

# Gas can be expensive

## So can ER visits



**-Making all your visits with your PCP is essential to identifying health problems early on, and addressing them before they become a more serious problem that can land you in the hospital.**

**-Here in Maine, it is not always easy to get to your appointments.**

**-If you need any assistance with transportation to and from your visit here at the Center for Family Medicine, there are resources available!**

### **Options:**

#### **-Penquis Transportation Services**

**[http://www.penquis.org/index.php?&id=488&sub\\_id=3145](http://www.penquis.org/index.php?&id=488&sub_id=3145)**

**207-974-2420 or 1-855-437-5883**

Volunteer-based drivers that provide transportation for all patients with MaineCare, including handicap and disability options as well as same day requests for sick/urgent appointments

Eligibility: Must have Maine Care and must be attending a MaineCare-covered appointment; unless urgent, for typical appointments, must call 3 days in advance of the appointment.

#### **-Penquis Lynx**

**[http://www.penquis.org/index.php?&id=488&sub\\_id=3131](http://www.penquis.org/index.php?&id=488&sub_id=3131)**

**207-973-3695 or 866-853-5969**

Provides transportation for NON-MaineCare patients to and from appointments, with variety of services depending on individual needs, such as their cancer service [Roads to Wellness and Access to Cancer Care], those with disabilities [New Freedom], and those with mental illness [TAP – Transportation Assistance Program]

#### **-Eastern Area Agency on Aging**

**[http://www.eaaa.org/index.php?id=518&sub\\_id=1628](http://www.eaaa.org/index.php?id=518&sub_id=1628)**

**1-800-432-7812**

Provides transport to and from medical appointments for patients 50 and older who do not qualify for other transportation program and do not have Medicare or Medicaid

## **-BAT [Bangor Area Transit]**

<http://www.bangormaine.gov/communityconnector>

**207-992-4670**

Public transit system that serves the greater Bangor area, including Bangor, Brewer, Veazie, Orono, Old Town, and Hampden, 6:15 AM to 6:15 PM. Half-fare cards available for those who qualify. In addition to their normal services, offers transportation for the disabled, called ADA Paratransit.

## **-West's Transportation**

<http://www.westbusservice.com/>

**1-800-596-2823**

Offers transportation to stops along from Calais to Ellsworth and Bangor. Special rates for those with Medicaid, and available 7 days a week upon request.

## **-Road to Recovery**

**1-800-227-2345**

Free, volunteer-based transportation for cancer patients to and from medical appointments, provided by the American Cancer Society

Eligibility: Must be a patient with a diagnosed cancer and ongoing treatment and/or follow-up

## **Downeast Transportation**

<http://www.downeasttrans.org/>

Wheelchair-accessible bus transportation extending from Bar Harbor, Ellsworth and into Bangor.

Limited shuttles to Bangor, only Monday and Fridays

## **Go Maine Commuter connections**

<http://www.gomaine.org/>

**207 871-7771 or 800-280-RIDE**

A free Maine DoT sponsored program that links commuters for rideshares and car-pooling, as well as provides referrals to regional transportation options, and an 'Emergency Ride Home', in which a free taxi ride with a registered taxi company or Enterprise Rent-a-Car home is provided in case of emergencies.

Must register, for free, on NuRide system: <https://nuride.com/gomaine>

**If all else, call a taxi, from a legitimate, clean, registered taxi company**

**My Taxi: 207-990-4CAB**

**Dick's Taxi: <http://dickstaxi.com/> phone number: 207 942-6403**