







<b>Panhandle Health District (Health District 1)</b>	<b>2</b>
<b>Commissions</b>	<b>3</b>
<b>Federally Qualified Health Clinics</b>	<b>3</b>
<b>Free, Reduced Cost, or Rural Health Clinics</b>	<b>4</b>
<b>Pharmacies</b>	<b>4</b>
<b>Social Service Agencies</b>	<b>5</b>
<b>Specialists</b>	<b>5</b>
<b>University Programs</b>	<b>6</b>
<b>Additional Resources</b>	<b>6</b>
<b>Transportation</b>	<b>8</b>
<b>Local Websites</b>	<b>10</b>
<b>National Websites</b>	<b>10</b>


Provider	Service(s) Offered by Provider								
 <p data-bbox="277 495 667 562"><b>Panhandle Health District</b> <a href="http://www.phd1.idaho.gov">www.phd1.idaho.gov</a></p>	Health Care & Diagnosis	Financial Assistance Or Reduced Cost Services	General Health Education	Diabetes Self-Management Education	Medical Nutrition Therapy	Gestational Diabetes Education & Services	Support Groups	Youth Camps	Cultural-specific Translated Materials
<b><u>Panhandle Health District (Health District 1)</u></b>									
<p data-bbox="61 659 386 842"><b>Panhandle Health District</b> 8500 N. Atlas Road Hayden, ID 83835 Phone: 208.415.5100 Fax: 208.415.5131 <a href="http://www.phd1.idaho.gov">www.phd1.idaho.gov</a></p> <p data-bbox="61 873 691 993"><b>Diabetes Prevention and Control Program (DPCP)</b> Whitney Fehringer, R.D. DPCP Coordinator Phone: 208.415.5140 Fax: 208.415.5131</p> <p data-bbox="61 1024 318 1083"><b>Tobacco Cessation</b> Phone: 208.415.5143</p> <p data-bbox="61 1115 740 1203"><b>Spanish Interpreter</b> Lora Whalen R.N. Director Family and Community Health Phone: 208.415.5240</p>	✓	✓	✓	✓					✓
<p data-bbox="61 1215 355 1331"><b>Boundary County</b> 7402 Caribou Bonners Ferry, ID 83805 Phone: 208.267.5558</p>	✓	✓	✓	✓					✓
<p data-bbox="61 1341 420 1488"><b>Bonner County</b> Family and Community Health 1020 Michigan Sandpoint, ID 83864 Phone: 208.263.5159</p>	✓	✓	✓	✓					✓
<p data-bbox="61 1499 318 1617"><b>Benewah County</b> 137 N. Eighth St. St. Maries, ID 83861 Phone: 208.245.4556</p>	✓	✓	✓	✓					✓
<p data-bbox="61 1625 318 1743"><b>Shoshone County</b> 114 Riverside Kellogg, ID 83837 Phone: 208.786.7474</p>	✓	✓	✓	✓					✓


Provider	Service(s) Offered by Provider								
 <p><b>Panhandle Health District</b> <a href="http://www.phd1.idaho.gov">www.phd1.idaho.gov</a></p>	Health Care & Diagnosis	Financial Assistance Or Reduced Cost Services	General Health Education	Diabetes Self-Management Education	Medical Nutrition Therapy	Gestational Diabetes Education & Services	Support Groups	Youth Camps	Cultural-specific Translated Materials
<b><u>Commissions</u></b>									
<b>Area Agency on Aging of North Idaho</b> 2120 Lakewood Drive, Suite B Coeur d'Alene, ID 83814 Phone: 208.667.3179 <a href="http://www.aaani.org">www.aaani.org</a>		✓							
<b>Idaho Commission for the Blind and Visually Impaired</b> 2005 Ironwood Parkway, Ste 222 Coeur d'Alene, ID 83814 Phone: 208.769.1411 Phone: 800.542.8688 <a href="http://www.icbvi.state.id.us/">http://www.icbvi.state.id.us/</a>		✓					✓		
<b><u>Federally Qualified Health Clinics</u></b>									
<b>Benewah Medical Center/Wellness Center</b> 1115 B Street Plummer, ID 83851 Phone: 208.686.1931 Fax: 208.686.5133 <a href="http://www.bmcwc.com">www.bmcwc.com</a>	✓	F MA MC SS	✓	✓	✓		✓		
<b>Dirne Family Practice and Behavioral Health/Counseling</b> 1090 W Park Place Coeur d'Alene, ID 83814 Phone: 208.292.0292 Fax: 208.292.0705 <a href="http://www.dhcidaho.org">http://www.dhcidaho.org</a>	✓	F MA MC SS	✓	✓	✓				
<b>Kaniksu Health Services</b> Medical/Behavioral Health 6635 Comanche Street Bonners Ferry, ID 83805 Phone: 208.267.1718 Fax: 208.267.9197  Dental 6615 Comanche Street Bonners Ferry, ID 83805 Phone: 208.267.3201 Fax: 208.267.1602	✓	MA MC	✓	✓	✓	✓	✓		✓


Provider	Service(s) Offered by Provider								
 <p data-bbox="276 462 665 535"><b>Panhandle Health District</b> <a href="http://www.phd1.idaho.gov">www.phd1.idaho.gov</a></p>	Health Care & Diagnosis	Financial Assistance Or Reduced Cost Services	General Health Education	Diabetes Self-Management Education	Medical Nutrition Therapy	Gestational Diabetes Education & Services	Support Groups	Youth Camps	Cultural-specific Translated Materials
<b>Kaniksu Health Services</b> <b>Medical/Dental/Behavioral Health</b> 1327 Superior Sandpoint, ID 83864 Phone: 208.267.1718 Fax: 208.267.7739	✓	MA MC	✓	✓	✓	✓	✓		✓
<b>Kaniksu Rural Mobile Medical &amp; Dental</b> Services outlying towns & villages of Boundary & Bonner Counties Phone (Medical): 208.267.1718 Phone (Dental): 208.267.8439 Phone (Spanish): 208.267.7768 Fax: 208.267.7739 <a href="http://www.idaholiveworkplay.com/MedicalCenters/Boundary/contact.htm">http://www.idaholiveworkplay.com/MedicalCenters/Boundary/contact.htm</a>	✓	MA MC	✓	✓	✓	✓	✓		✓
<b><u>Free, Reduced Cost, or Rural Health Clinics</u></b>									
<b>Bonner Partners in Care Clinic</b> 1020 Michigan Street Sandpoint, ID 83864 Phone: 208.255.9099	✓	✓	✓	✓	✓				
<b>Shoshone Community Health Clinic, Inc.</b> Medical & Dental Services 114 N. Riverside Dr Kellogg, ID 83837 Phone: 208.786.3019	✓	F	✓						
<b><u>Pharmacies</u></b>									
<b>Medicine Man - Ironwood</b> 1114 Ironwood Drive Coeur d'Alene, ID 83814 Phone: 208.666.2502				✓					
<b>Medicine Man North (Inside Super One Foods)</b> 305 W Kathleen Ave. Coeur d'Alene, ID 83815 Phone: 208.765.2268		✓							
<b>Medicine Man - Prairie</b> 8093 Cornerstone Dr. Hayden, ID 83835 Phone: 208.762.9355				✓					


Provider	Service(s) Offered by Provider								
 <p data-bbox="276 462 665 535"><b>Panhandle Health District</b> <a href="http://www.phd1.idaho.gov">www.phd1.idaho.gov</a></p>	Health Care & Diagnosis	Financial Assistance Or Reduced Cost Services	General Health Education	Diabetes Self-Management Education	Medical Nutrition Therapy	Gestational Diabetes Education & Services	Support Groups	Youth Camps	Cultural-specific Translated Materials
<b>Medicine Man West</b> 802 East Medical Court Post Falls, ID 83854 Phone: 208.773.3566				✓					
<b>Yoke's Pharmacy</b> 117 North Hill Street Kellogg, ID 83837 Phone: 208.783.0920				✓					
<b>Well Life Boundary Pharmacy</b> 6519 Main Street Suite 303 Bonners Ferry, ID 83805 Phone: 208.267.4004				✓					
<b><u>Social Service Agencies</u></b>									
<b>A Week's Feast</b> 235 S Young Ave Post Falls, ID 83854 Phone: 208.769.9335 <a href="http://aweeksfest.com/home.htm">http://aweeksfest.com/home.htm</a>		✓							
<b>Community Action Partnership</b> 4942 Industrial Avenue East Coeur d'Alene, ID 83815 Phone: 208.664.8757 Fax: 208.664.8586		✓							
<b><u>Specialists</u></b>									
<b>Bonner General Hospital Diabetes Self-Management Education Program</b> 520 North 3rd Avenue Sandpoint, ID 83864 Phone: 208.265.3671 <a href="http://www.bonnergen.org">www.bonnergen.org</a>	✓		✓	✓	✓	✓	✓		
<b>Dr. Michael Drager, DPM Podiatrist</b> 850 W. Ironwood Drive, Suite 301 Coeur d'Alene, ID 83814 Phone: 208.667.9762	✓			✓					
<b>Fourth Street Podiatry</b> 1118 N 4th Street Coeur d'Alene, ID 83814 Phone: 208.667.3585	✓			✓					

Provider	Service(s) Offered by Provider								
 <p data-bbox="276 462 665 535"><b>Panhandle Health District</b> <a href="http://www.phd1.idaho.gov">www.phd1.idaho.gov</a></p>	Health Care & Diagnosis	Financial Assistance Or Reduced Cost Services	General Health Education	Diabetes Self-Management Education	Medical Nutrition Therapy	Gestational Diabetes Education & Services	Support Groups	Youth Camps	Cultural-specific Translated Materials
<b>Hayden Lake Family Physicians</b> Carla Gentry, Family Nurse Practitioner-C, BC-ADM, CDE 8181 Cornerstone Avenue Hayden Lake, ID 83835 Phone: 208.772.0785 Fax: 208.762.2704	✓		✓	✓	✓				
<b>Kootenai Diabetes &amp; Endocrinology</b> 2251 Ironwood Center Drive Coeur d'Alene, ID 83814 Phone: 208.666.3165 <a href="http://www.kootenaihealth.org">www.kootenaihealth.org</a>	✓		✓	✓	✓	✓	✓		✓
<b>North Idaho Eye Institute</b> 1814 Lincoln Way Coeur d'Alene, ID 83814 Phone: 208.667.2531	✓			✓					
<b><u>University Programs</u></b>									
<b>University of Idaho</b> <b>"Healthy Eating with Diabetes Workshop"</b> University of Idaho Extension 1808 3 <sup>rd</sup> Street Coeur d'Alene, ID 83814 Phone: 208.446.1680		✓	✓	✓					
<b>University of Idaho</b> <b>Extension Nutrition Program (ENP)</b> University of Idaho Extension 1808 3 <sup>rd</sup> Street Coeur d'Alene, ID 83814 Phone: 208.446.1680		✓							
<b>University of Idaho</b> <b>Senior Extension Nutrition Program (SENP)</b> University of Idaho Extension 1808 3 <sup>rd</sup> Street Coeur d'Alene, ID 83814 Phone: 208.446.1680		✓							
<b><u>Additional Resources</u></b>									
<b>Fit and Fall Proof</b> Phone: 208.415.5141		✓	✓						
<b>Idaho CareLine</b> Phone: 211			✓						

Provider	Service(s) Offered by Provider								
 <p data-bbox="276 462 665 535"><b>Panhandle Health District</b> <a href="http://www.phd1.idaho.gov">www.phd1.idaho.gov</a></p>	Health Care & Diagnosis	Financial Assistance Or Reduced Cost Services	General Health Education	Diabetes Self-Management Education	Medical Nutrition Therapy	Gestational Diabetes Education & Services	Support Groups	Youth Camps	Cultural-specific Translated Materials
<p data-bbox="61 577 438 693"><b>Latino Outreach Project</b> 1250 Ironwood Drive Suite 100 Coeur d'Alene, ID 83814 Phone: 208.769.1515 Ext: 8952</p> <p data-bbox="61 724 617 808">P.O. Box 338 Bonners Ferry, ID 83805 <a href="http://www.boundarycountyid.org/outreach.htm">http://www.boundarycountyid.org/outreach.htm</a></p>									✓
<p data-bbox="61 821 357 913"><b>Living Well in Idaho</b> Post Falls Senior Center Phone: 208.77.9582</p> <p data-bbox="61 934 349 997">Sandpoint Area Seniors Phone: 208.610.8836</p> <p data-bbox="61 1029 324 1092">Spirit Lake Seniors Phone: 208.623.6125</p>		✓	✓						
<p data-bbox="61 1098 673 1218"><b>Tobacco Cessation</b>  <b>Medicaid Preventive Health Assistance Program</b> Phone: 877.364.1843</p> <p data-bbox="61 1249 747 1375">Eligible individuals can earn PHA \$200 vouchers to help pay for tobacco cessation products such as Chantix at a participating vendor or PHA \$200 vouchers toward weight management program fees at participating gyms.</p> <p data-bbox="61 1396 316 1522"><b>QuitLine</b> 1-800-Quit-NOW 800-784-8669 TTY 1-888-229-2182</p> <p data-bbox="61 1554 673 1617">Free telephone counseling service designed to help individuals quit the use of tobacco.</p> <p data-bbox="61 1648 755 1816"><b>QuitNet</b> <a href="http://www.idahoquitnet.com">www.idahoquitnet.com</a> Free internet service that offers expert advice on quitting tobacco, support from other smokers who are trying to quit, and information about medications that may make quitting easier.</p>		✓	✓						

Provider	Service(s) Offered by Provider								
 <p><b>Panhandle Health District</b> <a href="http://www.phd1.idaho.gov">www.phd1.idaho.gov</a></p>	Health Care & Diagnosis	Financial Assistance Or Reduced Cost Services	General Health Education	Diabetes Self-Management Education	Medical Nutrition Therapy	Gestational Diabetes Education & Services	Support Groups	Youth Camps	Cultural-specific Translated Materials
<b><u>Transportation</u></b>									
<p><b>Benewah Area Transport</b> Phone: 208.245.4576 Ext:: 103 <a href="http://www.valleyvista.org">www.valleyvista.org</a></p> <p>Serves Benewah, Shoshone, &amp; Kootenai Counties with transportation to Spokane, Moscow, Plummer, &amp; Coeur d'Alene by prearranged appointments.</p>		✓							
<p><b>Bonner County NICE</b> Phone: 208.263.7287 Cost: \$2.00 each way</p> <p>A public transportation open to anyone; provides demand response service that operates in Sandpoint, Ponderay, Sagle, Dover, and Kootenai, ID. Requires 24 hour advance appointments.</p>		✓							
<p><b>Idaho CityLink</b> 27068 South Highway 95 P.O. Box 236 Worley, ID 83876-0236 Phone: 877.941.7433 <a href="http://www.idahocitylink.com">www.idahocitylink.com</a></p>		✓							
<p><b>Inter-City NICE</b> Phone: 208.664.9769 Cost: \$14.00 each way Monthly pass: \$105.00</p> <p>A public transportation open to anyone that operates a non-stop route between Coeur d'Alene &amp; Sandpoint, ID three times per day.</p>		✓							
<p><b>KATS-LINK</b> Phone: 208.664.9769 Cost: \$1.00 each way</p> <p>A public transportation open to anyone; provides demand response service that requires 24 hour advance notice for appointments. Operates in Coeur d'Alene, Post Falls, Hayden, and Rathdrum. Meets CityLink for transfers.</p>		✓							

Provider	Service(s) Offered by Provider								
 <p><b>Panhandle Health District</b> <a href="http://www.phd1.idaho.gov">www.phd1.idaho.gov</a></p>	Health Care & Diagnosis	Financial Assistance Or Reduced Cost Services	General Health Education	Diabetes Self-Management Education	Medical Nutrition Therapy	Gestational Diabetes Education & Services	Support Groups	Youth Camps	Cultural-specific Translated Materials
<p><b>Kootenai Health Van</b> Phone: 208.666.2100 <a href="http://www.kootenaihealth.org">www.kootenaihealth.org</a></p> <p>The program offers FREE transportation for residents who live within the city limits of Coeur d'Alene, Hayden and Post Falls. Riders will be delivered to Kootenai Medical Center, 2003 Kootenai Health Way, Coeur d'Alene, the Kootenai's Post Falls Health Park, 1300 East Mullan, Post Falls, or to area physician offices.</p>		T							
<p><b>NICE Transportation, Inc.</b> North Idaho Community Express 137 Spruce St. Coeur d'Alene, ID 83814 Phone: 208.664.3550 Email: <a href="mailto:nicebus@nicetransportation.com">nicebus@nicetransportation.com</a> Dispatch: <a href="mailto:Dispatch@nicetransportation.com">Dispatch@nicetransportation.com</a> Web site: <a href="http://www.nicetransportation.com">www.nicetransportation.com</a></p>		✓							
<p><b>Northwestern State Lines, Inc.</b> DBA: <b>Northwestern Trailways</b> 4611 S. Ben Franklin Lane Spokane, WA 99224 Phone: 509.838.4029 Phone: 800.366.6975 Fax: 509.624.9863 <a href="http://www.northwesterntrailways.com">www.northwesterntrailways.com</a> <a href="http://www.northwesternstagelines.com">www.northwesternstagelines.com</a> NOTE: Service Boise to Spokane and all intermediate cities. Starting 4-1-2010, service Coeur d'Alene, ID.</p>		✓							
<p><b>Shoshone NICE</b> Phone: 208.664.3550 Cost: \$1.00 each way</p> <p>A public transportation open to anyone; provides demand response service that requires advance appointments that operates in the cities of the Silver Valley between Rose Lake &amp; Mullan, ID. Can go to Coeur d'Alene with arrangements.</p>		✓							

Provider	Service(s) Offered by Provider								
 <p><b>Panhandle Health District</b>  <a href="http://www.phd1.idaho.gov">www.phd1.idaho.gov</a></p>	Health Care & Diagnosis	Financial Assistance Or Reduced Cost Services	General Health Education	Diabetes Self-Management Education	Medical Nutrition Therapy	Gestational Diabetes Education & Services	Support Groups	Youth Camps	Cultural-specific Translated Materials
<p><b>White Tail Transportation, Inc.</b>  P.O. Box 1962  Priest River, ID 83856  Phone: 208.448.0848  Phone: 877.430.7433  Non-emergency medical door-to-door transportation provider serving Coeur d'Alene, Post Falls, Sandpoint &amp; other Northern Idaho cities.  24-hour notice requested, but is not mandatory.  Email: <a href="mailto:info@whitetailtransportation.com">info@whitetailtransportation.com</a>  Website: <a href="http://www.whitetailtransportation.com">www.whitetailtransportation.com</a></p>		✓							
<b><u>Local Websites</u></b>									
<b>Healthy Connections Directory: Primary Care for Idaho Medicaid Participants:</b> <a href="http://www.healthyconnections.idaho.gov">www.healthyconnections.idaho.gov</a> <b>Phone:</b> 208.666.6766 or 800.299.6766									
<b><u>National Websites</u></b>									
<b>American Association of Diabetes Educators:</b> <a href="http://www.diabeteseducator.org">www.diabeteseducator.org</a>									
<b>American Diabetes Association:</b> <a href="http://www.diabetes.org/index.jsp">www.diabetes.org/index.jsp</a>									
<b>American Dietetic Association:</b> <a href="http://www.eatright.org/Public/">www.eatright.org/Public/</a>									
<b>American Heart Association:</b> <a href="http://www.americanheart.org">www.americanheart.org</a>									
<b>American Indian Health – Health Topics – Diabetes:</b> <a href="http://americanindianhealth.nlm.nih.gov/diabetes.html">http://americanindianhealth.nlm.nih.gov/diabetes.html</a>									
<b>Benefits Check Up:</b> <a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a>									
<b>Centers for Disease Control and Prevention (CDC):</b> <a href="http://www.cdc.gov/doc.do/id/0900f3ec802723eb">www.cdc.gov/doc.do/id/0900f3ec802723eb</a>									
<b>Co-Pay Relief:</b> <a href="http://www.copays.org/resources/diabetes.php">www.copays.org/resources/diabetes.php</a>									
<b>Defeat Diabetes Foundation, Inc.:</b> <a href="http://www.defeatdiabetes.org">www.defeatdiabetes.org</a>									
<b>Diabetes at Work.org:</b> <a href="http://www.diabetesatwork.org">www.diabetesatwork.org</a>									
<b>Diabetes Dictionary – NDIC:</b> <a href="http://diabetes.niddk.nih.gov/dm/pubs/dictionary/index.htm">http://diabetes.niddk.nih.gov/dm/pubs/dictionary/index.htm</a>									
<b>Indian Health Service – Division of Diabetes Treatment and Prevention:</b> <a href="http://www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=toolsCurriculaDETS">www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=toolsCurriculaDETS</a>									

<b>Medicare – Preventive Services – Diabetes:</b> <a href="http://www.medicare.gov/health/diabetes.asp">www.medicare.gov/health/diabetes.asp</a>
<b>National Diabetes Education Program:</b> <a href="http://www.ndep.nih.gov/diabetes/diabetes.htm">www.ndep.nih.gov/diabetes/diabetes.htm</a>
<b>National Diabetes Information Clearinghouse (NDIC) – Diabetes:</b> <a href="http://diabetes.niddk.nih.gov/dm/a-z.asp">http://diabetes.niddk.nih.gov/dm/a-z.asp</a>
<b>National Institute of Diabetes and Digestive and Kidney Disease:</b> <a href="http://www2.niddk.nih.gov">www2.niddk.nih.gov</a>
<b>Needy Meds:</b> <a href="http://www.needymeds.org">www.needymeds.org</a>
<b>Partnership for Prescription Assistance:</b> <a href="http://www.pparx.org">www.pparx.org</a> Phone: 1.800.4PPA.NOW 1.800.4772.609
<b>Rx Assist:</b> <a href="http://www.rxassist.org">www.rxassist.org</a>
<b>Social Security – Extra Help with Medicare Prescription Drug Plan Costs:</b> <a href="http://www.socialsecurity.gov/prescriptionhelp">http://www.socialsecurity.gov/prescriptionhelp</a>
<b>Vision USA™:</b> <a href="http://www.aoa.org/visionusa.xml">www.aoa.org/visionusa.xml</a>