
 - Contact program to enroll or get on waitlist!
- Hood's Million Hearts Program*- Register at- <https://www.hood.edu/hood-million-hearts-PROGRAM> **ON HOLD.**



Cancer Screening Programs

- Breast Cancer & Cervical Cancer Screening Program*: No cost breast cancer screening for community members ages 40 or older, uninsured or underinsured, and have limited income. Frederick County Health Department CCDP Program: Call 301-600-3362 to see if you are eligible or visit www.frederickcountymd.gov/cancerprevention or use QR code.
- Colorectal Cancer Screening Program*: No cost colorectal cancer screening for community members who are 45 years or older (or younger but with a personal or family history of colorectal cancer), uninsured or underinsured, and with limited or moderate income. Frederick County Health Department CCDP Program: Call 301-600-3362 to see if you are eligible or visit www.frederickcountymd.gov/cancerprevention or use QR code above.



Diabetes and Prediabetes Programs

- Diabetes Prevention Program- For Medicare or Medicaid clients only- Year-long program to help prevent type 2 diabetes. Call Frederick Health- 240-566-3986; Email- prediabetes@frederick.health or use QR code- **PROGRAM ON HOLD.**
- Living Well Center of Excellence HUB (Maryland Active Citizens): No cost virtual classes for Diabetes Self-Management Program (DSMP), Chronic Disease Self-Management Program (CDSMP), and diabetes webinar series. To view class offerings, register or join mailing list here: <https://mdlivingwell.org/hub/>
- Diabetes Self-Management Training- Education & nutritional counseling for those with type 1 or type 2 diabetes. Call Frederick Health Medical Group Comprehensive Care Center- 301-360-2574; **Fax referral form** to 301-360-2581
- Dining with Diabetes- 4-week program with small fee; healthy meal planning for type 2 diabetes, prediabetes and their family members. UMD Extension Office of Frederick County- 301-600-1599; Email- jvogin@umd.edu – **Next class will be February 2026. Get on waitlist now!**



Dietician Counseling- Counseling with a registered dietician/nutritional expert | Call your health insurance- ask if covered

- Frederick Health Medical Weight Loss Center- 240-215-1474; **Fax referral form** to 240-215-1473
- Frederick Health Care Clinic- 301-360-2574
 - WellSpan Nutrition Services - 717-337-4107



General Community Services Clearinghouse & Directory

- Suicide & Crisis Lifeline: Call or Text 988 or 800-273-TALK; Chat: 988lifeline.org- If you or someone you know needs support now.
- Maryland 2-1-1: Free, confidential & multi-lingual information & referral 24/7 for basic needs, health care, family resources, and more. Includes crisis intervention- Call **211** (open 24/7); www.211md.org
- Mental Health and Community Support Services Guide- <https://fcmha.org/>
- Mental Health Association (MHA) Crisis Hotline- 301-663-0011
- Frederick County Health Dept- Resource list- <https://health.frederickcountymd.gov/173/Resources>
- Frederick County Division of Aging & Independence- Resource Directory: <https://www.frederickcountymd.gov/4651/Resource-Guides>

Medical Providers for Uninsured/Underinsured (sliding fee scale or free):

- Frederick City Community Health Center- Call 301-600-1506; 100 South Market St., Frederick, MD 21701.- **As of 9/26/25, they are only accepting new patients that have Medicaid.**
- Mission of Mercy Mobile Clinics (Medical, Dental): www.amissionofmercy.org/maryland-pennsylvania/
 - Frederick Clinic: 301-676-3188
 - Brunswick Clinic: 240-529-8772
 - Taneytown Clinic: 410-833-5870
 - Dental Clinic: 410-390-1314
- Frederick Health Prenatal Center (Pregnancy)- 240-566-4444; 501 W. 7th St., Frederick, MD 21702
- Frederick Health Dental Clinic (Dental)- 240-566-7005; 516 Trail Ave., Suite B, Frederick, MD 21701

Medicaid & Medicare Questions (State and/or federally funded health insurance):

- Medicaid/Medical Assistance:- For those with limited income/resources, if eligible. Call- 301-600-3124
- Medicare- For anyone age 65 and older, and some people under 65 with certain disabilities or conditions; Call- Health Department at 800-633-4227 or Frederick County Div. of Aging & Independence at 301-600-1234.

Medication Questions- Ask a pharmacist to review of your medications, answer questions, etc.

- Frederick Health Care Clinic- 301-360-2574

Mental Health/Behavioral Health Services- support for mental/social stress and substance use

- **Crisis Intervention**
 - National Suicide Prevention Lifeline- Call 988 (open 24/7) or 800-273-TALK.
 - Mental Health Association (MHA) Crisis Hotline- 301-663-0011
 - Maryland 2-1-1- Call 211 (open 24/7); www.211md.org
- **Counseling Services**
 - City of Frederick Behavioral Health Office – Call 301-600-1506
 - Mental Health Association (MHA) of Frederick County- 301-663-0011
 - 226 South Jefferson St., Frederick, MD 21701
 - Frederick Health Care Clinic- 301-360-2574. If you have health insurance, call to ask if this is a covered benefit.
 - Mental Health and Community Support Services Guide- <https://fcmha.org/>



Tobacco Cessation- No cost support to quit smoking/vaping/use of other tobacco/nicotine products

- Frederick County Health Dept Counseling & Group Classes- Call 301-712-7277 or email pmiller@frederickcountymd.gov or use QR code to complete short interest form.
 - There are lots of different ways to quit. While some people quit “cold turkey”, others choose to get help from proven quit methods such as counseling and medication. You can quit. We can help. Our cessation services are available by phone, text, virtual or in-person. Adults enrolled in cessation services may be eligible to receive free nicotine replacement therapy (patches, gum, lozenges).
- 1-800-QUIT-NOW (Services available 24/7)- No cost phone, online, & text support
 - MD program: <https://smokingstopshere.com/>
 - PA program: <https://www.health.pa.gov/topics/programs/tobacco/Pages/Quitline.aspx>



Transportation

- Frederick County TransIT- Free rides on regular bus routes: 301-600-2065 or TransIT@frederickcountymd.gov
- Frederick County TransIT Plus- Curb to curb service for senior citizens (60+) & persons with disabilities, as space is available: 301-600-1725; must register first.
- Frederick Health Care Clinic- 301-360-2574- No cost transportation for eligible Frederick Co. residents
- Medicaid Transportation Services- 301-600-3124- must have Medicaid, live in Frederick County (call to verify eligibility)
- RabbitTransit- 800-632-9063- transportation to the York and Gettysburg areas
- RidesforGood- Low or no cost rides for Frederick County residents in need provided by screened volunteers. Call 240-657-3090, email info@ridesforgood.org, or visit website at <https://www.ridesforgood.org>
- United Way of Frederick County- RUN Ride Network- Free rides for Frederick County residents in need who are receiving services from one of the network's partner agencies. For info on eligibility, visit www.unitedwayfrederick.org/rideunited or call 301.663.4231.

Weight Loss/Fitness Groups & Programs

- Curves Complete- for women: group fitness classes, nutritional and weight loss coaching- Currently online only in Frederick County
 - Search by Zip Code- www.curves.com/find-a-club
- Hospital-based Fitness Program- medically supervised fitness training
 - Frederick Health ProMotion Fitness- 240-215-1470; *Fax referral form* to 240-215-1475
- Frederick Health Medical Weight Loss Center- 240-215-1474; *Fax referral form* to 240-215-1473
- Take Off Pounds Sensibly (TOPS)- weight loss support group program- in person and online options
 - Search by Zip Code- www.tops.org/tops/TOPS/FindAMeeting.aspx
- Weight Watchers- weight loss program- in person and online options
 - Search by Zip Code- www.weightwatchers.com/us/find-a-workshop/