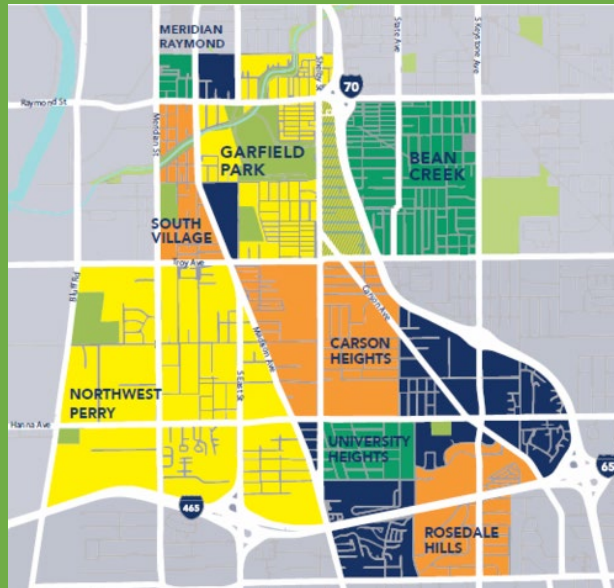


# South Indianapolis Quality of Life Plan Healthcare Guide



**Bean Creek • Carson Heights • Garfield Park  
Meridian Raymond • Northwest Perry  
Rosedale Hills • South Village • University Heights**



## **General Health**

### **Adult & Child Health**

Phone Number: (877) 882-5122

Address: 234 E. Southern Ave., Indianapolis, IN 46225

Services: Family medicine, pediatrics, women's health services, pre-natal care, on-site lab work, addictions treatment, mental health, psychiatric services, medication-assisted treatment for addictions, immunizations, chronic conditions, and sports physicals.

Hours: Monday-Friday 8am-5pm. Closed Saturday and Sunday

Website: <https://adultandchild.org/familymedicine/>

Insurance Plans Accepted: Accept most major insurances and offer a sliding fee scale for anyone uninsured.

### **Oak Street Health University Heights**

Phone Number: (317) 548-4461

Address: 4200 South East Street, Indianapolis, IN 46227

Services: Primary care and senior care

Hours: Mon.-Fri. 8am-5pm, Closed Saturday and Sunday.

Website: [www.oakstreethealth.com](http://www.oakstreethealth.com)

Medicare/Medicaid: Medicaid is accepted as secondary insurance to Medicare

Insurance Plans Accepted: Aetna, Anthem, Humana, Medicare, and United Healthcare

### **Planned Parenthood Southside Health Center**

Phone Number: (317) 788-0396

Address: 935 E Hanna Ave, Indianapolis, IN 46227

Services: Primary care, family planning including abortion referrals, STD testing and treatment, pregnancy testing and services, and LGBTQ services.

Hours: Mon. 9am-5pm, Tu. 9am-6pm, Wed. 9am-5pm, Th. 9am-6pm, Fri. 9am-4pm, Closed Sat. & Sun.

Website: <https://www.plannedparenthood.org>

Insurance Plans Accepted: Accept most major insurances and offer a sliding fee. Medicaid accepted.

## **Chiropractors**

### **Andry Alphabiotic Center**

Phone Number: (317) 781-8030

Address: 3510 S Keystone Ave Ste. D, Indianapolis, IN 46227

Services: Basic chiropractor applications and modern physical therapy modalities.

Call ahead for hours and insurance plans accepted.

### **Performance Wellness**

Phone Number: (317) 791-1511

Address: 3786 S East St, Indianapolis, IN 46227

Specialties: Back pain, neck pain, headaches, massage therapy, sport injuries, and vertigo.

Hours: Mon.-Fri. 9am-12pm and 2pm-6pm, Sat. 9am-12pm, Sun. closed.

Website: <https://www.performancewellnessindy.com>

Insurance Plans Accepted: Call ahead to see if they accept your insurance.

## **Dentists**

### **Comdent Dental Services**

Phone Number: (317) 783-9993

Address: 4200 South East St., Indianapolis, IN 46227

Services: General dentistry, dentures, custom bleaching trays, dental implants, gum treatment, tooth extractions, root canal treatment, dental sealants, wisdom teeth, and emergency services.

Hours: Mon. 9am-3pm, Tu.-Th. 9am-5:30pm, Fri. 9am-1 pm, Closed Sat.- Sun.

Website: [www.comdentdental.com](http://www.comdentdental.com)

Insurance Plans Accepted: Accept most major insurances and offer a sliding fee. Medicaid accepted. Call ahead to see if they accept your insurance.

### **Pippin Dental & Braces**

Phone number: (317) 548-6262

Address: 3658 East St., Indianapolis, IN 46227

Services: General Dentistry, Children's Dentistry, Oral Surgery, Orthodontic Services, and Aligners

Hours: Mon.-Fri. 8am-5pm, Sat. 9am-2pm, Closed Sunday

Website: <https://www.pippindental.com/>

Medicare/Medicaid: Medicaid accepted

Insurance Plans Accepted: Accept Aetna, Anthem, Avesis, Blue Cross Blue Shield, Cigna, Delta Dental, Guardian, Humana, Passport, Tricare, and United Healthcare. Also accept the following Medicaid plans- Molina, SCHIP, WellCare, and Medicaid, including Hoosier Healthwise, CareSource, Mdwis, IlliniCare, and Dentaquest.

### **Shelby Street Dentistry**

Phone Number: (317) 784-2955

Address: 4131 Shelby Street, Indianapolis, IN 46227

Services: Exams & cleaning, cosmetic, restorative, surgical, preventive, and prosthodontic.

Hours: Mon 9am-6pm, Tu. 8am-5pm, Wed. 9am-6pm, Th. 8am-5pm, Fri-Sun Closed

Website: <https://www.shelbystreetdentistry.com>

Insurance Plans Accepted: Call ahead to see if they accept your insurance.

## **Optometrists**

### **Dr. Tavel Family Eye Care**

Phone Number: (317) 788-4243

Address: 3636 S East St, Indianapolis, IN 46227

Services: Eye exams and prescription glasses and contacts

Hours: Mon. 9am-7:30pm, Tu.-Wed. 7:30am-6pm, Wed. 7:30am-6pm, Th. 9am-7:30pm, Fri. 7:30am-6pm, Sat. 7:30am-2:30pm, Su. Closed.

Website: [drtavel.com](http://drtavel.com)

Insurance Plans Accepted: Accept most national and regional vision plans including Anthem, Eyemed Vision Care, Davis Vision, HIP2.0, Medicaid, and VSP.

### **Eye Specialists of Indiana**

Phone Number: (317) 925-2200

Address: 3530 Keystone Ave, Indianapolis, IN 46227

Specialties: Astigmatism, cataracts, glaucoma, macular conditions, YAG capsulotomy.

Hours: Mon.-Fri. 7am-4:30pm, Closed Saturday & Sunday.

Website: <https://www.eyespecialistsofindiana.com/>

Insurance Plans Accepted: Call ahead to see if they accept your insurance.

### **Eyeglass World**

Phone Number: (317) 510-7224

Address: 4200 S East Street Suite 42, Indianapolis, IN 46227

Services: Eye exams and prescription glasses and contacts

Hours: Mon.-Fri. 9am-7pm, Sat. 9am-6pm, Sun. Closed

Website: <https://www.eyeglassworld.com/>

Insurance Plans Accepted: Accept most national and regional vision plans including Avesis, CEC, DavisVision, EyeMed, Heritage Vision Plans, Mesvision, NVA, Spectera, Humana, and United Healthcare.

### **Southside Eye Center**

Phone Number: (317) 784-9611

Address: 3719 S East St, Indianapolis, IN 46227

Services: Eye exams, contacts, vision correction, eye conditions, eye diseases, and vision problems.

Hours: Mon. 8:30am-6pm, Tu.-Th. 8:30am-5pm, Fri.-Sun. Closed.

Website: [southsideeyecenter.com](http://southsideeyecenter.com)

Insurance Plans Accepted: Advantica, Aetna, Anthem, Assurant, BlueCross BlueShield, Davis Vision, Eyemed, Humana, Medicaid, Medicare, Spectera, Tricare, United Healthcare, and VSP.

### **Physical Therapy**

#### **UIndy Physical Therapy and Rehab**

Phone Number: (317) 497-2600

Address: 1643 East Hanna Avenue, Suite 107, Indianapolis, IN 46227

Specialties: General orthopedic therapy, sports medicine rehab, neurological rehab, hand rehab, and lymphedema therapy.

Hours: Mon.-Fri. 7am-7pm, Sat. 8am-4:30pm, Closed Sunday

Website: <https://www.ecommunity.com/locations/physical-therapy-rehab-uindy>

Insurance Plans Accepted: Call ahead to see if they accept your insurance.

#### **The Waters of Indianapolis**

Phone Number: (317) 787-5364

Address: 3895 S Keystone Ave, Indianapolis, IN 46227

Specialties: comprehensive rehab care, physical, occupational, and speech therapy, nutritional management.

Website: <http://www.watersofindianapolis.com/>

Insurance Plans Accepted: Call ahead to see if they accept your insurance.

## **Pharmacists**

### **CVS Pharmacy Store 2311**

Phone Number: (317) 780-3265

Address: 2215 Shelby Street, Indianapolis, IN 46203

Services: Prescriptions, flu shots, and immunizations.

Hours: Mon.-Fri. 8am-9pm, Sat. 9am-6pm, Sun. 10am-6pm

Website: [www.cvs.com](http://www.cvs.com)

Insurance Plans Accepted: Accepts most major national and regional plans.

### **Kroger Pharmacy:**

Phone Number: (317) 781-4258

Address: 4202 S East St., Indianapolis, IN 46227

Services: Prescriptions

Hours: Mon.-Fri. 9am-9pm, Sat. 9am-6pm, Sun 11am-6pm

Website: [www.kroger.com](http://www.kroger.com)

Insurance Plans Accepted: Accepts most major national and regional plans.

### **Walgreens Store 21257**

Phone Number: (317) 780-1990

Address: 902 E Hanna, Indianapolis, IN 46227

Service: Prescriptions, flu shots, and immunizations.

Hours: Mon.-Fri. 9am-9pm, Sat.-Sun. 10am-6pm

Website: [www.walgreens.com](http://www.walgreens.com)

Insurance Plans Accepted: Accepts most major national and regional plans.

### **Walmart Pharmacy at Neighborhood Market 5408**

Phone Number: (317) 786-3820

Address: 3805 S Keystone Ave, Indianapolis, IN 46227

Services: Prescriptions

Hours: Mon.-Sat. 9am-7pm, Sun. 10am-6pm

Website: [www.walmart.com](http://www.walmart.com)

Insurance Plans Accepted: Accepts most major national and regional plans.

## **Therapists**

### **Abram Sinn**

Phone Number: (317) 883-9774

Address: 4040 S. Meridian St, Indianapolis, IN 46217

Specialties: Marriage & family, relationships, life transitions, and anxiety.

Hours: Mon.-Fri. 8am-9pm, Closed Saturday and Sunday.

Website: <http://abramsinn.com/>

Insurance Plans Accepted: Anthem, BlueCross and BlueShield, Indiana University Health Plan, Optum, UMR, and United Healthcare.

**Fall Creek Counseling**

Phone Number: (317) 789-0647

Address: 4026 Madison Ave, Indianapolis, IN 46227

Specialties: Domestic violence, parenting skills, drug/alcohol counseling, relapse.

Insurance Plans Accepted: Sliding fees or payment plans available.

**WIC Clinics**

Must qualify for the WIC program: <https://www.in.gov/isdh/19691.htm>

**Barrington WIC Clinic**

Phone: (317) 957-2950

Address: 3401 E Raymond Street, Suite #106, Indianapolis, IN 46203

Services: WIC program, nutrition and health screening and assessment, nutrition education and counseling, breastfeeding support, and referrals.

Hours: Mon-Fri: 8am-5pm (closed 12pm-1pm for lunch); Walk-In Clinic on Tuesday: 8:00a-3:00p

Website: [https://www.in.gov/isdh/reports/WIC\\_Clinics/clinics.htm](https://www.in.gov/isdh/reports/WIC_Clinics/clinics.htm)

**Cottage Corner WIC Office**

Phone: (317) 655-3220

Address: 1434 Shelby Street, Indianapolis, IN 46203

Services: WIC program, nutrition and health screening and assessment, nutrition education and counseling, breastfeeding support, and referrals.

Hours: Mon-Fri: 8am-5pm; Walk-In Clinic on Tuesday: 8:00a-3:00p

Website: [https://www.in.gov/isdh/reports/WIC\\_Clinics/clinics.htm](https://www.in.gov/isdh/reports/WIC_Clinics/clinics.htm)

**Southside WIC**

Phone: (317) 221-5795

Address: 7551 S. Shelby Street, Indianapolis, IN 46227

Services: WIC program, nutrition and health screening and assessment, nutrition education and counseling, breastfeeding support, and referrals.

Hours: Mon-Th: 7am-6pm; Fri: 8am-3pm

Website: [https://www.in.gov/isdh/reports/WIC\\_Clinics/clinics.htm](https://www.in.gov/isdh/reports/WIC_Clinics/clinics.htm)