

# Putting your health last is not putting your family first.



Let's talk about the care you need.



Women's Health Hotline  
**1-800-793-8090**



## ABOUT US

The Office of **Women's Health Hotline** is a **FREE** service that connects you to resources, services, and information that can help you stay healthy.

It is available to ALL women (and men), even if you don't have, cannot afford, or don't think you can get health insurance.

Our highly trained operators speak **English, Spanish, Chinese** (Mandarin and Cantonese), **Korean**, and **Vietnamese**.

## WHY CALL

- **Health Insurance:** We can provide information and referrals, regardless of legal status.
- **Women's Health Exams:** We can connect you to free or low-cost appointments or referrals for Pap tests and breast cancer screening.
- **Health, Mental Health & Social Services**  
We can provide referrals for local resources.
- **Health Risk Assessment**  
We can give you a free Risk Assessment for diabetes and heart disease over the phone and connect you to free or low-cost lifestyle change classes.

## WHEN TO CALL

### Hotline Hours

Monday-Friday, 8 am-6 pm

- All other times, please leave a voicemail. A highly trained Hotline Operator will call you back during regular business hours.
- Or send an email message to [owh@ph.lacounty.gov](mailto:owh@ph.lacounty.gov). If you include your phone number, a Hotline Operator will call you back during regular business hours.
- All calls are confidential and are NOT recorded.