



Heart Healthy Resource Guide

Edgecombe and Nash Counties

Updated: January 2018



UNC
CENTER FOR HEALTH
PROMOTION AND
DISEASE PREVENTION

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TAKING MEDICATON

Drug discount programs

Good Neighbor Pharmacy Prescription Savings Club www.mvgnp.com/prescription-savings-club		Edgecombe
Thorne Drug Company 2900 North Main Street Tarboro, NC, 27886-1921	<p>Features: Save on more than 5,000 name brand and generic medications at your locally-owned participating Good Neighbor Pharmacy. And it's ideal for people without prescription drug benefits or those with inadequate coverage. No prior authorization is required; simply show your card and enjoy great savings.</p> <p>Hours: Mon - Fri: 7:00am - 8:00pm; Sat: 9:00am - 6:00pm; Sun: Closed</p> <p>Contact: Join online or in-store. Call: (252) 823-5655</p> <p>Eligibility: Open to people of all ages. People who receive healthcare benefits from Medicare, Medicaid or TRICARE are not eligible.</p> <p>Cost: 30-Day Supply: \$4.99 90-Day Supply: \$10.99 Membership Fee: \$9.99</p>	
Perdue Associate Wellness Center perduehealthworks.net/perdue-wellness-centers/		Nash
Perdue Farms 1835 US Highway 64A Nashville, NC 27856	<p>Features: Low-cost, onsite primary care and occupational health services through the fully-staffed Perdue Wellness Center. Services offered include medical check-ups and exams, treatment for cold, flu, allergies and infections, ongoing treatment for chronic high blood pressure, diabetes, cholesterol and additional issues, OB/GYN services, family planning and prenatal care, pediatric care, physical therapy and referral to specialists. A prescription drug benefit plan and free generic drug samples are also available.</p> <p>Hours: 6am-9pm Monday through Friday and occasional weekend hours. <i>Wellness Center is open whenever the Perdue plant is.</i></p> <p>Contact: Michelle Jones, Regional Nurse Manager: (252)648-4344 Joanne/Wellness Center staff: (252)348-4235</p> <p>Eligibility: All employees of Perdue Farms and their dependents who enroll in the Perdue health insurance plan are automatically enrolled in the Wellness Center. Those who opt out may still visit the Center.</p> <p>Cost: \$15 co-pay for employees and dependents enrolled in Perdue health insurance plan; \$30/visit for employees who opt out. \$5 for lab tests. One free visit is offered within the initial 90 days or employment. Employees remain on payroll and do not clock out during their visit. Payment is deducted from employee's payroll.</p>	

Rite Aid Pharmacy		Rocky Mount
824 W Raleigh Blvd Rocky Mount, NC 27803	Features: Rx Savings Program offers discounts on generic prescription medications. Wellness 65+ is a free program for seniors, which offers a free pharmacist consultation and blood pressure screening; seniors also receive 20% discount on all non-prescription purchases the first Wednesday of every month. Hours: Monday through Friday 8am-9pm, Saturday 8am-6pm, Sunday 10am-6pm Contact: (252) 446-0391 (252) 443-5101 (252) 977-0066 Eligibility: Rx Savings Program is open to all; Wellness 65+ to seniors 65 years and older. Cost: Free of charge	
3590 Sunset Avenue Rocky Mount, NC 27804		
1123 E Raleigh Blvd Rocky Mount, NC27801		
Walgreens Pharmacy		North Carolina
2624 Sunset Ave Rocky Mount, NC 27804	Features: The Prescription Savings Club offers discounts off of thousands of brand-name and generic medications. Hours: Monday through Friday 8am-8pm, Saturday 9am-6pm, Sun 10am-6pm. Contact: Nash: (252) 459-2639 Rocky Mount: (252) 937-4999 Tarboro: (252) 824-0342 Eligibility: Open to all. Cost: \$20 individual membership; \$35 for family plan.	
1519 N Main St Tarboro, NC 27886		
703 E Washington St Nashville, NC 27856		
Walmart Pharmacy http://i.walmartimages.com/i/if/hmp/fusion/genericdruglist.pdf		North Carolina
1511 Benvenue Rd Rocky Mount, NC 27804	Features: Walmart Pharmacy offers \$4 prescription refills for generic drugs including a variety of medications. The Free Rx Saver prescription card is also accepted for discounts in both generic and brand name prescriptions (to download unique, printable card: http://www.freerxsaver.com/walmart.php#.VYm2gPIViko). <i>Other discounts may apply. Please check with your pharmacist.</i> Hours: Monday through Friday 9am-9pm, Saturday 9am-7pm, Sunday 10am-6pm (Sat/Sun break from 1:30-2pm). Contact: Edgecombe: (252) 985-2753 Nash: (252) 459-2223 Rocky Mount: (252) 985-2753 Eligibility: Open to all—no membership, fee or pre-existing exclusions Cost: <u>Walmart Pharmacy</u> : free shipping/home delivery included and no membership required. <u>Free Rx Saver</u> : no deductible, membership or fee required.	
110 River Oaks Drive Tarboro, NC 27886		
1205 Eastern Ave Nashville, NC 27856		

Reminder tools

Medication Reminder Service	North Carolina
<ul style="list-style-type: none">→ <u>MyMedSchedule</u>: http://mymedschedule.com/→ <u>Pill Reminder</u>: http://www.drugs.com/apps/→ <u>MedCoach Medication Reminder</u>: http://www.greatcall.com/medical-apps/medcoach→ <u>Medisafe</u>: http://www.medisafe.com/→ <u>Pill Reminder - All in One</u>: https://itunes.apple.com/us/app/pill-reminder-all-in-one-rx/id816347839?mt=8→ <u>OnTimeRx</u>: http://www.ontimerx.com/	<p>Features: Free, secure mobile applications that send medication and prescription reorder reminders to consumers via phone alarms, SMS/text and email notifications including times, quantity, purpose and pictures of the medications to take according to the schedule(s) consumers create on the website and/or mobile app. Tracking for medical and lab records also available. Applications are available in several languages for iPhone, iPad and Android and require an internet connection. Personal health information is protected by SSL encryption and will not be redistributed or resold. Free, web-based program for email and text that does not require installation on a Smartphone available on MyMedSchedule.</p> <p>Cost: Free Additional programs are available for a monthly cost. OnTimeRx can call your phone for a monthly plan starting at \$9.95 per month.</p>

STOPPING SMOKING AND TOBACCO USE

Fresh Start Tobacco Program www.acsworkplacesolutions.com/freshstart.asp		North Carolina
<p>Features: An American Cancer Society Tobacco Cessation program that lasts four weeks and is designed to help smokers quit the habit for good. One on one counseling available.</p> <p>Hours: New sessions available twice a year</p> <p>Contact: For more information, please call 252-962-3473</p> <p>Cost: Free of charge</p>		
Perdue Health Improvement Program www.perduefarms.com/careers/benefits/		North Carolina
Perdue Farms 1835 US Highway 64A Nashville, NC 27856	<p>Features: Program of health education, coaching and counseling by a health improvement specialist and wellness nursing staff to address areas of exercise, nutrition and smoking cessation to eliminate lifestyle risk factors and manage controllable diseases. HIP leads employee initiatives such as "Walk Across America": an on-site, employee walking group. Individual health screening, assessment and chronic disease treatment for hypertension, diabetes, cholesterol, weight, eating, exercise and smoking also available.</p> <p>Contact: Michelle Jones, Regional Nurse Manager: (252)348-4344 Joanne/Wellness Center staff: (252)348-4235</p> <p>Eligibility: All Perdue employees and their dependents.</p> <p>Cost: Free of charge</p>	
QuitlineNC www.quitlinenc.com		North Carolina
<p>Features: Professional and confidential telephone counseling, coaching and web-based services for individuals to reduce and quit smoking and tobacco use (including smokeless tobacco). Services are flexible and numerous languages available.</p> <p>Hours: English and Spanish language counseling available 24/7; additional languages available with a translation appointment. Clients may call in anytime or request that Quitline proactively call them via the webpage.</p> <p>Contact: "Expert Quit Coaches": 1-800-784-8669 (1-800-Quit-Now); Spanish speakers call 1-855-335-3569 (1-855-Dejelo-Ya)</p> <p style="padding-left: 40px;">Fax referrals: 1-800-483-3114</p> <p>Eligibility: North Carolina residents (no insurance or income necessary). To enroll, call main line or visit website (https://www.quitnow.net/northcarolina/ProgramLookup/).</p> <p>Cost: Free counseling services for all NC residents. Free two-week starter kit of nicotine replacement patch and gum available for recipients of NC State Health Plan for Teachers and State Employees (dependents and retirees), Medicare and Medicaid (18 years and older) with active program enrollment and participation.</p>		

HEALTHY EATING

Individual counseling (see SUPPORT GROUPS AND GROUP EDUCATION FOR HEALTH on page 1)

Women, Infants and Children (WIC)

Women, Infants and Children (WIC) www.edgecombcountync.gov/departments/health_department/wic.php		Edgecombe
Edgecombe County Health Department 122 E. St. James Street Tarboro, NC 27886	Features: Supplemental healthy foods, nutrition education and counseling, breastfeeding support, health care and social service referrals to low-income, pregnant, breastfeeding and postpartum. Hours: Walk-in or appointment, <u>Site:</u> M-F, 8:30-5pm Contact: 252-641-7550 or 252-641-7561 (Tarboro) 252-985-1067 (Rocky Mount) Eligibility: North Carolina resident women. Cost: Free of charge	

Food pantries and food banks

Abundant Life Ministries abundantlm.org		Rocky Mount
500 Peachtree Street Rocky Mount NC 27804	Features: They have a food pantry and offer financial assistance with rent and utilities in emergency situations. Contact: (252) 557-1333 Cost: Free of charge	
Hobgood Citizens Group www.nhc.fns.usda.gov/nhc/85616		Edgecombe
401 Beech St., Tarboro, NC 27886	Features: Offers emergency food boxes, clothing, and other basic needs. Contact: (252) 826-0970 Cost: Free of charge	
Living Waters Ministries of Pinetops, Inc. https://www.facebook.com/pages/Living-Waters/120162848000652		Edgecombe
7421 US-258 South Pinetops, NC 27864	Features: Runs a free food pantry in Pinetops. Contact: (252) 827-4592 Cost: Free of charge	

Men's Christian Fellowship Home cfhrockymountnc.com		Rocky Mount
301 South Grace St. Rocky Mount, NC	Features: Beyond basic life necessities, 3 meals a day, and shelter. Also offer our residents basic transportation, in-house volunteer opportunities, and peer community support. Provide referrals to critical support services for employment, counseling services, medical services, food and nutrition services, and disability determination services. Contact: (252) 977-1273 Eligibility: Recovering from substance abuse or mental health issues. Cost: Free of charge	
Our Lady of Perpetual Help www.olphrm.org www.facebook.com/olphrm/		Rocky Mount
315 Hammond Street Rocky Mount NC 27804	Features: They have a food pantry and offer financial assistance with rent and utilities in emergency situations. Contact: (252) 972-1971 Cost: Free of charge	
Project Hope Ministries www.project-hope-ministries.org/		Rocky Mount
209 South Grace Street Rocky Mount, NC 27802	Features: Offers a few forms of assistance. Funds may be offered for paying rent, utility bills, or security deposits. Free food, clothing, and holiday meals may be served as well to struggling families. Or get referrals to loan programs or benefits such as food stamps. Contact: (252) 985-1041 Cost: Free of charge	
Tarboro Community Outreach, Inc. https://www.facebook.com/pages/Tarboro-Community-Outreach/165028343522666		Edgecombe
701 Cedar Lane Tarboro, NC 27886	Features: They are part of the Emergency Food & Shelter Program. Some rent, mortgage, and utility bill grants may be offered in order to prevent or reverse homelessness. Other resources include shelter, food, and groceries. Case managers work to prevent evictions. Contact: (252) 823-8801 Cost: Free of charge	

Local fruits and vegetables

Rocky Mount Farmers Market https://www.facebook.com/Farmers-Market-Rocky-Mount-201494653195167/		Rocky Mount
1006 Peachtree Street Rocky Mount, NC 27804	Features: Sells fresh produce cultivated by local farmers. Open to both consumers looking by to produce, as well as farmers looking to sell what they have grown. Hours: April-November, Saturdays, 8 am - 1 pm Contact: 252-407-7920 Eligibility: Any adult. Cost: Varies	
Tarboro-Edgecombe Farmers Market www.facebook.com/HandHMarketTarboro/		Edgecombe
500 N. Main Street Tarboro, NC 27858	Features: Locally grown beans, broccoli, cabbage, cantaloupe, collards, corn, eggplant, gourds, greens, hay bales, honey, onions, peanuts, pecans, peppers, potatoes, squash, sweet potatoes, tomatoes, watermelons, zucchini & produce in season. Hours: Spring: May-August, Tuesday & Friday 7 am-10 am Fall Hours: Sept-December, Saturday 8 am - 11 am Eligibility: Open to all. Cost: Varies	

PHYSICAL ACTIVITY

Fitness centers

Harrison Family YMCA www.harrisonfamilyy.org		Rocky Mount
1000 Independence Drive Rocky Mount, NC 27804	Features: Swimming programs, summer camps, sports and recreation, fitness and group exercise, health and wellness lessons Hours: 5:00am-9:00pm Contact: 252-972-9622 Eligibility: Ages 5+ Cost: <u>Gym membership</u> Young Adult/Student Rate: Ages 19-29 monthly rate: \$31 joining fee: 25 Adult: Ages 30-59 monthly rate: \$42 joining fee: \$25 Senior: Ages 60 and over monthly rate: \$38 joining fee: \$25	
Indian Lake Sports Complex www.tarboro-nc.com/visitors/indian_lake_sports_complex/index.php		Edgecombe
3300 Western Boulevard Tarboro, NC	Features: A baseball field, four softball fields, two soccer fields, four tennis courts, and a playground. Contact: Thomas Perkins, Indian Lake Sports Complex Manager 252-641-4202 Eligibility: Open to all Cost: Free to all	
Rocky Mount Sports Complex rockymountsportscomplex.com		Edgecombe
600 Independence Drive Rocky Mount, NC 27804	Features: Hosts a variety of recreational facilities such as, baseball fields, softball fields, soccer fields, football fields, disc golf courses, outdoor basketball and volleyball courts, picnic shelters, and a walking trail. Hours: “Sun up, Sun down” hours policy, 5:00 pm start for league play on weekdays, 1 hour before start of first game for league play on weekends. Contact: Kelvin Yarrell: 252-972-1154 Eligibility: Any adult/youth interested Cost: Tournament Prices: \$6.00 for Adults (13 years and over), \$4.00 for Seniors (55+) and Children (6-12 years), free for Younger Children (5 years and under)	

South Rocky Mount Community Center https://www.facebook.com/South-Rocky-Mount-Community-Center-929654233785645/		Rocky Mount
Rocky Mount Parks & Recreation 719 Recreation Drive Rocky Mount, NC	<p>Features: The community center is equipped with a gym, kitchen, game room, exercise rooms, walking track, arts and crafts room, media room, and meeting rooms. The park contains 2 lighted softball fields with dugouts, little league field and multiplay field with dugouts, 4 lighted tennis courts, a lighted basketball court, volleyball court, and playground equipment.</p> <p>Hours: Monday thru Friday: 10:00am - 8:00pm. Saturday: 1:00pm - 5:00pm</p> <p>Contact: Main: 252-972-1169 Chris Allen (Recreation Coordinator) - 252-972-1170</p> <p>Cost: Free of charge</p>	
Tarboro Recreation Center www.facebook.com/TarboroParksandRecreation/		Edgecombe
1501 Western Blvd Tarboro, NC 27886	<p>Features: Strength and cardio equipment, aerobics room and basketball gym.</p> <p>Hours: Mon to Fri- 8:00am-9:00pm, Sat- 8:00am-4:00pm, Sun- Closed</p> <p>Contact: 252-641-4200</p> <p>Cost: Free of charge</p>	

Local Parks

Bailey-Middlesex Park		Nash
8104 Stoney Hill Church Rd Bailey, NC 27807	Features: ADA accessible, playground, soccer fields, volleyball, walking trails. Contact: 252-462-2628 Eligibility: Open to all Cost: Free of charge	
City Lake		Rocky Mount
Off Sunset Avenue at the Tar River	Features: A half-mile concrete path surrounding the lake. Cost: Free of charge	
J.W. Glover Memorial Park & Complex		Nash
1782 North Carolina Hwy 58 Nashville, NC 27856	Features: Four baseball fields, football field, soccer field, basketball courts, walking/jogging trail, playground, grill and passive area, batting cage, field house Contact: 252-459-4511 Eligibility: Open to all Cost: Free of charge	
Nash Community College LiveWell & Learn Trail		Nash
522 N. Old Carriage Road Rocky Mount, NC 27804	Features: 2.5-mile fitness and nature trail that winds through the wooded area of campus with learning stations along the way. Contact: 252-443-4011 Eligibility: Open to all Cost: Free of charge	
Princeville Heritage Park		Edgecombe
425 Mutual Blvd Princeville, NC 27886	Features: Fishing, Wheelchair Accessible, Mountain Biking, Walking Eligibility: Open to all Cost: Free of charge	

Spring Hope Park		Nash
401 McLean Street Spring Hope, NC 27882	Features: multipurpose park with ball fields, tennis courts, basketball court, shelters, playground and restroom facilities. Eligibility: Open to all Cost: Free of charge	
Stoney Creek Environmental Park		Nash
455 W Washington St Nashville, NC 27856	Features: multipurpose field, tennis court, picnic shelter, nature trail, adult exercise equipment, and playground. Contact: 252-459-9796 Eligibility: Open to all Cost: Free of charge	
Sunset Park		Rocky Mount
1550 River Drive Rocky Mount NC 27804	Features: Offers a mini train, walking trail, basketball courts, tennis courts, and water park Contact: (252) 972-1151 Cost: Free of charge	
W.B. Ennis Memorial Park		Nash
4605 N. Old Carriage Road Rocky Mount, NC 27804	Features: Baseball fields, basketball courts, picnic shelters, playground, soccer fields, tennis courts, walking trail. Contact: 252-462-262 Eligibility: Open to all Cost: Free of charge	
Whitakers Town Park		Nash/ Edgecombe
302 NW Railroad St., Whitakers NC 27891	Features: Basketball Court, Volleyball Court, Playground, Gazebo Picnic Shelter, Walking Trail .25 mil Eligibility: Open to all Cost: Free of charge	

SUPPORT GROUPS AND GROUP EDUCATION FOR HEALTH

Groups for healthy eating, chronic disease prevention and weight loss

Cardiopulmonary Connections www.active.com/rocky-mount-nc/classes/senior-cardiopulmonary-connections-l-and-amp-l-2017		Rocky Mount
Rocky Mount Senior Center 427 S. Church St Rocky Mount, NC 27804	Features: For those interested in heart and lung health, this group meets monthly at the Rocky Mount Senior Center. Hours: Monday - Thursday: 8:00 am - 7:00 pm. Friday: 8:00 am - 5:00 pm Contact: (252) 443-8000 Eligibility: open to individuals age 55 or older Cost: Free of charge	
Chronic Disease Self-Management Program www.edgecombecountync.gov/departments/health_department		Edgecombe
Edgecombe County Health Department 122 East St. James Street Tarboro, NC 27886	Features: Classes offered each month with focus on prediabetes, diabetes and high blood pressure management. Also offers one-to-one sessions with a Certified Diabetes Educator at convenient time for participants. Opportunity to participate in no cost exercise at Vidant Edgecombe Hospital Community exercise program. Contact: Cheryl Fisher (252) 641-7588 Eligibility: A referral from medical provider required Cost: Free of charge	
EXERCISE IS MEDICINE www.harrisonfamilyy.org/programs/post-rehab-program		Rocky Mount
Harrison Family YMCA 1000 Independence Drive Rocky Mount, NC 27804	Features: Intended for clients who suffer from chronic diseases, disabilities and potentially debilitating medical conditions Eligibility: Open to all. For clients that have been released from physical therapy, as advised by their doctor. Contact: Sharon Simons at (252) 972-9622 x.246 or ssimons@rmymca.org Cost: Free of charge	
Weight Loss Management www.wellness.com/dir/3086134/weight-loss-consultant/nc/rocky-mount/healthfirst-rehabilitation-and-fitness-center#referrer		Rocky Mount
Health First Rehabilitation and Fitness Center 1771 Jeffreys Road Rocky Mount, NC 27804	Features: Supplies a weight-loss consultant who aids in developing a weight-loss program, and provides counseling in weight-loss, dieting, exercise, and obesity management. Contact: (252) 451-3468 Cost: Free of charge	

Diabetes education and support groups

Diabetes Support Group www.edgecombecountync.gov/departments/health_department/		Edgecombe
Edgecombe County Health Department 122 East St. James Street Tarboro, NC 27886	Features: Classes offered each month with focus on diabetes. Provides education, activities, nutritional information, and support. Hours: First Monday of each month, 6-7 pm Contact: Cheryl Fisher (252) 641-7588 Eligibility: No referral required Cost: Free of charge	
Group Classes for Diabetes Support www.boice-willis.com/services/health-education-diabetes-center		Rocky Mount
Boice-Willis Clinic 901 N Winstead Ave. Rocky Mount, NC 27804	Features: group classes to help patients better understand and manage diabetes. Many patients who have completed the group classes have seen a decrease in their hemoglobin A1c, or their average blood sugar control. Through a series of three classes, patients explore how to live a healthy and vibrant life with diabetes. Hours: Monday - Thursday: 8:00 am - 5:00 pm Friday: 8:00 am - 12:00 pm Contact: (252) 937-0289 Cost: Free of charge	

Disease screening and follow up

NC Breast and Cervical Cancer Control Program bcccp.ncdhhs.gov		North Carolina
Edgecombe & Nash County Health Departments Edgecombe: 122 E. St. James Street Tarboro, NC 27886 Nash: 214 South Barnes St. Nashville, NC 27856	Features: Free and low-cost breast and cervical cancer screening and follow-up to eligible women. Services may include clinical breast exams, mammogram and pap testing, diagnostic testing for abnormal results and referrals to treatment. Contact: Edgecombe- (252) 641-7511 Nash- (252) 459-9819 Eligibility: Women 40 and 64 years old who are under or uninsured and with a household income at or below 200% of the FPL. Women must be BCCCP patients prior to cancer diagnosis to be eligible for treatment funding. Additional funding may be available for mammograms for those who do not fall into eligibility criteria. Cost: Free or reduced cost according to eligibility.	

EMPLOYEE WELLNESS

Perdue Health Improvement Program www.perduefarms.com/careers/benefits/		North Carolina
Perdue Farms 1835 US Highway 64A Nashville, NC 27856	Features: Program of health education, coaching and counseling by a health improvement specialist and wellness nursing staff to address areas of exercise, nutrition and smoking cessation to eliminate lifestyle risk factors and manage controllable diseases. HIP leads employee initiatives such as "Walk Across America": an on-site, employee walking group. Individual health screening, assessment and chronic disease treatment for hypertension, diabetes, cholesterol, weight, eating, exercise and smoking also available. Contact: Michelle Jones, Regional Nurse Manager: (252) 348-4344 Eligibility: All Perdue employees and their dependents. Cost: Free of charge	
Vidant Employee Assistance Program www.vidanthealth.com/Team-Members/Benefit-Information/Health-Wellness		Edgecombe
Vidant Health 111 Hospital Dr. Tarboro, NC 27886	Features: Offers confidential health coaching, programs for smoking cessation and weight loss, free medication under certain conditions, coordinated care with primary physician, and wellness seminars Hours: Open 24 Hours Contact: 252-847-5590 Eligibility: Employees of Vidant Hospital Cost: Free of charge	

HEALTH CARE ACCESS

Health Insurance and Primary Care

Edgecombe Health Access www.vidanthealth.com		Edgecombe
Vidant Edgecombe Hospital 111 Hospital Dr. Tarboro, NC 27886	Features: A variety of services includes oncology, ultrasound, digital mammography, nuclear medicine, MRI and CT. Cardiopulmonary, inpatient, outpatient rehabilitation services, and a certified pathology laboratory, etc. Hours: Open 24 Hours Contact: 252-641-7700 Eligibility: Open to everyone	
Freedom Hill Community Health Center www.cfhcnc.org		Edgecombe
162 NC Highway 33 East Princeville, NC 27886	Features: The clinic will arrange for medical, dental, pharmacy services to low to middle income families as well as the uninsured in Edgecombe. Contact: Phone: 252-641-0514 Fax: 252-641-1668 After Hours: 888-648-7229 Eligibility: Edgecombe County residents	
OIC Family Medical Center www.oicone.org		Rocky Mount
At Happy Hill: 300 North Grace Street Rocky Mount NC 27804 At Fairview: 111 S. Fairview Road Rocky Mount, NC 27801 At Community Health Plaza: Medical Plaza B 1041 Noell Lane Rocky Mount, NC 27804	Features: offer in-depth healthcare services to regions that receive inadequate assistance. Full primary care assistance is available here at the Family Medical Center. We also cater to pharmaceutical, behavioral health and dental care requirements. Contact: Happy Hill: (252) 210-9856 Fairview: (252) 446-3333 Community Health Plaza: (252) 962-3450	

Rocky Mount Senior Center www.rockymountnc.gov/departments_services/parks_recreation/recreation_services/senior_programs/		Rocky Mount
427 S Church St Rocky Mount, NC 27804	Features: The Division of Senior Programs provides endless learning and recreational/leisure opportunities for adults 55 or older to age actively. In addition, they serve as an information and referral service hub for the older adult community. Programs and services are broken up into the following categories: Health/Wellness, Day and Overnight Trips, Special Events, Athletic Leagues and Tournaments, Educational Classes/Workshops, Information and Referral Services. Contact: Senior Center Supervisor at 252-972-1564 or by email at julie.watson@rockymountnc.gov . Cost: Activities are free to all participants, some classes/activities do require a small monthly, daily, or one-time registration fee.	
Seniors Health Insurance Information www.ncdoi.com/SHIP/Default.aspx		North Carolina
Features: Counseling and information about Medicare (including Advantage, Part D and supplements) and long-term care insurance. The counselors on toll-free line offer free and unbiased information regarding Medicare health care products. Also help people recognize and prevent Medicare billing errors and possible fraud and abuse through NC SMP Program. Hours: Monday through Friday 8am-5pm (toll free service) Contact: Barry Mowbray (DOI): (855) 408-1212, barry.mowbray@ncdoi.gov Eligibility: Seniors and their caregivers Cost: Free to seniors 60 years and older		
The Wright's Adult Day Health Care Center www.thewrightcenter.com		Edgecombe /Nash
513 W Raleigh Blvd, Rocky Mount NC 27803	Features: A supervised program of activities, health monitoring, meals/snacks and transportation are provided. Eligibility: Elders age 60 and older, disabled adults and veterans Contact: 252-442-8363 Email: wrightcenter.inc@embarqmail.com Hours: Mon-Fri 07:00 AM - 05:00 PM Sat-Sun – Closed	

Vidant Multispecialty Clinic www.vidanthealth.com/Locations/Facilities/Vidant-Multispecialty-Clinic-Tarboro		Edgecombe
101 Clinic Dr. Tarboro, NC 27886	<p>Features: This clinic includes family medicine, internal medicine, pediatrics, immediate care, geriatrics, general surgery, cardiology, pulmonology and urology.</p> <p>Hours: Primary & Specialty Care: Monday - Friday 8:00 am - 5:00 pm</p> <p>Contact: 252-823-2105</p> <p>Cost: Serves all patients regardless of inability to pay. Discounts for essential services are offered based on family size and income. Accept insurance, including Medicaid, Medicare and Children's Health Insurance Program (CHIP).</p>	

Worksite-based health services

Perdue Associate Wellness Center perduehealthworks.net/perdue-wellness-centers/		North Carolina
Perdue Farms 1835 US Highway 64A Nashville, NC 27856	<p>Features: Low-cost, onsite primary care and occupational health services. Services include medical check-ups and exams, treatment for cold, flu, allergies and infections, ongoing treatment for chronic high blood pressure, diabetes, cholesterol, OB/GYN services, family planning and prenatal care, pediatric care, physical therapy and referral to specialists. A prescription drug benefit plan and free generic drug samples also available.</p> <p>Hours: 6am-9pm Monday through Friday and occasional weekend hours. <i>Wellness Center is open whenever the Perdue plant is.</i></p> <p>Contact: Michelle Jones, Regional Nurse Manager: (252) 648-4344 Joanne/Wellness Center staff: (252) 348-4235</p> <p>Eligibility: All employees of Perdue Farms and their dependents who enroll in the Perdue health insurance plan are automatically enrolled in the Wellness Center. Those who opt out may still visit the Center.</p> <p>Cost: \$15 co-pay for employees and dependents enrolled in Perdue health insurance plan; \$30/visit for employees who opt out. \$5 for lab tests. One free visit is offered within the initial 90 days or employment. Employees remain on payroll and do not clock out during their visit. Payment is deducted from employee's payroll.</p>	

TRANSPORTATION

Public transit/Medical Transportation

Nash County Medicaid Transportation		Nash
	<p>Features: Provides transportation to medical appointments for individuals who have Medicaid</p> <p>Contact: (252) 462-2731</p> <p>Cost: Free of charge</p>	
Ride Tar River Transit www.tarrivertransit.org/index.asp		Edgecombe
100 Coastline Street, Suite 315 Rocky Mount, NC 27802	<p>Features: Tar River Transit is a public transportation service providing affordable fixed-route bus service throughout the City of Rocky Mount, North Carolina and Rural General Public para-transit transportation for Nash and Edgecombe counties.</p> <p>Hours: Monday - Friday: 6:45 a.m. to 6:45 p.m. Saturday: 9:15 a.m. to 5:45 p.m.</p> <p>Contact: 252-972-1174</p> <p>Cost: Varies by plan http://www.tarrivertransit.org/index.asp?page=tickets</p>	
Senior Transportation www.tarrivertransit.org/index.asp		Edgecombe
Edgecombe County Office of Aging: Senior Tar Heel 100 Coastline Street, Suite 315 Rocky Mount, NC 27802	<p>Features: Non-emergency transportation available as needed to medical appointments within the County (can pick up and transport anywhere within Edgecombe County). Limited transport to nutrition sites and shopping centers also available. The program allows the individuals to ride the regular fixed-route system for half the regular fare.</p> <p>Hours: By appointment only; please call the Senior Center office one week in advance to schedule transport.</p> <p>Contact: (252) 972-1174 TRT@rockymountnc.gov</p> <p>Eligibility: Seniors of Edgecombe County 60 years of age and older. Clients must be mobile and able to get in and out of the vehicle and appointment without assistance.</p> <p>Cost: Free of charge</p>	

