



Health

Salud

Affordable health care, health insurance, nutrition and wellness services for families and individuals in the Hudson Valley.

Hudson Valley Region & Neighboring Counties

Health: Contents

Esta guía reúne recursos comunitarios gratuitos o de bajo costo en Hudson Valley y los condados vecinos. Verifica horarios y disponibilidad directamente con cada organización.

This guide collects free or low-cost community resources in the Hudson Valley and neighboring counties. Please confirm hours and availability directly with each organization.

Beacon (1)

1. Sun River Health

Hyde Park (1)

2. PICHC of Dutchess and Ulster Counties

Kingston (1)

3. Ulster Immigrant Defense Network

Poughkeepsie (5)

4. Emery & Webb Insurance
5. Hudson Valley Regional Community Health Centers
6. Midhudson Regional Hospital
7. Vassar Brothers Medical Center
8. WMCHealth Physicians Advanced ENT Services

Rhinebeck (1)

9. Northern Dutchess Hospital

Multiple Locations (4)

10. Alzheimer's Association
11. Dutchess County, Health Insurance Marketplace
12. The Institute for Family Health
13. Women, Infants, Children (WIC), Dutchess County

Information compiled from public community sources. Services, hours and contact details may change. Please confirm directly with each organization.

Directory: Health

Beacon (1)

Sun River Health

Location	Multiple clinics, see website for locations
Contact	(844) 400-1975
Website	https://www.sunriver.org/
Services	Comprehensive health services at an affordable cost (especially for patients below 100% of the Federal Poverty Level). Welcomes individuals without insurance and ensures quality of care. Provides health education.
Social Media	Facebook: facebook.com/sunriverhealth ; Twitter: @sunriverhealth; YouTube: sunriverhealth

Hyde Park (1)

PICHC of Dutchess and Ulster Counties

Location	11 Crum Elbow Road Hyde Park, Hyde Park NY 12538
Contact	(845) 229-1020
Website	https://institute.org/our-programs/pichc/
Services	Medicare, Medicaid, HMO, Exchange. M-F 8 to 5. Will actively help peoples without insurance to sign up for insurance.

Kingston (1)

Ulster Immigrant Defense Network

Location	Holy Cross/Santa Cruz Episcopal Church, 30 Pine Grove Avenue, Kingston, NY
Contact	888-726-7276
Email	uidn@ulsterimmigrantdefensenetwork.org
Services	Services for immigrants including transportation, housing, food, health care, education, and advocacy. Includes resources serviced by other organizations on their website.

Poughkeepsie (5)

Emery & Webb Insurance

Location	4 Jefferson Plaza, Suite 401, Poughkeepsie NY 12601
Contact	845-454-4220
Website	https://www.emerywebb.com/insurance-in/poughkeepsie-ny/
Services	M-F 8:30 to 5

Hudson Valley Regional Community Health Centers

Location	301 Manchester Road, Poughkeepsie, NY 12603
Contact	(845) 473-8856
Website	https://www.hvrchealth.org/
Services	Medicare, Medicaid. M-F 8 to 5

Midhudson Regional Hospital

Location	241 North Road, Poughkeepsie NY 12601
Contact	(845)-483-5000
Website	https://www.wmchealth.org/locations/midhudson-regional-hospital
Services	Medicare, Medicaid. Open 24/7

Vassar Brothers Medical Center

Location	45 Reade Place, Poughkeepsie NY 12601
Contact	(845) 454-8500
Website	https://www.nuvancehealth.org/locations/vassar-brothers-medical-center?utm_source=listings&utm_medium=organic&utm_campaign=Yext&y_source=1_MTEyNjg2MzMtNzE1LWxvY2F0aW9uLndlYnNpdGU%3D
Services	Medicare, Medicaid. Daily 8 to 8

WMCHHealth Physicians Advanced ENT Services

Location	19 Baker Ave, Suite 301, Poughkeepsie NY 12601
Contact	914-693-7636
Website	https://www.wmchealth.org/locations/wmchealth-physicians-advanced-ent-services-poughkeepsie
Services	Medicare, Medicaid. M-F 8:30 to 5

Rhinebeck (1)

Northern Dutchess Hospital

Location	6511 Springbrook Avenue, Rhinebeck NY 12572
Contact	(845) 876-3001
Website	https://www.nuvancehealth.org/locations/northern-dutchess-hospital?utm_source=listings&utm_medium=organic&utm_campaign=Yext
Services	Medicare, Medicaid. Daily 8 to 8

Multiple Locations (4)

Alzheimer's Association

Contact	(800) 272-3900
Services	Supports, advocates, and cares for individuals with Alzheimer's disease.
Social Media	Facebook: facebook.com/actionalz ; Instagram: @alzassociation ; LinkedIn: Alzheimer's Association

Dutchess County, Health Insurance Marketplace

Contact	845-486-3419
Website	dutchessny.gov , Cuidado de Salud
Services	Find affordable health insurance plans for you and your family. Locate health resources based on your health insurance status.
Social Media	Facebook: facebook.com/DutchessCoGov

The Institute for Family Health

Location	Multiple locations, see website for locations
Contact	845-255-2930 (Spanish options provided after English)
Website	institute.org
Services	Provides affordable care irrespective of financial capability. Offers multiple locations for patients.
Social Media	Facebook: facebook.com/forfamilyhealth ; Instagram: @forfamilyhealth; Twitter: @forFamilyHealth; YouTube: The Institute for Family Health

Women, Infants, Children (WIC), Dutchess County

Location	Three locations: Amenia, Beacon, and Poughkeepsie, addresses listed on the website
Contact	(845) 452-6478
Services	Provides health education and services to parents with children and/or infants.

Information compiled from public community sources. Services, hours and contact details may change. Please confirm directly with each organization.