

Behavioral Health

Program Name	Contact Info	Service Area	Website Link
Catholic Family Center-Adult Mental Health Clinic	(585)546-7220 ext 5603	Monroe and Wayne	http://www.cfcrochester.org/pg/adult-mental-health-clinic
Mental Health Association of Rochester	(585) 325-3145	Monroe, Livingston, and Wyoming	http://www.mharochester.org/Default.aspx?RD=1253
Monroe County - Dept of Human Services	(585) 753-6047	Monroe County	http://www2.monroecounty.gov/mh-index.php
NAMI- Rochester	(585) 423-1593	Monroe	http://www.tekstrong.com/nami/
Rochester Psychiatric Center	(585) 241-1200	Genesee, Livingston, Monroe, Orleans, Wayne and Wyoming	http://www.omh.ny.gov/omhweb/facilities/ropc/facility.htm
UR Medicine - Adult Ambulatory Service	(585) 275-3535	Monroe	http://www.urmc.rochester.edu/psychiatry/clinical/ambulatory/adult.aspx

Nutrition

Program Name	Contact Info	Service Area	Website Link
Diabetes Health Source	(585) 341-7066	Monroe	http://www.urmc.rochester.edu/highland/departments-centers/diabetes.aspx
Healthy Living Center	(585) 530-2050	Monroe	http://www.urmc.rochester.edu/community-health/programs-services/diet-nutrition.cfm
Strong Internal Medicine	585) 275-7424	Monroe	http://www.urmc.rochester.edu/medicine/general-medicine/patientcare/patient-education-resources.cfm#Food
U.S. Dept of Health and Human Services (healthfinder.gov)	Email: healthfinder.hhs.gov	United States	http://www.healthfinder.gov/HealthTopics/Category/nutrition-and-physical-activity/nutrition
YMCA - Diabetes Prevention Program	Theresa Wing RD @585-341-4064	Various-Greater Rochester region	http://rochesterymca.org/diabetesprevention

Physical Activity

Program Name	Contact Info	Service Area	Website Link for Providers and Patients
Be Active Rochester			http://www.beactiverochester.com/links/index.html
JCC Rochester	eaiono@jccrochester.org		https://jccrochester.org/programs-services/by-age/adults/group-fitness-classes
MVP	1-800-665-7924 for Medicare Advantage Members or 1-888-687-6277 for all others/non members	Rochester	https://swp.mvphealthcare.com/wps/portal/mvp/home/members/livehealthy/takeaclass/west
Strength in Wellness	585-208-9473	Greater Rochester	http://www.strengthinwellness.com/personal-trainer-rochester.html
UR Medicine - Center for Community Health	(585) 224-3050	Rochester	http://www.urmc.rochester.edu/community-health/
Rochester Walks			http://www.cityofrochester.gov/rochesterwalks/
Vida en Salud	Stacey DeJesus @ (585) 224-3059		http://www.urmc.rochester.edu/community-health/programs-services/healthy-living-program.cfm
U.S. Department of Health and Human Services (healthfinder.gov)	n/a	n/a	http://www.healthfinder.gov/HealthTopics/Category/nutrition-and-physical-activity/physical-activity
YMCA of Greater Rochester			https://rochesterymca.org/

Preventive Services

Contact Info	Service Area	Website Link for Providers and Patients
U.S. Preventive Services Task Force	U.S	http://www.uspreventiveservicestaskforce.org/adultrec.htm
U.S. Department of Health and Human Services	Men: Stay Healthy at Any Age	http://www.ahrq.gov/patients-consumers/patient-involvement/healthy-men/healthy-men.html
	Men: Stay Healthy at 50+	http://www.ahrq.gov/patients-consumers/patient-involvement/healthy-men/men-over-50.html#
	Women: Stay Health at Any Age	http://www.ahrq.gov/patients-consumers/prevention/lifestyle/healthy-women.html
	Women: Stay Healthy at 50+	http://www.ahrq.gov/patients-consumers/prevention/lifestyle/women-over-50.html

Senior Services

Program Name	Contact Info	Service Area	Website Link
GRAPE - Greater Rochester Area Partnership for the Elderly	T: 585-256-4351 F: 585-256-4352	Monroe County	http://www.grapelder.org/Directory.aspx

Smoking Cessation

Program Name	Contact Info	Website Link
Center for Community Health	585-530-2050	http://www.urmc.rochester.edu/community-health/programs-services/healthy-living-center/stop-smoking-program.aspx
NYS Smokers' Quitline	1-866-697-8487	http://www.nysmokefree.com/default.aspx
Smokefree.gov		http://smokefree.gov/
Highland Hospital Cardiology	585-341-6780	http://www.urmc.rochester.edu/highland/departments-centers/cardiology.aspx?redir=www.highlandheart.urmc.edu

Transportation

Program Name	Contact Info	Service Area	Website Link for Providers and Patients
Medical Motor Service	585-654-7030	Rochester / Monroe County	http://www.medicalmotors.org/
Monroe Ambulance Transportation	Non-emergency 585-454-6211	Monroe and Wyoming County	http://www.monroeambulance.com/medical-transportation.htm
Rochester Medical Transportation, Inc	585-288-3444	Rochester and Buffalo	http://rochestermedicaltransportation.com/services.html

Weight Management

Program Name	Contact Info	Service Area	Website Link
Eating Disorders Recovery Center of Western NY	585-276-6102	WNY	http://www.nyeatingdisorders.org/index.php
HH-Bariatrics	585-341-0366	Rochester	http://www.urmc.rochester.edu/highland/departments-centers/bariatrics/contact.aspx
SMH - Strong Internal Medicine	585-275-7424	Rochester	http://www.urmc.rochester.edu/medicine/general-medicine/patientcare/
U.S. Department of Health and Human Services (NIH)			http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm