

# RESOURCE SHEET (Yakima Example)

Clinic	Location, Phone Number, and Web Site	Hours	Price of Pap Test	Spanish-Speaking Staff?	Child Care?	Bus Routes
Central Washington Family Medicine	1806 Lincoln Ave Yakima, WA 98902 (509) 452-4520 <a href="http://www.cwfm.org/">http://www.cwfm.org/</a>	8:30 am to 5:00 pm Monday, Tuesday, Thursday, Friday; 8:30 am to 7:30 pm Wednesday. Outside these hours, call 452-4520.	Minimum is \$25 for medical exam and \$5 per lab test if the individual doesn't qualify under special programs. We provide care on a discounted fee schedule. Medicaid, Medicare, and Healthy Options are also accepted.	Yes	No	1, 8
Grandview Medical/Dental Clinic (YVFWC)	1000 Wallace Way Grandview, WA 98930 (509) 882-3444 <a href="http://www.yvfwc.com/grandview.html">http://www.yvfwc.com/grandview.html</a>	8:00 am to 5:00 pm Monday to Friday.	Depends on income if the individual doesn't qualify under special programs.	Yes	No	Call PFP (see number below) or Community Health Services.
Mountain View Women's Health Center (YVFWC)	240 Division St Grandview, WA 98930 (509) 882-4700 <a href="http://www.yvfwc.com/womens.html">http://www.yvfwc.com/womens.html</a>	8:00 am to 5:00 pm Monday to Friday.	Depends on income if the individual doesn't qualify under special programs. Free Pap testing is available for those who qualify under the BCHP Plan.	Yes	No	Not on Yakima Transit Bus route. Call Maria Barrahas at clinic office for pick up.
Toppenish Medical/Dental Clinic (YVFWC)	518 W 1st Ave Toppenish, WA 98948 (509) 865-5600 <a href="http://www.yvfwc.com/toppenish.html">http://www.yvfwc.com/toppenish.html</a>	8:00 am to 5:00 pm Monday to Friday.	Sliding fee scale available, based on income and family size. Medicaid, Medicare, and Healthy Options are also accepted.	Yes	No	Call PFP (see number below) or Community Health Services.
Yakima Neighborhood Health Services (YNHS)	12 S. 8th St. Yakima, WA 98907 (509) 454-4143 <a href="http://ynhs.org/">http://ynhs.org/</a>	8:00 am to 7:00 pm Monday to Friday; 8:00 am to 6:00 pm Saturday.	Sliding fee scale available; many different programs available for eligible individuals including BCHP Plan, WIC, Take Charge, and Non-Citizens Family Planning.	Yes	No	Call PFP (see number below) or Community Health Services at clinic.

## Other Information

- Transportation:** Yakima Transit: (509) 575-6175  
People for People (PFP) Transportation or Interpreter Services: (509) 248-6793 or toll free 1 (800) 233-1624  
PFP contacts: Chris Fix (509) 457-8709 [chris@pfp.org](mailto:chris@pfp.org) or Linda Kraft (509) 697-9625 [kraftyak@aol.com](mailto:kraftyak@aol.com)
- Health Insurance:** Call Yakima Neighborhood Health Services (YNHS) at (509) 454-4143 for help with Washington's Children's Health Insurance Program or their Covering Kids and Families programs.
- Health Information:** Yakima Health District, Breast and Cervical Health Program – includes program overview and eligibility information - <http://www.co.yakima.wa.us/health/bchp/home.htm>  
Washington State Department of Health - <http://www.doh.wa.gov/wbchp/>

### **Some advice to help you prepare for the Pap test:**

- You should have the test when you are not on your period.
- Stop using any vaginal douches, foams, creams, gels, or medicine for the vagina 2 days before the test, unless it is prescribed by your doctor. These products may hide abnormal cells.
- You should not have sex 1–2 days before the test.

Promotora's Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Other info: \_\_\_\_\_