



# *Health and Disease Resources*

| Organization                                | Phone 1        | Phone 2        | Address   | Town        | State    | Zip Code   | Info | Website   | Notes   |
|---|----------------|----------------|---|-------------|----------|------------|------|---|---|
| Adult Day Center of Somerset                | 908-725-0068   |                | 872 East Main Street  | Bridgewater | NJ       | 08807      |      | <a href="http://www.adultdaycenter.org/">http://www.adultdaycenter.org/</a>   | Daily care for senior citizens with supervised services and activities.   |
| Adult Immunizations                         |                |                |   |             |          |            | Yes  | <a href="https://www2.cdc.gov/nip/adultimmsched/">https://www2.cdc.gov/nip/adultimmsched/</a>   | Take the "Adult Vaccine Quiz" to see what you need. Print the adult immunization brochure: <a href="http://www.nj.gov/health/cd/documents/vpdp/adult_immunization_brochure.pdf">http://www.nj.gov/health/cd/documents/vpdp/adult_immunization_brochure.pdf</a>  |
| Affordable Care Act                         | 877-696-6775   |                | U.S. Department of Health & Human Services<br>200 Independence Avenue, S.W. | Washington  | DC       | 20201      | Yes  | <a href="http://www.hhs.gov/healthcare/facts-and-features/fact-sheets/hhs-and-ed-partner-develop-toolkit-support-healthy-students.html">http://www.hhs.gov/healthcare/facts-and-features/fact-sheets/hhs-and-ed-partner-develop-toolkit-support-healthy-students.html</a> | Federal Health Insurance system:<br><a href="https://www.healthcare.gov/preventative-care">https://www.healthcare.gov/preventative-care</a><br>Lists:<br><a href="https://www.healthcare.gov/preventive-care-adults/">https://www.healthcare.gov/preventive-care-adults/</a> Zufall Assistance for sign-up: 973-891-3425. |
| AIDS Hotline NJ                             | 1-866-448-2432 | 1-800-624-2377 | 140 Bergen St. G Level, Ste 1600  | Newark      | NJ       |            |      | <a href="http://www.njhivstdline.org/">http://www.njhivstdline.org/</a>   | Free testing sites<br>Risk factors for AIDS, HIV, STDs, and hepatitis<br>Treatment, drug interactions, side effects   |
| AIDS/STD Information and Referrals          | 800-624-2377   |                |   |             |          |            |      |   | Information and referral services for HIV and STD prevention and treatment services.  |
| American Academy of Food and Nutrition      |                |                |   |             |          |            |      | <a href="http://www.eatright.org">www.eatright.org</a>  |   |
| American Academy of Nutrition and Dietetics | 800-877-1600   | 312-899-0040   | 120 South Riverside Plaza, Suite 2000                                       | Chicago     | Illinois | 60606-6995 |      | <a href="http://www.eatright.org">www.eatright.org</a>  | Professional association for Registered dietitians but has many fact sheets and articles for public such as "Be Merry: Enjoy Guilt-Free Holiday Celebrations"   |

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| American Association of Diabetes Educators | 800-338-3633   |                           |                     |               |       |          |      | <a href="http://www.aadenet.org">www.aadenet.org</a>  |   |
| American Cancer Society                    | 800-227-2345   |                           |                     |               |       |          |      | <a href="http://www.cancer.org">www.cancer.org</a>  |   |
| American Diabetes Association (NJ)         | 762-469-7979   | 888-342-2383 (from in NJ) | 200 Cottontail Lane | Somerset      | NJ    | 08873    |      | <a href="http://www.diabetes.org">www.diabetes.org</a>  |   |
| American Heart Association                 | 732-821-2610   |                           |                     |               |       |          |      |   |   |
| American Institute of Cancer Research      | (800) 843-8114 | (202) 328-7744            | 1759 R Street, NW,  | Washington    | DC    | 20009    |      | <a href="http://www.aicr.org/">http://www.aicr.org/</a>   | A great resource for learning about cancer prevention and treatment, BUT my favorite are their recipes, lots of great healthy veggie recipes; also has the New American Plate program which promotes healthy eating |
| American Lung Association                  | 908-687-9340   |                           |                     |               |       |          |      | <a href="http://www.lungusa.org">www.lungusa.org</a>  |   |
| American Public Health Association         |                |                           |                     |               |       |          |      | <a href="http://www.apha.org">www.apha.org</a>  |   |
| American Society for Microbiology          |                |                           |                     |               |       |          | Yes  | <a href="http://www.washup.org">www.washup.org</a>  |   |
| Astra-Health Center                        | 908-760-8888   |                           | 18 Lyons Mall       | Basking Ridge | NJ    | 07920    |      | <a href="https://astra-hc.com/">https://astra-hc.com/</a>   | Urgent, Primary, and Occupational healthcare.   |
| Bentley Community Services, Inc.           | 908-227-0684   | 908-963-9870              | PO Box 1093         | Belle Mead    | NJ    | 08502    |      | <a href="http://www.bentleycommunityservices.org">www.bentleycommunityservices.org</a>  | Dorothy Stearns-Holmes; Brant Holmes; Food Warehouse for the working poor not on food stamps; Monthly fee   |
| BMI Calculator                             |                |                           |                     |               |       |          |      | <a href="http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm">http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm</a> | Figure out your Body Mass Index easily.   |

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| Cancer Care of NJ                                       | 800-813-4673 | 201-444-6630 | 141 Dayton St.         | Ridgewood  | NJ    | 17450      |      | <a href="http://www.cancercare.org">www.cancercare.org</a>  | Provides free support including counseling, support groups, educational workshops, publications and financial assistance to anyone affected by cancer.                          |
| Cancer Hope Network                                     | 877-HOPENET  | 908-879-6518 | 2 North Rd. Ste A      | Chester    | NJ    | 07930      |      | <a href="http://www.cancerhopenetwork.org">www.cancerhopenetwork.org</a>  | To provide free one-on-one confidential support to all people (patients, family or friends) impacted by cancer, along the entire continuum from diagnosis through survivorship. |
| Cancer Insurance Checklist                              | 800-318-2596 |              |                        |            |       |            | Yes  | <a href="http://www.cancerinsurancechecklist.org/">http://www.cancerinsurancechecklist.org/</a>   | Helps to compare insurance plans when shopping for insurance. Info on getting help paying for insurance.  |
| Cancer Support Community of Central New Jersey          | 908-658-5400 |              | 3 Crossroads Drive     | Bedminster | NJ    | 07921      |      | <a href="http://www.cancersupportcnj.org">www.cancersupportcnj.org</a>  | Monthly program calendar available. Support groups, exercise, education; Facebook   |
| Catastrophic Illness in Children Relief Fund Commission | 800-335-3863 | 609-292-0600 | PO Box 728             | Trenton    | NJ    | 08625-0700 | Yes  | <a href="http://www.state.nj.us/humanservices/cicrf/home/">http://www.state.nj.us/humanservices/cicrf/home/</a>   | Provides financial assistance for families whose children have an illness or condition not covered by insurance.  |
| CDC Mold Website  |              |              |                        |            |       |            |      | <a href="http://www.cdc.gov/mold/default.html">http://www.cdc.gov/mold/default.html</a>   |   |
| Center for Asian Health (St. Barnabas Med Center)       | 973-322-6888 |              | 94 Old Short Hills Rd. | Livingston | NJ    | 07039      | Yes  | <a href="http://www.barnabashalth.org/Saint-Barnabas-Medical-Center/Our-Services/Center-for-Asian-Health/Bringing-Healthcare-to-a-Growing-Population.aspx">http://www.barnabashalth.org/Saint-Barnabas-Medical-Center/Our-Services/Center-for-Asian-Health/Bringing-Healthcare-to-a-Growing-Population.aspx</a> | Experts on Hepatitis B  |
| Center for Eating Disorders Care                        | 877-932-8935 | 609-455-7183 | 1 Plainsboro Rd        | Plainsboro | NJ    | 08536      | Yes  | <a href="http://princetonhcs.org/eatingdisorders">princetonhcs.org/eatingdisorders</a>  | University Medical Center of Princeton at Plainsboro; Residential for 8 years old and older   |

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| Center for Science in the Public Interest (CSPI)         |              |              |                            |                 |       |             |      | <a href="http://www.cspinet.org/">http://www.cspinet.org/</a>   | Great nutrition and food info for public with monthly newsletter that only costs \$10 per year; has monthly articles on "Food Porn" showing the worst and best foods new to the market; lots of materials like "Salt: The Silent Killer" |
| Centers for Disease Control and Prevention               |              |              |                            |                 |       |             |      | <a href="http://www.cdc.gov">www.cdc.gov</a>  | Info on all diseases and environmental threats like mold   |
| Central Jersey Family Health Consortium                  | 732-937-5437 | 888-551-6217 | 2 King Arthur Court, Ste B | North Brunswick | NJ    | 08902       | Yes  | <a href="http://www.cjfhc.org">www.cjfhc.org</a>  | Resource Directory. Family Connections Central Intake: connects families, women, and children to services  |
| Charity Care-NJ Hospital Care Payment system             | 866-588-5696 |              |                            |                 |       |             |      | <a href="http://www.state.nj.us/health/charitycare/index.shtml">http://www.state.nj.us/health/charitycare/index.shtml</a> | Available to patients for inpatient and outpatient services at all acute care hospitals throughout New Jersey. Medically necessary services may be eligible for patients who meet income and asset criteria.                             |
| Child Behavioral Health Services                         | 877-652-7624 |              |                            |                 |       |             |      |   |  |
| Children's Advocacy Child Sexual Assault Resource Center | 800-543-7006 |              |                            |                 |       |             |      | <a href="http://www.nationalcac.org/">http://www.nationalcac.org/</a>   |  |
| Commission for the Blind and Visually Impaired Home – NJ | 973-648-3333 | 877-685-8878 | 153 Halsey St., 6th Floor  | Newark          | NJ    | 07101-47017 |      | <a href="http://www.nj.gov/humanservices/cbvi/about/">http://www.nj.gov/humanservices/cbvi/about/</a>                     |  |
| Community Soup Kitchen & Outreach Center, Inc.           | 973-267-0709 |              | 36 South St.               | Morristown      | NJ    | 07960       |      | <a href="http://www.cskmorristown.com">www.cskmorristown.com</a>  | Soup Kitchen: M-F 11:30 am - 1 pm - 365 days per year; local social services   |
| Compassionate Care Hospice                               | 908-526-2600 |              | 9 Lamington Rd. Suite A    | Branchburg      | NJ    | 08876       | Yes  | <a href="http://www.cchnet.net">www.cchnet.net</a>  |  |

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| Cooperative Extension Service of Somerset County (Rutgers University) | 908-526-6644   | 908-526-6295 | 310 Milltown Rd           | Bridgewater   | NJ    | 08807-3587 |      | <a href="http://njaes.rutgers.edu/extension">http://njaes.rutgers.edu/extension</a>                         | Educational programs for food, nutrition, environmental, and health.                                    |
| Dental Care Basking Ridge   | 908-304-9761   |              | 11 Lyons Mall             | Basking Ridge | NJ    | 07920      | Yes  | <a href="http://DentalCareBaskingRidge.com">DentalCareBaskingRidge.com</a>                                  |   |
| Dental Care Somerset  | 7-732-357-1979 |              | 441 Elizabeth Avenue      | Somerset      | NJ    | 08873      | Yes  | <a href="http://www.dentalcaresomerset.com">www.dentalcaresomerset.com</a>                                  | Low-cost Dental Coverage for Adults and children as low as \$21 per year                                |
| Diabetes - Physical Activity  | 800-321-4407   |              |                           |               |       |            |      |   |   |
| Diabetes Center at RWJ Somerset                                       | 908-685-2846   |              | 110 Rehill Avenue         | Somerville    | NJ    | 08876      | Yes  | <a href="http://www.rwjuh.edu/rwjuh/diabetescenter.aspx">http://www.rwjuh.edu/rwjuh/diabetescenter.aspx</a> | Outpatient education about diabetes by certified diabetes educators                                     |
| DiaSite   | 908-350-7212   |              |                           |               |       |            |      |   | Tami Lane, RN, MA; app to keep track of injection sites   |
| Donation Sites  |                |              |                           |               |       |            | Yes  |   | List of places to donate clothing, furniture, household items, books, etc.                              |
| Enright Melanoma Foundation   | 908-464-0277   |              | PO Box 519                | Summit        | NJ    | 07902      |      | <a href="http://enrightmelanomafoundation.org">enrightmelanomafoundation.org</a>                            | Skin cancer prevention education. Has a great online educational self exam video and materials          |
| EPA: Bed Bug Card   |                |              |                           |               |       |            | Yes  | <a href="http://www.epa.gov/bedbugs">www.epa.gov/bedbugs</a>  |   |
| Eric B. Chandler Health Center***                                     | 732-235-6700   |              | 277 George St.            | New Brunswick | NJ    | 08901      |      | <a href="http://rwjms.umdnj.edu/patient_care/chandler/">http://rwjms.umdnj.edu/patient_care/chandler/</a>   | A federally qualified and funded health Center owned and operated by Robert Wood Johnson Medical School |
| Excel Urgent Care   | 908-888-2541   |              | 2 North Road, Units E & F | Chester       | NJ    | 07930      |      | <a href="http://www.excelurgentcareofchester.com/">http://www.excelurgentcareofchester.com/</a>             | Urgent, Primary, Occupational, Physicals, Drug and alcohol testing, immunizations.                      |

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| Federally Qualified Health Centers                              |              |                                  | <a href="https://findahealthcenter.hrsa.gov/">https://findahealthcenter.hrsa.gov/</a> |                       |       |          |      | <a href="https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/downloads/fqhcfactsheet.pdf">https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/downloads/fqhcfactsheet.pdf</a> | Centers serve the uninsured and underinsured, as well as patients with Medicaid, Medicare and private insurance. If you're uninsured, your bill will be based on your ability to pay. |
| Feeding Hands Pantry  | 908-725-2678 |                                  | 100 Grant St.   | Somerville            | NJ    | 08876    |      | <a href="http://www.feedinghandspantry.org/">http://www.feedinghandspantry.org/</a>   | At Emmanuel Church on Tues. 1-3 pm and 7-8:30 pm  |
| Fellowship Senior Living  | 908-580-3806 | 877-233-9741                     | 8000 Fellowship Rd  | Basking Ridge         | NJ    | 07920    |      | <a href="http://www.fellowshipseiorliving.org">www.fellowshipseiorliving.org</a>  | Phyllis Tranotti ©908-432-0975 VP of Philantropy;   |
| Food & Nutrition Labeling                                       |              |                                  |   |                       |       |          |      | <a href="http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/default.htm">http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/default.htm</a>   | Guidelines nutrition facts label.   |
| Food Bank Network of Somerset County, NJ                        | 732-560-1813 |                                  | 7 Easy St. Middlebrook  | Bridgewater           | NJ    | 08807    |      | <a href="http://somesetfoodbank.org">http://somesetfoodbank.org</a>   |   |
| Food Banks, Co-Ops and Pantries in Morris and Somerset Counties |              |                                  |   |                       |       |          | Yes  |   | List compiled of all area programs  |
| Fruits and Vegetables: More Matters                             |              |                                  |   |                       |       |          |      | <a href="http://www.fruitsandveggiesmorematters.org/">http://www.fruitsandveggiesmorematters.org/</a>   | Learn about all fruits and veggies, nut nutrition, what's in season, unusual f or v like Seville oranges or Thai chili, phytochemicals, f and v storage etc                           |
| Genentech   |              |                                  |   |                       |       |          | Yes  | <a href="http://www.gene.com">www.gene.com</a>  |   |
| God's Co-op Pantry of Bernardsville & Basking Ridge             | 908-279-5979 | 908-766-1616 x18 (Janet Bentley) | c/o The First Presbyterian Church One East Oak Street                                 |                       | NJ    | 07920    | Yes  | <a href="https://brpc.org/mission/gods-co-op-pantry/">https://brpc.org/mission/gods-co-op-pantry/</a>   | For residents of Basking rRdge & Bernardsville struggling financially. Located at the First Presbyterian Church of Bernardsville.   |
| Hackensack UMC - Mountainside                                   | 973-429-6000 |                                  | Bay & Highland Ave.   | Montclair/ Glen Ridge | NJ    |          |      | <a href="http://www.mountainsidehosp.com/">http://www.mountainsidehosp.com/</a>   |   |

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| Health Benefits Identification Card Unit (HBID) | 877-414-9251   |                |   |               |       |          |      |  | Call if your plastic HBID card is lost or stolen   |
| healtheo360                                     |                |                |   |               |       |          |      | <a href="http://www.healtheo360.com">www.healtheo360.com</a>                     | Social support community online. Free community membership   |
| Healthier Somerset                              | 908-203-5990   |                |   |               |       |          |      | <a href="http://healthiersomerset.org">healthiersomerset.org</a>                 |  |
| Help Rx   | 855-331-0383   |                | 217 Centre Street #2670                     | New York      | NY    | 10013    | Yes  | <a href="http://www.HelpRx.info">www.HelpRx.info</a>                             |  |
| Hepatitis Hotline                               | 800-223-0179   |                |   |               |       |          |      |  |  |
| Hyacinth AIDS Foundation                        | 1-732-246-0204 | 1-800-433-0254 | 317 George St.                              | New Brunswick | NJ    | 08901    |      | <a href="http://www.hyacinth.org">www.hyacinth.org</a>                           | To help people live with HIV, slow the spread of the epidemic, and serve as a critical voice in the public debate surrounding AIDS in New Jersey.  |
| Immunization Action Coalition                   | 651-647-9009   |                | 1573 Selby Ave                              | St. Paul      | MN    | 55104    |      | <a href="http://www.immunize.org">http://www.immunize.org</a>                    | Recommendations and info about vaccinations. VIS (Vaccine Information Statements) in pdf format.   |
| Insure Kids Now                                 | 877-543-7669   |                | 7500 Security Boulevard Baltimore, MD 21244 |               |       |          | No   | <a href="https://www.insurekidsnow.gov/">https://www.insurekidsnow.gov/</a>      | Centers for Medicare & Medicaid Services Millions of children and teens qualify for free or low-cost health and dental coverage through Medicaid & the Children's Health Insurance Program (CHIP). |
| Interfaith Food Pantry                          | 973-538-8049   |                | 2 Executive Dr.                             | Morris Plains | NJ    | 07960    |      | <a href="http://www.mcifp.org">www.mcifp.org</a>                                 | Call for appointment and info  |
| International Diabetes Center                   | 888-825-6315   |                | 3800 Park Nicollet Blvd                     | Minneapolis   | MN    | 55414    |      | <a href="http://www.parknicollet.com/diabetes">www.parknicollet.com/diabetes</a> |  |

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| International Food Information Council                        |              |         |                             |            |       |            |      | <a href="http://www.foodinsight.org/">http://www.foodinsight.org/</a>   | Wonderful Nutrition and food info for public such as Holiday food traditions contest with reliable nutrition info such as "Dietary Fats: Balancing Health & flavor" |
| Internet Drug Resource to learn and Identify Your Medications |              |         |                             |            |       |            |      | <a href="http://www.rxlist.com">http://www.rxlist.com</a>   |   |
| JAG Physical Therapy  | 908-222-0515 |         | 34 Mountain Boulevard       | Warren     | NJ    | 07059      | Yes  | <a href="http://www.jagpt.com/">http://www.jagpt.com/</a>   | Michael Evangelist. MS., PT<br>Clinical Director  |
| Kaleidoscope of Hope NJ Ovarian Cancer Foundation             | 973-644-0500 |         | PO Box 1124                 | Madison    | NJ    | 07940      |      | <a href="http://www.kohnj.org/">http://www.kohnj.org/</a>   | Our mission is to raise funds for ovarian cancer research and increase awareness of the symptoms of this disease.   |
| Kids Health   |              |         |                             |            |       |            |      | <a href="http://www.kidshealth.org">www.kidshealth.org</a>  | Online resources about nutrition and all health issues for parents, kids, and teens   |
| Living Plate  | 908-234-1160 |         | 22 Peapack Road, PO Box 158 | Far Hills  | NJ    | 07931      |      | <a href="http://www.livingplate.com">www.livingplate.com</a>  | In-person one-to-one counseling for nutrition health and therapeutic nutrition. Group nutrition and food prep classes.  |
| Mayo Clinic - Nutrition Basics                                |              |         |                             |            |       |            |      | <a href="http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/basics/nutrition-basics/hlv-20049477">http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/basics/nutrition-basics/hlv-20049477</a> | Nutrition basics, supplements, cooking, diets, etc.   |
| Meals on Wheels - Somerset County                             | 908-704-6346 |         | PO Box 3000                 | Somerville | NJ    | 08876-1262 |      |   |   |
| MedActionPlan   | 800-543-2230 |         | 87 Main St.                 | Peapack    | NJ    | 07977      |      | <a href="http://medactionplan.com">medactionplan.com</a>  | Medication Scheduling App;<br>Donna Brooten   |
| Medicaid Dental Bureau Hotline                                | 800-792-0181 |         |                             |            |       |            |      |   |   |



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| Medicaid Programs - Somerset County NJ         | 908-526-8800 |         | 73 East High Street | Somerville | NJ    | 08876      |      | <a href="https://www.co.somersnj.us/government/affiliated-agencies/social-services/medicaid-programs">https://www.co.somersnj.us/government/affiliated-agencies/social-services/medicaid-programs</a> |  |
| Medical Waste Transporters List                |              |         |                     |            |       |            | Yes  |   | List of authorized company names available at BTHD; Regulated medical waste information                      |
| Medicare - Part B                              | 800-772-1213 |         |                     |            |       |            |      | <a href="http://www.socialsecurity.gov/medicareonly/">http://www.socialsecurity.gov/medicareonly/</a>   |  |
| Medicare (processing)                          |              |         |                     |            |       |            |      | <a href="http://www.cms.hhs.gov">http://www.cms.hhs.gov</a>   |  |
| Medicare.gov                                   | 800-633-4227 |         |                     |            |       |            |      | <a href="http://www.medicare.gov/">http://www.medicare.gov/</a>   |  |
| MedicineNet                                    |              |         |                     |            |       |            |      | <a href="http://www.medicinenet.com/script/main/hp.asp">http://www.medicinenet.com/script/main/hp.asp</a>   | Reliable health, medication, disease, food and nutrition resources, images, slideshows and info.             |
| Medline Plus (US National Library of Medicine) |              |         |                     |            |       |            |      | <a href="http://www.nlm.nih.gov/medlineplus/">http://www.nlm.nih.gov/medlineplus/</a>   |  |
| MedlinePlus                                    |              |         |                     |            |       |            |      | <a href="https://www.nlm.nih.gov/medlineplus/anatomyvideos.html">https://www.nlm.nih.gov/medlineplus/anatomyvideos.html</a>   | Online videos to help you to understand a disease; also health info available in Spanish and other languages |
| Morris County Division of Mosquito Control     | 973-285-6450 |         | PO Box 900          | Morristown | NJ    | 07963-0900 |      | <a href="http://morriscountynj.gov/mosquito/contact/">http://morriscountynj.gov/mosquito/contact/</a>   | Displays, control and education; Physical Address: Highview Ave., Cedar Knolls, NJ 07927                     |
| Morristown Memorial Hospital                   | 973-971-5000 |         | 100 Madison Ave.    | Morristown | NJ    |            |      | <a href="http://www.atlantichealth.org/cons/hospitals/at_MMH/overview.html">http://www.atlantichealth.org/cons/hospitals/at_MMH/overview.html</a>   |  |

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| MyPlate  |              |              |         |      |       |          |      | <a href="http://www.choosemyplate.gov/">http://www.choosemyplate.gov/</a>   | Materials for public based on MyPlate (replacement for Food Guide Pyramid) including Let's Move! And The People's Garden programs                                    |
| National AIDS Hotline                                      | 800-342-2437 |              |         |      |       |          |      |   |  |
| National Cancer Institute Cancer Information Service (CIS) | 800-4-CANCER | 800-422-6237 |         |      |       |          |      |   | Provides accurate, up-to-date, and reliable information on cancer that is easy to understand as well as info on research trials.                                     |
| National Health Information Center                         |              |              |         |      |       |          |      | <a href="http://www.healthfinder.gov">http://www.healthfinder.gov</a>   |  |
| National Health Information Hotline Directory              |              |              |         |      |       |          |      | <a href="http://healthhotlines.nlm.nih.gov/subserch.html">http://healthhotlines.nlm.nih.gov/subserch.html</a>                                   |  |
| National Institute of Allergy and Infectious Diseases      |              |              |         |      |       |          |      | <a href="http://3.niaid.nih.gov">http://3.niaid.nih.gov</a>   |  |
| National Institute of Health                               |              |              |         |      |       |          |      | <a href="http://www.nhlbi.nih.gov/health/public/heart/index.htm">http://www.nhlbi.nih.gov/health/public/heart/index.htm</a>                     | Great handouts and info for the public on cholesterol and heart health includes Spanish versions, info for women and heart disease, DASH diet (sodium), TLC Diet etc |
| National STD Hotline                                       | 800-227-8922 |              |         |      |       |          |      |   |  |
| National Stroke Association StrokeCall911                  |              |              |         |      |       |          | Yes  | <a href="http://www.strokeawareness.com/strokecall911/">http://www.strokeawareness.com/strokecall911/</a>                                       | Know the Signs of Stroke: Act FAST   |
| Needle Disposal Options for Self-Injectors                 |              |              |         |      |       |          | Yes  | <a href="http://www.epa.gov/wastes/nonhaz/industrial/medical/med-home.pdf">http://www.epa.gov/wastes/nonhaz/industrial/medical/med-home.pdf</a> | Print brochure with Safe Options for Home Needle Disposal  |

| Organization   | Phone 1               | Phone 2                                 | Address                        | Town          | State | Zip Code   | Info | Website   | Notes  |
|--|-----------------------|---|--------------------------------|---------------|-------|------------|------|---|--|
| Neighborhood Health Center - Plainfield                | 908-753-6401          |   | 1700-58 Myrtle Ave.            | Plainfield    | NJ    | 07063-1038 |      | <a href="http://www.nhscnj.org/">http://www.nhscnj.org/</a>   | Federally Qualified Healthcare Center to serve the uninsured and under-insured.  |
| New Jersey Travel Clinic, LLC                          | 201-345-4550          |   | 205 Browertown Road Suite #202 | Woodland Park | NJ    | 07424      | Yes  | <a href="http://www.njtravelclinic.com">www.njtravelclinic.com</a>  | Pre- and post travel vaccinations according to CDC guidelines plus travel medicines. Authorized Yellow Fever vaccine center. |
| NJ Dental School                                       | 973-972-7370 (Adults) | 973-972-4620 (Children)                 | Fifty 12th Avenue              | Newark        | NJ    | 07103      | Yes  | <a href="http://dentalschool.umdnj.edu/patients/njds.htm">http://dentalschool.umdnj.edu/patients/njds.htm</a>   | Small fee for screening appt. Adults and Children. Other campuses.   |
| NJ Department of Health - List of Hotlines             |                       |   |                                |               |       |            |      | <a href="http://www.state.nj.us/health/contact.shtml">http://www.state.nj.us/health/contact.shtml</a>   |  |
| NJ Division of Medical Assistance and Health Services  | 800-356-1561          |   |                                |               |       |            |      | <a href="http://www.state.nj.us/humanservices/dmahs/home/about/">http://www.state.nj.us/humanservices/dmahs/home/about/</a>                             |  |
| NJ DOH Healthcare and Public Health Resource Directory |                       |   |                                |               |       |            | Yes  | <a href="http://www.nj.gov/health/er/documents/nj_public_health_directory.pdf">http://www.nj.gov/health/er/documents/nj_public_health_directory.pdf</a> | 2012 Directory of all hospitals, health agencies Federally Qualified Health Centers, etc by counties throughout NJ           |
| NJ DOH Vaccine Preventable Disease Program Hep B       | 609-826-4861          |   |                                |               |       |            |      | <a href="http://www.nj.gov/health/cd/hepatitisb_perinatal/index.shtml">http://www.nj.gov/health/cd/hepatitisb_perinatal/index.shtml</a>                 |  |
| NJ FamilyCare & KidCare                                | 800-701-0710          | TTY 800-701-0720                        |                                |               |       |            |      | <a href="http://www.njfamilycare.org/default.aspx">http://www.njfamilycare.org/default.aspx</a>   | NJ publicly funded health insurance program - includes CHIP, Medicaid and Medicaid expansion                                 |
| NJ FamilyCare/Medicaid Call Center                     | 800-356-1561          |   |                                |               |       |            |      | <a href="http://www.njfamilycare.org/default.aspx">http://www.njfamilycare.org/default.aspx</a>   |  |
| NJ Medical Waste Hotline                               | 609-984-6620          | 877-927-6337 (24/7 To report incidents) | PO Box 414                     | Trenton       | NJ    | 08625-0414 | Yes  | <a href="https://www.nj.gov/de/p/dshw/rtrtp/rmw.htm">https://www.nj.gov/de/p/dshw/rtrtp/rmw.htm</a>   |  |

| Organization   | Phone 1        | Phone 2      | Address                 | Town         | State | Zip Code | Info | Website   | Notes   |
|--|----------------|--------------|-------------------------|--------------|-------|----------|------|---|---|
| NJ Office of Cancer Control and Prevention                                 |                |              |                         |              |       |          |      | <a href="http://www.nj.gov/health/ces/public/resources/occp.shtml">http://www.nj.gov/health/ces/public/resources/occp.shtml</a>                             | Coordinates comprehensive cancer control efforts in NJ to reduce illness and death due to cancer through prevention, early detection, treatment, rehabilitation, and palliation. Manages activities of its Regional Chronic Disease Coalitions. |
| NJ State Health Insurance Assistance Program (SHIP)                        | 908-704-6319   | 888-747-1122 | 92 E. Main St.          | Somerville   | NJ    | 08876    |      | <a href="http://www.state.nj.us/humanservices/doas/services/ship/">http://www.state.nj.us/humanservices/doas/services/ship/</a>                             | Free, confidential, unbiased help with Medicare questions for senior citizens So Cty Office on Aging  |
| NJ Student Health Survey   |                |              |                         |              |       |          |      | <a href="http://www.state.nj.us/education/students/yrs/">http://www.state.nj.us/education/students/yrs/</a>   | From NJ Dept of Education (2001, 2003, 2005, 2007, 2009)  |
| NJDOH: Div of Health Facilities Evaluation and Licensing Complaint Hotline | 800-792-9770   |              |                         |              |       |          |      | <a href="http://www.state.nj.us/health/healthfacilities/file_complaint.shtml">http://www.state.nj.us/health/healthfacilities/file_complaint.shtml</a>       |   |
| NORWESCAP (Northwest New Jersey Community Action Partnership)              | 908-454-4778   | 908-454-7000 | 350 Marshall St.        | Phillipsburg | NJ    | 08865    |      | <a href="http://norwescap.org/index.php">http://norwescap.org/index.php</a>   | Community Action programs for Somerset, Morris, Sussex, Warren, Hunterdon Counties: food banks, WIC, CEED, housing , energy assistance, etc.  |
| Olive Oil Resources  |                |              |                         |              |       |          |      | <a href="http://www.truthinoliveoil.com">www.truthinoliveoil.com</a>  | Learn all about which olive oil is high quality   |
| Online Type 2 Diabetes Risk Test   |                |              |                         |              |       |          |      | <a href="http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/">http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/</a> |   |
| Overlook Hospital  | 908-522-2000   |              | 99 Beauvoir Av., Summit | NJ           |       |          |      | <a href="https://www.atlantichealth.org/overlook.html">https://www.atlantichealth.org/overlook.html</a>   |   |
| Parent Heart Watch: Protecting Youth from Sudden Cardiac Arrest            | 1-800-717-5828 |              |                         |              |       |          | Yes  | <a href="http://www.ParentHeartWatch.org">www.ParentHeartWatch.org</a>  | Dedicated to protecting youth from sudden cardiac arrest (SCA) and preventable sudden cardiac death (SCD)   |

| Organization  | Phone 1      | Phone 2      | Address                             | Town        | State | Zip Code | Info | Website   | Notes  |
|---|--------------|--------------|-------------------------------------|-------------|-------|----------|------|---|--|
| Pediatric Emergency Department                                      | 551-996-5430 |              | 30 Prospect Avenue                  | Hackensack  | NJ    | 07901    | Yes  | <a href="https://www.atlantichealth.org/goryeb/our-services/pediatric-emergency-care/contact/emergency-department.html">https://www.atlantichealth.org/goryeb/our-services/pediatric-emergency-care/contact/emergency-department.html</a> |  |
| Pesticide Info in Fruits/Vegetables                                 |              |              |                                     |             |       |          |      | <a href="http://www.ewg.org/foodnews/">http://www.ewg.org/foodnews/</a>   | Dirty Dozen and Clean Fifteen: Environmental Working Groups guide to pesticides in produce   |
| Pluckemin Medical Equipment Ministry                                | 908-396-6057 |              | Presbyterian Church at Pluckemin Rt | Pluckemin   | NJ    | 07978    | Yes  | <a href="http://ppch.org/give-and-get-help/missions">http://ppch.org/give-and-get-help/missions</a>   | Medical equipment loans: wheelchairs, walkers, etc.  |
| Portion Distortion I & II   |              |              |                                     |             |       |          |      | <a href="http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm">www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm</a>  | Set of slides showing the size of food portions and how they have changed.   |
| Rape Crisis Hotline/Sexual Abuse Support Services - Morris County   | 973-829-0587 |              |                                     |             |       |          |      | <a href="http://www.njsp.org/division/operations/sexual-violence-info.shtml">http://www.njsp.org/division/operations/sexual-violence-info.shtml</a>   |  |
| Rape Crisis Hotline/Sexual Abuse Support Services - Somerset County | 908-526-7444 |              |                                     |             |       |          |      | <a href="http://www.state.nj.us/dcf/women/rcpp/svp/">http://www.state.nj.us/dcf/women/rcpp/svp/</a>   |  |
| Regional Chronic Disease and Cancer Coalition                       | 908-231-7155 | 908-231-7000 |                                     |             |       |          | Yes  | <a href="http://www.co.somerset.nj.us/health/RCDC/index.aspx">www.co.somerset.nj.us/health/RCDC/index.aspx</a>  | Coalition funded by a grant from NJ Dept. of Health Office of Cancer Control and prevention working to reduce the state's cancer burden and improve health outcomes for people with cancer or other chronic diseases |
| Richard Hall Community Mental Health Center                         | 908-725-2800 | 908-725-2800 | 500 N. Bridge St.                   | Bridgewater | NJ    | 08807    |      | <a href="http://www.co.somerset.nj.us/hserVICES/rhmhc">http://www.co.somerset.nj.us/hserVICES/rhmhc</a>   | Comprehensive community mental health center dedicated to the prevention, early detection, and treatment of mental illness and serious emotional and behavioral problems   |

| Organization  | Phone 1                      | Phone 2                     | Address                    | Town          | State | Zip Code | Info | Website   | Notes  |
|---|------------------------------|-----------------------------|----------------------------|---------------|-------|----------|------|---|--|
| Robert Wood Johnson University Hospital Barnabas Helath Somerset      | 888-MD-RWJUH                 | 908-685-2200                | 110 Rehill Ave.            | Somerville    | NJ    | 08876    |      | <a href="http://www.rwjuh.edu/rwjuh/somerset-campus.aspx">http://www.rwjuh.edu/rwjuh/somerset-campus.aspx</a>   |  |
| RWJ Executive Health Program  | 888-887-9584                 |                             | 10 Plum St. 8th Floor      | New Brunswick | NJ    | 08901    | Yes  | <a href="http://www.rwjuh.edu/executeivehealth">www.rwjuh.edu/executeivehealth</a>  | First class diagnostic exams and care that fit into a busy lifestyle.  |
| Saint Peter's Healthcare System                                       | 732-745-8600                 |                             | 254 Easton Avenue          | New Brunswick | NJ    | 08901    |      | <a href="http://www.saintpetershcs.com/">http://www.saintpetershcs.com/</a>   |  |
| Senior Care Services by Sharon, LLC.                                  | 1-973-627-5746               | 1-973-713-5822              | PO Box 5462                | Parsippany    | NJ    | 07054    | Yes  | <a href="http://www.seniorcareservice.sbysharon.com">www.seniorcareservice.sbysharon.com</a>  | Fully insured. Transportation, errands, meal prep and more   |
| Senior Health Insurance Assistance Program (S.H.I.P.)                 | 908-704-6319                 | 888-747-1122                | 27 Warren St.              | Somerville    | NJ    | 08876    | Yes  | <a href="http://www.state.nj.us/humanservices/doas/services/ship/index.html">http://www.state.nj.us/humanservices/doas/services/ship/index.html</a>                 | Somerset Cty Office on Aging: Free, confidential, inbiased help with Medicare  |
| Seniors Blue Book: Morris & Somerset Counties                         | 973-560-0064                 |                             |                            |               |       |          |      | <a href="http://www.seniorsbluebook.com">www.seniorsbluebook.com</a>  |  |
| Sexually Transmitted Disease (STD) Clinics List                       |                              |                             |                            |               |       |          | Yes  | <a href="http://www.nj.gov/health/hivstdtb/document/s/all_counties_clinic_sites.pdf">http://www.nj.gov/health/hivstdtb/document/s/all_counties_clinic_sites.pdf</a> | List for both Morris and Somerset counties   |
| SHIP: National Technical Assistance Program                           | 800-792-8820 (in-state only) | 877-222-3737 (out of state) |                            |               |       |          |      | <a href="http://www.state.nj.us/humanservices/doas/services/ship/index.html">http://www.state.nj.us/humanservices/doas/services/ship/index.html</a>                 | Help Understanding Medicare and Medicaid benefits. Nat'l site: <a href="https://www.shiptacenter.org/">https://www.shiptacenter.org/</a> |
| Social Security Administration  | 800-772-1213                 | 212-264-2715                | 26 Federal Plaza Rm 40-120 | New York      | NY    | 10278    |      | <a href="http://www.ssa.gov">www.ssa.gov</a>  |  |
| Somerset County Community Health Resource and Services Directory 2017 |                              |                             |                            |               |       |          | Yes  | <a href="https://www.co.somerset.nj.us/home/showdocument?id=26198">https://www.co.somerset.nj.us/home/showdocument?id=26198</a>                                     | Directory of contact information for all health resources in Somerset County   |
| Somerset County Food Bank   | 732-560-1813                 |                             | 7 Easy Street, Middlebrook | Bridgewater   | NJ    | 08807    |      | <a href="http://somersetfoodbank.org/">http://somersetfoodbank.org/</a>   |  |
| Somerset County Mosquito Control                                      | 908-541-5021                 | 908-231-7155                |                            |               |       |          |      | <a href="http://www.co.somerset.nj.us/mosquito/mosquitoinfo.html">http://www.co.somerset.nj.us/mosquito/mosquitoinfo.html</a>                                       |  |

| Organization   | Phone 1      | Phone 2      | Address                           | Town          | State | Zip Code | Info | Website   | Notes  |
|--|--------------|--------------|-----------------------------------|---------------|-------|----------|------|---|--|
| Somerset County Office on Aging Easy Access Single Entry System (EASE) | 888-747-1122 | 908-704-6346 |                                   |               |       |          |      | <a href="mailto:officeonaging@co.somerset.nj.us">officeonaging@co.somerset.nj.us</a>  |  |
| Somerset County Senior Wellness Center - Bernards                      | 908-204-3435 | 908-704-6343 | 202 Mount Airy Road               | Basking Ridge | NJ    | 07920    |      |   |  |
| Somerset Family Practice   | 908-685-2900 |              | 110 Rehill Ave.                   | Somerville    | NJ    | 08876    |      | <a href="http://www.rwjpe.com/Locations/RWJPESomersetFamilyPractice">http://www.rwjpe.com/Locations/RWJPESomersetFamilyPractice</a>           |  |
| Somerset Valley Urgent Care  | 908-781-7171 |              | 470A US Highway 202/206           | Bedminster    | NJ    | 07921    |      | <a href="http://www.somersetvalleyurgentcare.com/">http://www.somersetvalleyurgentcare.com/</a>   | Urgent, Primary, Occupational care and Immunizations. Can make an appointment online. Travel vaccines.                                   |
| St. Clare's Health System: Friend's for Life Health Living Program     | 973-989-3422 |              |                                   |               |       |          |      | <a href="http://www.saintclares.org/friends-for-life">http://www.saintclares.org/friends-for-life</a>   |  |
| TeensHealth  |              |              |                                   |               |       |          |      | <a href="http://kidshealth.org/teen/">http://kidshealth.org/teen/</a>   | Good online resource for teens, kids, and parents.   |
| The Center for Great Expectations                                      | 732-247-7003 |              | 19-B Dellwood Lane                | Somerset      | NJ    | 08873    |      | <a href="http://www.thecenterforgreatexpectations.org">www.thecenterforgreatexpectations.org</a>  | Pregnant women and adolescent females  |
| The DASH Diet  |              |              |                                   |               |       |          |      | <a href="http://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf">http://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf</a> | Top rated low sodium healthy eating.   |
| The Leukemia & Lymphoma Society  | 914-949-5213 | 800-955-4572 | 1311 Mamaroneck Avenue, Suite 310 | White Plains  | NY    | 10605    |      | <a href="http://www.lls.org">http://www.lls.org</a>   | Info for Children & Youth: <a href="http://www.schoolandyouth.org/school/Controller">http://www.schoolandyouth.org/school/Controller</a> |
| The Service Directory for the Children of Somerset County              |              |              |                                   |               |       |          |      | <a href="http://www.co.somerset.nj.us/home/showdocument?id=524">http://www.co.somerset.nj.us/home/showdocument?id=524</a>                     | Programs and services for the children of Somerset County.   |
| Therapeutic Lifestyle Changes for Heart Health                         |              |              |                                   |               |       |          |      | <a href="http://www.nhlbi.nih.gov/health/public/heart/chol/chol_tlc.htm">http://www.nhlbi.nih.gov/health/public/heart/chol/chol_tlc.htm</a>   | Handouts and materials for heart health  |

| Organization                                      | Phone 1      | Phone 2      | Address                              | Town             | State | Zip Code   | Info | Website   | Notes   |
|---|--------------|--------------|--------------------------------------|------------------|-------|------------|------|---|---|
| Tourette Syndrome Association of New Jersey, Inc. | 908-575-7350 |              | 50 Division Street, Suite 205        | Somerville       | NJ    | 08876      |      | <a href="http://www.njcts.org">www.njcts.org</a>  | Center of Excellence for Tourette Syndrome  |
| Traumatic Brain Injury Fund                       | 888-285-3036 |              |                                      |                  |       |            |      | <a href="http://www.state.nj.us/humanservices/dds/oias/tbis/tbifund.html">http://www.state.nj.us/humanservices/dds/oias/tbis/tbifund.html</a>                     |   |
| Tuberculosis Clinic - Somerset Medical Center     | 908-203-6040 |              |                                      |                  |       |            |      |   |   |
| Tuberculosis Control Program                      | 609-826-4878 | 800-482-3627 | 50 East Street, 3rd Floor PO Box 363 | Trenton          | NJ    | 08625-0363 |      | <a href="http://www.nj.gov/health/hivstdtb/tb/">http://www.nj.gov/health/hivstdtb/tb/</a>   |   |
| U.S. Department of Health and Human Services      |              |              |                                      |                  |       |            |      | <a href="http://healthyeating.nhlbi.nih.gov/ingre.aspx">http://healthyeating.nhlbi.nih.gov/ingre.aspx</a>   | Keep the Beat: Delicious Healthy Eating and Shopping Tips & Recipes   |
| United States Environmental Protection Agency     |              |              |                                      |                  |       |            | Yes  | <a href="http://www.epa.gov/b-edbugs">http://www.epa.gov/b-edbugs</a>   |   |
| Urgent Care Center - Summit Medical Group         | 908-277-8880 |              | 1 Diamond Hill Road                  | Berkeley Heights | NJ    | 07922      |      | <a href="http://www.summitmedicalgroup.com/service/Urgent-Care-Center/">http://www.summitmedicalgroup.com/service/Urgent-Care-Center/</a>                         | Urgent, Emergency, Primary healthcare   |
| US National Library of Medicine                   |              |              |                                      |                  |       |            | Yes  | <a href="http://www.nlm.gov">www.nlm.gov</a>  | Includes individual sites focusing on: Drug Info Portal; AIDS Info; Clinical Trials; Drugs and Lactation database; Liver Toxicity; PubChem -biological and chemical database; PubMed - scientific journals; RxNorm- drug info; ToxNet- database on hazardous chem |
| Vaccines for Teens and Preteens                   |              |              |                                      |                  |       |            | Yes  | <a href="http://www.nj.gov/health/cd/documents/vpd/vaccines_for_teens_preteens.pdf">http://www.nj.gov/health/cd/documents/vpd/vaccines_for_teens_preteens.pdf</a> | Which are needed; Questions and Answers   |
| Visiting Nurse of Somerset Hills                  | 908-766-0180 |              |                                      |                  |       |            |      | <a href="http://www.visitingnurse.org">www.visitingnurse.org</a>  |   |



| Organization                                       | Phone 1      | Phone 2      | Address              | Town       | State | Zip Code | Info | Website   | Notes  |
|--|--------------|--------------|----------------------|------------|-------|----------|------|---|--|
| Whole Grains Council                               |              |              |                      |            |       |          |      | <a href="http://wholegrainscouncil.org/">http://wholegrainscouncil.org/</a>   | Helps consumer find whole grains and know their health benefits; learn anything about whole grains |
| WIC (Women, Infants, and Children) Morris County   | 973-754-4575 | 800-328-3838 | 185 6th Avenue       | Paterson   | NJ    | 07524    | Yes  | <a href="http://www.nj.gov/health/fhs/wic/participants/find-wic/-morris">http://www.nj.gov/health/fhs/wic/participants/find-wic/-morris</a>     |  |
| WIC (Women, Infants, and Children) Somerset County | 800-527-0125 | 908-454-1210 |                      |            |       |          | Yes  | <a href="http://www.nj.gov/health/fhs/wic/participants/find-wic/-somerset">http://www.nj.gov/health/fhs/wic/participants/find-wic/-somerset</a> |  |
| Women Health and Counseling Center (see Zufall)    | 908-526-2335 |              |                      |            |       |          |      |   |  |
| World Health Organization                          |              |              |                      |            |       |          |      | <a href="http://www.who.int/topics/en/">http://www.who.int/topics/en/</a>   | Worldwide disease and pandemic monitoring  |
| Zarephath Health Center                            | 732-537-0737 |              | 595 Weston Canal Rd. | Somerset   | NJ    | 08873    |      | <a href="http://www.zhcenter.org/about/aboutus.php">http://www.zhcenter.org/about/aboutus.php</a>   | The Zarephath Health Center provides free health-care to the poor and uninsured.                   |
| Zufall Health Center-Dover                         | 973-328-3344 |              | 17 S. Warren St.     | Dover      | NJ    | 07801    | Yes  | <a href="http://www.zufallhealth.org">http://www.zufallhealth.org</a>   |  |
| Zufall Health Center-Flemington                    | 908-968-4440 |              | 361 Rt. 31, Bldg C   | Flemington | NJ    | 08802    | Yes  | <a href="http://www.zufallhealth.org/">http://www.zufallhealth.org/</a>   |  |
| Zufall Health Center-Morristown                    | 973-267-0002 |              | 4 Atno Avenue        | Morristown | NJ    | 07960    | Yes  | <a href="http://www.zufallhealth.org/">http://www.zufallhealth.org/</a>   | Additional centers; Dental Clinic in Flemington 908-968-4440                                       |
| Zufall Health Center-Somerville                    | 908-526-2335 |              | 71 Fourth Street     | Somerville | NJ    | 08876    | Yes  | <a href="http://zufallhealth.org">zufallhealth.org</a>  |  |