



2026

Starr County HealthCare & Social Services Directory

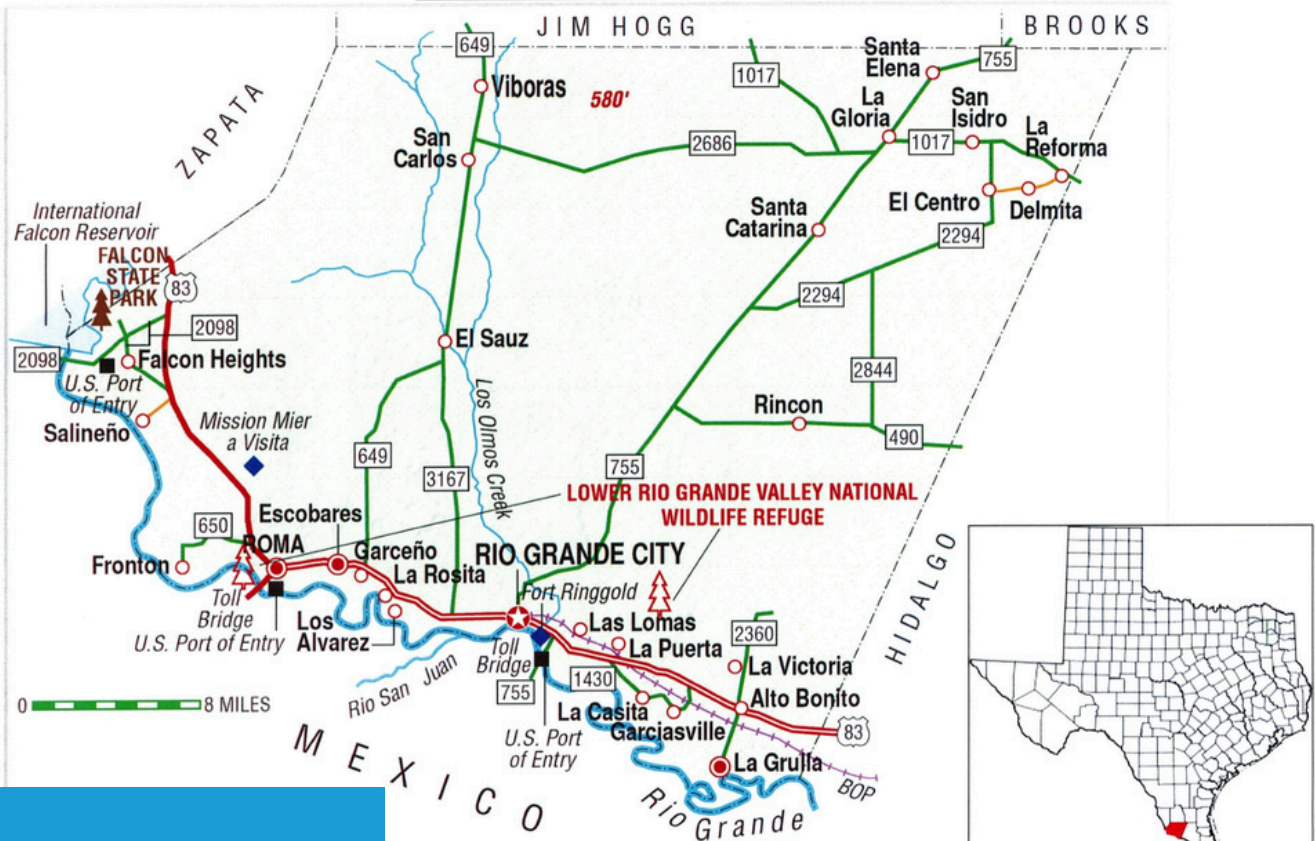


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EXECUTIVE DIRECTOR MESSAGE



Dear Starr County Residents:

The Area Health Education Center of the Mid Rio Grande Border Area of Texas, Inc. (AHEC) is excited to share this Health and Social Services Directory. It is designed to help all residents navigate the system for improved access to health and social services, thus contributing to an improved quality of life.

In March 2022, the AHEC introduced its menu of programs to Starr County. Shortly after, AHEC started collaborating with numerous agencies and individuals to offer health education, health screenings, and referrals to social services through a series of trainings, presentations, health fairs, and community events. In addition, the Starr County Health Coalition was formed and has continued meeting to network and share information to better serve the community. The objective of these activities is to encourage community members to be part of a movement aimed at empowering people with information, enabling them to make informed decisions about their families' health and well-being. We, the AHEC team, invite you to review and share the contents of this directory with every resident in the community. It is available at strategic locations throughout Starr County and via our website www.midriograndeborderahec.org.

This "living" directory represents an array of agencies committed to serving Starr County. We acknowledge the tremendous support received by everyone in Starr County who has been instrumental in our delivery of the AHEC services throughout the County. Special gratitude to the Starr County leaders for your trust in AHEC to make Starr County our hybrid home. We are grateful for the financial support received from the Texas Department of State Health Services Office of Border Public Health, Region 11, for making this project possible.

Sincerely,

Julie Bazan, PhD, MHA, CHW
Executive Director

ABOUT US



The Mid Rio Grande Border Area Health Education Center (MRGB AHEC) is an outreach program under the UT Health San Antonio and is a non-profit 501(c)3 organization with a mission to enhance the quality of life in the communities by increasing the number of well-trained health care workers; enhancing academic resources; and fostering a healthy lifestyle through community education programs. The (MRGB AHEC) was established in 1993 by a group of Laredo community leaders and the University of Texas Health Science Center at San Antonio to help address the growing need for health care professionals and academic resources in the region.

The MRGB AHEC Board of Trustees is composed of stakeholders in the community, including health care providers, representatives of educational institutions, representatives of health care facilities, representatives from the city and county government, and community leaders. Over the years, the valuable input offered by these leaders, and those from other industries, has allowed for a strong foundation that motivates the MRGB AHEC Board and staff to develop programs in health literacy, health career promotion and continuing education aimed at achieving the MRGB AHEC mission. AHEC's service area includes Webb, Zapata, Jim Hogg, La Salle, Duval, Dimmit, Starr, and Willacy counties. The MRGB AHEC Board ensures that all programs help to meet the needs of the region through three programmatic areas: Health Careers Opportunity Programs for students enrolled in kindergarten thru college level; Continuing Education Programs for practicing providers; and Community Health Literacy Programs for families, veterans, and residents of South Texas.



MISSION STATEMENT

To enhance the quality of life of our communities by:

Increasing the number of well-trained healthcare workers in the region.

Enhancing academic resources for existing healthcare providers.

Fostering a healthy lifestyle through community education programs.

MEET THE TEAM



Julie Bazan

Executive Director
bazanj@mrgbahec.org



Hazel Medellin

Academic and Continuing
Education Programs Coordinator
hmedellin@mrgbahec.org



Vicky Morales

Academic and Continuing
Education Programs Coordinator
vmorales@mrgbahec.org



Victoria Gutierrez

Special Projects Coordinator
vgutierrez@mrgbahec.org



Anel Torres

Outreach Coordinator
ahecoutreach@mrgbahec.org



Becky Diaz

Special Projects Coordinator
ahchealth@mrgbahec.org

DIRECTORY A-Z



- A** Ace Primary Home Care, Inc.
Aetna
All Seasons Home Care, Inc
Alzheimer's Association
Alonso Armendariz, D.D.S, P.C
Aptus Therapy Services
Area Agency on Aging of South Texas
AVANCE Head Start/Early Head Start
- B** Better Business Bureau Education Foundation
Border Region Behavioral Health Center
Bravo Home Care, LLC.
- C**
- D** Deaf & Hard of Hearing Center-RGV
Department of State Health Services (DSHS)
DHR Health Orthopedic and Sports Therapy Institute
Rio Grande City
DHR Health RGC Multi Specialty Clinic
Driscoll Health Plan
- E** El Faro Health and Therapeutics
- F** Fred's Pharmacy
- G** Guerra Family Dentistry
- H**
- I**
- J**
- K**
- L** La Unión del Pueblo Entero
Lino's Pharmacy
Legacy Home Health
- M** Med Team, Inc.
MHP Salud
Medicare Store
Methodist Healthcare Ministries
Mint Orthodontics
Mid Rio Border Grande AHEC
- N** Nuestra Clinical Del Valle, Inc
Nuestro Sagrado Corazon - Primary Home Care Inc

- O** One Heart Home Care, LLC.
- P** Popular Pharmacy
- Q**
- R** Rio Workforce Center
Rio Grande City Nursing and Rehabilitation Center
RGCGISD-Federal Program:Parental Engagement Dept.
Rodeo Dental & Orthodontics
- S** SCAN (Serving Children and Adults in Need)
Shah Eye Center
South Texas Aging & Disability Resource Center
South Texas Development Council
South Texas Research Institute
South Texas Traveling Health Care Team (Border Region)
South Texas College Vocational Nursing Program
Starr County
Starr County Memorial Hospital
Starr Vision
Su Clinica
Superior Health Plan
- T** Texas A&M Agrilife Extension
Texas Department of State Health Services
Texas STAR Programs / Texas Health Steps
- U** Umos
United Healthcare Dental
UT Health RGV AHEC Primary Care (La Victoria)
- V** VAIL a Center for Independent Living
Valley Pharmamcy LLC.
- W** WellMed
Workforce Solutions
- X**
- Y**
- Z**

AGENCIES



ACE Primary Home Care Inc.
1920 W. Ferguson Avenue
Pharr, TX 78577

Norma Acosta
(956) 781-7229

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

Home Health Services: Non-Medicare for older adults

Fees

Fees are accessed individually

Online Resources



ACE Primary Home Care Inc.
1920 W. Ferguson Avenue
Pharr, TX 78577

Norma Acosta
(956) 781-7229

Horarios de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

Servicios de Salud en el Hogar: No Medicare para adultos mayores

Tarifa

Tarifas son evaluadas individual

Recursos en Línea



Aetna
1210 Arrington Road
Harlingen, TX 78552

Amanda Zavala
zavalaal@aetna.com
(956) 357-4837

Office Hours

9:00 am - 8:00 pm
Monday - Friday

Services

- Health Insurance Plans
- Dental and Vision Coverage
- Health and Wellness Programs
- Behavioral Health Services
- Telemedicine Services

Fees

Fees are assessed individually.

Online Resources

<https://www.aetnacvshealth.com>



aetnaSM

Aetna
1210 Arrington Road
Harlingen, TX 78552

Amanda Zavala
zavalaal@aetna.com
(956) 357-4837

Horario de Oficina

9:00 am - 8:00 pm
Lunes - Viernes

Servicios

- Planes de Seguro de Salud
- Cobertura Dental y de Visión
- Programas de Salud y Bienestar
- Servicios de Salud Conductual
- Servicios de Telemedicina

Tarifas

Tarifas evaluadas individualmente.

Recursos en Línea

<https://www.aetnacvshealth.com>

AGENCIES



All Seasons
Home Care, Inc.

All Seasons Home Care Inc.
3320 W. Alberta Road
Edinburg, TX 78539

Brenda Maldonado
brenda.maldonado@legacyhhc.com
(956) 352-1544

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

- Home Health Care
- Private Pay Care
- Provider Services

Fees

Contact for more information.

Online Resources

<https://www.allseasonshome.care/>



All Seasons
Home Care, Inc.

All Seasons Home Care Inc.
3320 W. Alberta Road
Edinburg, TX 78539

Brenda Maldonado
brenda.maldonado@legacyhhc.com
(956) 352-1544

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

- Cuidado de Salud en el Hogar
- Cuidado Privado de Pago
- Servicios de Proveedor

Fees

Contactar para más información.

Recursos en Línea

<https://www.allseasonshome.care/>



**Alzheimer's Association
San Antonio & South Texas Chapter**
10223 McAllister Freeway, Suite 100
San Antonio, TX 78216

Maxine P. Vieyra
mpvieyra@alz.org
(210) 822-6449

Office Hours

9:00 am - 5:00 pm
Monday - Friday

Services

The Alzheimer's Association, San Antonio & South Texas Chapter, provides comprehensive support for individuals with Alzheimer's, caregivers, and professionals. Services include support groups, education, personalized planning, and community resources. It operates a 24-hour Helpline (800-272-3900), offers safety services, and engages in research promotion. Last year, over a million individuals were reached through various programs, advocacy, and outreach efforts.

Fees

Free services.

Online Resources

www.alz.org



**Alzheimer's Association
San Antonio & South Texas Chapter**
10223 McAllister Freeway, Suite 100
San Antonio, TX 78216

Maxine P. Vieyra
mpvieyra@alz.org
(210) 822-6449

Horarios de Oficina

9:00 am - 5:00 pm
Lunes - Viernes

Servicios

La Asociación de Alzheimer, brinda un apoyo integral para personas con Alzheimer, cuidadores y profesionales. Los servicios incluyen grupos de apoyo, educación, planificación personalizada y recursos comunitarios. Opera una Línea de Ayuda las 24 horas (800-272-3900), ofrece servicios de seguridad y promueve la investigación. El año pasado, se alcanzó a más de un millón de personas a través de diversos programas, defensa y esfuerzos de divulgación.

Tarifas

Servicios gratis.

Recursos en Línea

www.alz.org

AGENCIES



ALONSO ARMENDARIZ, D.D.S., P.C.
GENERAL & COSMETIC DENTISTRY

Alonso Armendariz, D.D.S, P.C.
1314 E Benito Street
Rio Grande City, TX 78582

(956) 488-8354

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

- Dental Exams
- Dental Cleaning
- Preventive Oral Healthcare
- Teeth Whitening
- Filings
- Dentures
- Other Dental Services

Fees

Fees assed individually.

Online Resources

<https://www.alonsoarmendarizdds.com>



ALONSO ARMENDARIZ, D.D.S., P.C.
GENERAL & COSMETIC DENTISTRY

Alonso Armendariz, D.D.S, P.C.
1314 E Benito Street
Rio Grande City, TX 78582

(956) 488-8354

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

- Exámenes Dentales
- Limpieza Dental
- Cuidado Oral Preventivo
- Blanqueamiento Dental
- Empastes
- Prótesis Dentales
- Otros Servicios Dentales

Tarifas

Tarifas son evaluadas individualmente.

Recursos en Línea

<https://www.alonsoarmendarizdds.com>

AGENCIES



Aptus Therapy Services
5412 Brand Street
Rio Grande City, TX 78582

Nancy Aguilar
nancyaguilar.na@gmail.com
(956) 437-0381

Office Hours

8:00 am - 7:00 pm
Monday - Friday

Services

At Aptus Therapy Services, a team of skilled physical therapists, occupational therapists, and speech-language pathologists offers comprehensive rehabilitation solutions for patients of all ages. Services include pediatric therapy, aquatic therapy, neuro rehab, functional capacity evaluations (FCE), and vestibular disorder services. Amenities such as free hearing screenings and weekly in-house activities enhance the patient experience. Individualized home exercise programs and educational workshops for parents prioritize patient empowerment and community engagement.

Fees

Fees are assessed individually.

Online Resources

<https://www.aptustherapy.com/>



Aptus Therapy Services
5412 Brand Street
Rio Grande City, TX 78582

Nancy Aguilar
nancyaguilar.na@gmail.com
(956) 437-0381

Horario de Oficina

8:00 am - 7:00 pm
Monday - Friday

Servicios

En Aptus Therapy Services, un equipo de fisioterapeutas, terapeutas ocupacionales y patólogos de habla ofrece soluciones integrales de rehabilitación para pacientes de todas las edades. Los servicios incluyen terapia pediátrica, terapia acuática, rehabilitación neurológica, evaluaciones de capacidad funcional (ECF) y servicios para trastornos vestibulares. Servicios complementarios como pruebas auditivas gratuitas y actividades semanales en el lugar mejoran la experiencia del paciente. Programas de ejercicios domiciliarios individualizados y talleres educativos para padres priorizan el empoderamiento del paciente y la participación comunitaria.

Tarifas

Tarifas son evaluadas individualmente.

Recursos en Línea

<https://www.aptustherapy.com/>

AGENCIES



**Area Agency on Aging of the South Texas
Development Council**
1002 Dicky Lane
Laredo, TX 78043

Erica Sierra
eesierra@stdc.cog.tx.us
(956) 722-3995

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Nancy Rodriguez
nrodriguez@stdc.cog.tx.us

Services

The Area Agency on Aging of the South Texas Development Council provides a diverse range of services tailored to support the wellbeing and independence of older individuals in the region. From nutrition assistance and legal awareness to transportation and health maintenance, its programs cover essential needs. The agency also offers personalized care coordination, home support, and access to legal and benefits counseling. Through these initiatives, the Area Agency on Aging aims to enhance the quality of life and dignity of older adults in the community.

Fees

Fees are assessed individually.

Recursos en Línea

<https://stdc.cog.tx.us/area-agency-on-aging/>

AGENCIAS



**Area Agency on Aging of the South Texas
Development Council**
1002 Dicky Lane
Laredo, TX 78043

Erica Sierra
eesierra@stdc.cog.tx.us
(956) 722-3995

Nancy Rodriguez
nrodriguez@stdc.cog.tx.us

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

La Agencia del Área de Envejecimiento del Consejo de Desarrollo del Sur de Texas proporciona una amplia gama de servicios adaptados para apoyar el bienestar y la independencia de las personas mayores en la región. Desde asistencia nutricional y conciencia legal hasta transporte y mantenimiento de la salud, sus programas cubren necesidades esenciales. La agencia también ofrece coordinación de cuidados personalizados, apoyo domiciliario y acceso a asesoramiento legal y de beneficios. A través de estas iniciativas, la Agencia del Área tiene como objetivo mejorar la calidad de vida y la dignidad de los adultos mayores en la comunidad.

Tarifas

Tarifas son evaluadas individualmente.

Recursos en Línea

<https://stdc.cog.tx.us/area-agency-on-aging/>

AGENCIES



AVANCE Head Start/Early Head Start
213 W 2nd Street
Rio Grande City, TX 78582

Janet Hernandez
jhernandez.rgv@avance.org
(956) 352-6633

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

AVANCE offers comprehensive early learning programs for working parents and their children aged 6 weeks to 5 years. Through center or home-based settings, AVANCE ensures children develop the necessary skills for school readiness while parents work. Families enrolled in Head Start or Early Head Start receive bilingual early learning experiences, specialized services for children with special needs, developmental and social-emotional screenings, health services including mental health and nutrition, home visits, parent teacher conferences, parent education, and access to community resources. AVANCE provides holistic support for early childhood development and family well-being.

Fees

Fees are assessed individually.

Online Resources

<https://www.avance.org/programs/head-start-early-head-start/>



AVANCE Head Start/Early Head Start
213 W 2nd Street
Rio Grande City, TX 78582

Janet Hernandez
jhernandez.rgv@avance.org
(956) 352-6633

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

AVANCE ofrece programas integrales de aprendizaje temprano para padres trabajadores y sus hijos de 6 semanas a 5 años. A través de entornos en centros o en el hogar, AVANCE asegura que los niños desarrollen las habilidades necesarias para estar listos para la escuela mientras los padres trabajan. Las familias inscritas en Head Start o Early Head Start reciben experiencias de aprendizaje temprano bilingües, servicios especializados para niños con necesidades especiales, evaluaciones de desarrollo y socioemocionales, servicios de salud que incluyen salud mental y nutrición, visitas domiciliarias, conferencias de padres y maestros, educación para padres y acceso a recursos comunitarios. AVANCE brinda apoyo integral para el desarrollo infantil temprano y el bienestar familiar.

Tarifas

Tarifas son evaluadas individualmente.

Recursos en Línea

<https://www.avance.org/programs/head-start-early-head-start/>

AGENCIES



**Better Business Bureau Education Foundation
Senior Medicare Patrol**
609 South International Boulevard, Suite A
Weslaco, TX 78596

Robert Obregon
robregon@bbbhouston.org
(956) 969-1804

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

Senior Medicare Patrols (SMPs) are federally funded projects under the U.S. Department of Health and Human Services. They empower Medicare beneficiaries and caregivers to prevent, detect, and report healthcare fraud. The South Texas office serves from Laredo to Corpus Christi and south to Brownsville. Services, including presentations, are free, and the SMP Hotline is available 24/7 at 888-341-6187.

Fees

Free services.

Online Resources

www.texassmp.org



**Better Business Bureau Education Foundation
Senior Medicare Patrol**
609 South International Boulevard, Suite A
Weslaco, TX 78596

Robert Obregon
robregon@bbbhouston.org
(956) 969-1804

Horario de Oficina

8:00 am - 5:00 pm
Monday - Friday

Servicios

Las Patrullas de Medicare para Personas Mayores son proyectos financiados federalmente bajo el Departamento de Salud y Servicios Humanos de los Estados Unidos. Capacitan a los beneficiarios de Medicare y a los cuidadores para prevenir, detectar y denunciar el fraude en la atención médica. La oficina del sur de Texas presta servicios desde Laredo hasta Corpus Christi y hacia el sur hasta Brownsville. Los servicios, incluidas las presentaciones, son gratuitos, y la línea directa de SMP está disponible las 24 horas, los 7 días de la semana, en el 888-341-6187.

Tarifas

Servicios gratuitos.

Recursos en Línea

www.texassmp.org

AGENCIES



Border Region Behavioral Health Center
2751 Pharmacy Road
Rio Grande City, TX 78582

Cassandra Lopez/Adriana Garza
cassandra@borderregion.org
(956) 487-3748

Office Hours

8:00 am – 5:00 pm
Monday – Friday

Services

Border Region Behavioral Health Center is a non-profit that offers tailored mental health services for various age groups and conditions. Their Adult Behavioral Health Services Unit assists adults (18+) with conditions like schizophrenia, bipolar disorders, and severe depression. The Child, Adolescent, and Parent Services Program (CAPS) provides comprehensive care for children and adolescents (ages 3-17) with mental illness or behavioral disorders. Additionally, specialized services are available for individuals with Mental Retardation, Pervasive Developmental Disorder, and related conditions.

Fees

Fees are assessed individually.

Online Resources

https://www.borderregion.org/mobile/services_starr.htm



Border Region Behavioral Health Center
2751 Pharmacy Road
Rio Grande City, TX 78582

Cassandra Lopez/Adriana Garza
cassandra@borderregion.org
(956) 487-3748

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

El Centro de Salud Mental de la Región Fronteriza es una organización sin fines de lucro que ofrece servicios de salud mental adaptados para varios grupos de edad y condiciones. Su Unidad de Servicios de Salud Mental para Adultos ayuda a adultos (18+) con condiciones como esquizofrenia, trastornos bipolares y depresión severa. El Programa de Servicios para Niños, Adolescentes y Padres proporciona atención integral para niños y adolescentes (de 3 a 17 años) con enfermedades mentales o trastornos del comportamiento. Además, se ofrecen servicios especializados para personas con Retraso Mental, Trastorno del Desarrollo Pervasivo y condiciones relacionadas.

Tarifas

Tarifas son evaluadas individualmente.

Recursos en Línea

https://www.borderregion.org/mobile/services_starr.htm

AGENCIES



Bravo Home Care LLC
208 W. Ferguson St. Unit 4
Pharr, TX 78577

Samantha Dillard
bravohomecare@gmail.com
(956) 223-4528

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

Home care services provide quality comprehensive care that is personalized to maintain overall well-being, while also providing companionship, support, proper nutrition, independence, and family relief.

Fees

Fees are assessed individually. Various insurances accepted.

Online Resources



Bravo Home Care LLC
208 W. Ferguson St. Unit 4
Pharr, TX 78577

Samantha Dillard
bravohomecare@gmail.com
(956) 223-4528

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

Los servicios de cuidado en el hogar brindan atención integral de calidad que es personalizada para mantener el bienestar general, al mismo tiempo que ofrecen compañía, apoyo, nutrición adecuada, independencia y alivio para la familia.

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguransas son aceptadas.

Recursos en Línea

AGENCIES



Deaf & Hard of Hearing Center-RGV
1006 S. Cage Blvd.
Pharr, TX 78577

Gracie De Luna
gdeluna@deafhhcenter.org
(866) 993-1154

Felicia Cuellar
fcuellar@deafhhcenter.org
(361) 593-6873

Office Hours

9:00 am - 4:30 pm
Monday - Thursday

9:00 am - 12:00 pm
Friday

Services

The Deaf and Hard of Hearing Center, a 501(c)(3) nonprofit organization, is dedicated to offering resources, advocacy, education, and training to individuals within the deaf, hard of hearing, and hearing communities. By empowering those affected by hearing loss, the center aims to foster inclusivity and support.

Fees

Free Services.

Online Resources

<https://lrgv.tx.networkofcare.org>



Deaf & Hard of Hearing Center-RGV
1006 S. Cage Blvd.
Pharr, TX 78577

Gracie De Luna
gdeluna@deafhhcenter.org
(866) 993-1154

Felicia Cuellar
fcuellar@deafhhcenter.org
(361) 593-6873

Horario de Oficina

9:00 am - 4:30 pm
Lunes - Jueves

9:00 am - 12:00 pm
Viernes

Servicios

El Centro para Sordos y Personas con Problemas de Audición, una organización sin fines de lucro 501(c)(3), está dedicada a ofrecer recursos, defensa, educación y capacitación a individuos dentro de las comunidades sordas, con problemas de audición y oyentes. Al empoderar a aquellos afectados por la pérdida de audición, el centro tiene como objetivo fomentar la inclusividad y el apoyo.

Tarifas

Servicios gratuitos.

Recursos en Línea

<https://lrgv.tx.networkofcare.org>

AGENCIES



Department of State Health Services (DSHS)
4501 W Business 83
McAllen, TX 78501

Blanca Rivera
blanca.rivera@dshs.texas.gov
(956) 971-1208

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

The Texas Health and Human Services Commission is a state agency responsible for system planning, evaluation, disaster assistance, and long-term care services. It administers various programs to address the needs of Texans. These include health initiatives such as gynecological exams and screenings for women, as well as the Texas Medicaid Program, which offers medical care for low-income individuals and families. Additionally, the department offers individual protection, counseling, and support services for issues like fraud and sexual abuse. It also provides job training, cultural orientation, and financial assistance to refugees.

Fees

Free Services

Online Resources

<https://www.hhs.texas.gov/>



Department of State Health Services (DSHS)
4501 W Business 83
McAllen, TX 78501

Blanca Rivera
blanca.rivera@dshs.texas.gov
(956) 971-1208

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

La Comisión de Servicios de Salud y Humanos de Texas es una agencia estatal responsable de la planificación del sistema, evaluación, asistencia en desastres y servicios de atención a largo plazo. Administra varios programas para abordar las necesidades de los tejanos. Estos incluyen iniciativas de salud como exámenes ginecológicos y pruebas para mujeres, así como el Programa Medicaid de Texas, que ofrece atención médica para personas y familias de bajos ingresos. Además, el departamento ofrece protección individual, asesoramiento y servicios de apoyo para problemas como fraude y abuso sexual. También proporciona capacitación laboral, orientación cultural y asistencia financiera a refugiados.

Tarifas

Servicios gratuitos.

Recursos en Línea

<https://www.hhs.texas.gov/>

AGENCIES



DHRHealth

**DHR Health Orthopedic and Sports
Therapy Institute**
131 North FM 3167, Suite B
Río Grande City, TX 78582

Natasha Gonzalez
nata.ramirez@dhr-rgv.com

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

- Hand therapy
- Sports therapy
- Occupational therapy
- Geriatric therapy

Fees

Fees are evaluated individually. Various insurances accepted.

Online Resources

www.dhrhealth.com



DHRHealth

**DHR Health Orthopedic and Sports
Therapy Institute**
131 North FM 3167, Suite B
Río Grande City, TX 78582

Natasha Gonzalez
nata.ramirez@dhr-rgv.com

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

- Terapia de la mano
- Terapia deportiva
- Terapia ocupacional
- Terapia geriátrica

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguransas son aceptadas.

Recursos en Línea

www.dhrhealth.com

AGENCIES



DHRHealth

DHR Health RGC Multi-Specialty Clinic
201 North FM 3167, Suite 106
Río Grande City, TX 78582

Natasha Gonzalez
nata.ramirez@dhr-rgv.com

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

- Urology services
- Endocrinology services
- Neurology services
- Gastroenterology services

Fees

Fees are evaluated individually. Various insurances accepted.

Online Resources

www.dhrhealth.com



DHRHealth

DHR Health RGC Multi-Specialty Clinic
201 North FM 3167, Suite 106
Río Grande City, TX 78582

Natasha Gonzalez
nata.ramirez@dhr-rgv.com

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

- Servicios de urología
- Servicios de endocrinología
- Servicios de neurología
- Servicios de gastroenterología

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguranzas son aceptadas.

Recursos en Línea

www.dhrhealth.com



Driscoll Health Plan
5001 N McColl Road
McAllen, TX 78504

Alfred Molina
alfred.molina@dchstx.org
(956) 348-9253

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

- Transportation
- After Hours Care
- Case Management
- Post-partum care services
- PCP Selection & Referrals
- Telemedicine

Fees

Fees are assessed individually.

Online Resources

<https://driscollhealthplan.com>



Driscoll
Health Plan

Driscoll Health Plan
5001 N McColl Road
McAllen, TX 78504

Alfred Molina
alfred.molina@dchstx.org
(956) 348-9253

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

- Servicios de Transporte
- Cuidado fuera del horario laboral
- Gestión de casos
- Servicios de cuidado posparto
- Selección y referencias de médico de atención primaria
- Telemedicine

Tarifas

Tarifas son evaluadas individualmente.

Recursos en Línea

<https://driscollhealthplan.com>

AGENCIES



El Faro Health and Therapeutics
2791 Pharmacy Road
Río Grande City, TX 78582

Jessica A. Cantu
jcantu@elfarohealth.com
(956) 586-5430

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

This is an Alzheimer's Research Center. They offer free memory exams/screenings. They do investigational and observational research studies. Everyone is invited to call or visit the facility.

Fees

Free services.

Online Resources

info@elfarohealth.com



El Faro Health and Therapeutics
2791 Pharmacy Road
Río Grande City, TX 78582

Jessica A. Cantu
jcantu@elfarohealth.com
(956) 586-5430

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

Este es un Centro de Investigación del Alzheimer. Ofrecen exámenes / evaluaciones de memoria gratuitos. Realizan estudios de investigación investigativos y observacionales. Todos están invitados a llamar o visitar las instalaciones.

Tarifas

Servicios gratuitos.

Recursos en Línea

info@elfarohealth.com

AGENCIES



Fred's Pharmacy
2790 Pharmacy Road
Río Grande City, TX 78582

reviews@digitalpharmacist.com
(956) 487-2711

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

- Medication Services
- Prescription refills

Fees

Fees are evaluated individually.

Online Resources



Fred's Pharmacy
2790 Pharmacy Road
Río Grande City, TX 78582

reviews@digitalpharmacist.com
(956) 487-2711

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

- Servicios de medicación
- Reposición de recetas

Tarifas

Tarifas son evaluadas individualmente

Recursos en Línea



Guerra Family Dentistry
127 N. FM 3167
Río Grande City, TX 78582

(956) 263-1889

Office Hours

8:00 am - 5:00 pm
Monday - Friday

8:00 am - 2:00 pm
Saturday

Services

- Braces
- Cosmetic Dentistry
- Dentures
- Endodontics
- General Dentistry

Fees

Fees are assessed individually. Various insurances accepted.

Online Resources

https://www.patientconnect365.com/Dentists/Texas/RioGrandeCity/78582/Guerra_Family_Dentistry



Guerra Family Dentistry
127 N. FM 3167
Río Grande City, TX 78582

(956) 263-1889

Horario de Oficina

8:00 am - 5:00 pm

Lunes - Viernes

8:00 am - 2:00 pm

Sabado

Servicios

- Frenos (Ortodoncia)
- Odontología cosmética
- Dentaduras
- Endodoncia
- Odontología general

Tarifas

Tarifas son evaluadas individualmente. Diferentes asegurances son aceptadas.

Recursos en Línea

https://www.patientconnect365.com/Dentists/Texas/RioGrandeCity/78582/Guerra_Family_Dentistry

AGENCIES



La Unión del Pueblo Entero

Founded by César E. Chávez & Dolores Huerta

La Unión del Pueblo Entero
104 East Main Street
Río Grande City, TX 78582

Miriam Marquez
miriamm@lupenet.org
(956) 352 - 6248

Office Hours

9:00 am - 6:00 pm
Monday - Friday

Services

Exclusive services for LUPE members Texas ID, Free First consult, English classes, Citizenship, and Life insurance accidental \$4,000.00. Accessible prices for immigration services, legal resident renewal citizenship, income tax, also offered notary services, healthcare services referrals for doctors and clinics, labor cases, orientation to have access to a university etc.

Fees

\$40.00 LUPE memberships.

Online Resources

www.lupenet.org



La Unión del Pueblo Entero
Founded by César E. Chávez & Dolores Huerta

La Unión del Pueblo Entero
104 East Main Street
Río Grande City, TX 78582

Miriam Marquez
miriamm@lupenet.org
(956) 352 -6248

Horario de Oficina

9:00 am - 6:00 pm
Lunes - Viernes

Servicios

Servicios exclusivos para miembros de LUPE: identificación de Texas, primera consulta gratuita, clases de inglés, ciudadanía, seguro de vida accidental de \$4,000.00. Precios accesibles para servicios de inmigración, renovación de residente legal, ciudadanía, impuestos sobre ingresos, también se ofrecen servicios de notario, referencias de servicios de atención médica para médicos y clínicas, casos laborales, orientación para acceder a una universidad, etc.

Tarifas

Membresías de LUPE por \$40.00.

Recursos en Línea

www.lupenet.org

AGENCIES



Lino's Pharmacy #2
708 N Grant St.
Roma, TX 78584

Becky Ramirez
linospharmacy2@gmail.com
(956) 488-1811
(956) 849-1811

Office Hours

8:00 am - 7:00 pm
Monday - Friday

8:30 am - 3:00pm
Saturday

Services

- Medication Services
- Over-the-Counter Medicine
- Durable Medical Equipment (DME)
- Medical Therapy Management
- Immunizations
- Wellness Classes
- Free medicine delivery

Fees

Fees are evaluated individually. Various insurances are accepted.

Online Resources

<https://linospharmacyrx.com>



Lino's Pharmacy #2
708 N Grant St.
Roma, TX 78584

Becky Ramirez
linospharmacy2@gmail.com
(956) 488-1811
(956) 849-1811

Horario de Oficina

8:00 am - 7:00 pm
Lunes - Viernes

8:30 am - 3:00pm
Sabado

Servicios

- Servicios de medicación
- Medicamentos de venta libre
- Equipo médico duradero
- Gestión de terapia médica
- Vacunas
- Clases de bienestar
- Entrega gratuita de medicamentos.

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguranzas son aceptadas.

Recursos en Línea

<https://linospharmacyrx.com>

AGENCIES



Legacy Home Health
3304 W. Alberta Road
Edinburg, TX 78539

Juan Moreno
juanmoreno@legacyhhc.com
(956) 609-5154

Delia Zamora
dzamora@legacyhhc.com
(956) 488-1811

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

- Home care
- Hospice
- Provider care
- Private Duty

Fees

Fees are evaluated individually. Various insurances are accepted.

Online Resources

<https://www.legacyhhc.com/>



Legacy Home Health
3304 W. Alberta Road
Edinburg, TX 78539

Juan Moreno
juanmoreno@legacyhhc.com
(956) 609-5154

Delia Zamora
dzamora@legacyhhc.com
(956) 488-1811

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

- Cuidado en el hogar
- Hospicio
- Cuidado del proveedor
- Atención privada

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguranzas son aceptadas.

Recursos en Línea

<https://www.legacyhhc.com/>

AGENCIES



Med Team Inc.
4 E Hwy 359
Hebbronville, TX 78361

Linda Jo Baez
lbaez@medteam.com
(361) 231-0592

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

- Personal Assistance Services – PAS
- Medicare Certified Home Health Services
- Hospice Care

Fees

Fees are evaluated individually.

Online Resources

<https://www.medteaminc.com/>



Med Team Inc.
4 E Hwy 359
Hebbronville, TX 78361

Linda Jo Baez
lbaez@medteam.com
(361) 231-0592

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

- Servicios de Asistencia Personal
- Servicios de Atención Médica en el Hogar Certificados por Medicare
- Cuidados de Hospicio

Tarifas

Tarifas son evaluadas individualmente.

Recursos en Línea

<https://www.medteaminc.com/>

AGENCIES



MHP salud
3102 E. Bus 83 Suite H
Weslaco, TX 78596

Maria Salgado/Nereida Reyna
msalgadodelopez@mhpsalud.org
(956) 532-2458

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

- Older Adult Programs
- Supplemental Nutrition Assistance Program Education (SNAP-Ed)
- Health Insurance Application Assistance
- Application assistance for Medicaid, CHIP and other government programs.
- Parents as Teachers Program

Fees

Fees are evaluated individually.

Online Resources

<https://mhpsalud.org/>



MHP salud
3102 E. Bus 83 Suite H
Weslaco, TX 78596

Maria Salgado/Nereida Reyna
msalgadodelopez@mhpsalud.org
(956) 532-2458

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

- Programas para adultos mayores
- Educación del Programa de Asistencia Nutricional Suplementaria (SNAP-Ed)
- Asistencia en la solicitud de seguro de salud
- Asistencia en la solicitud de Medicaid, CHIP y otros programas gubernamentales.
- Programa Padres como Maestros

Tarifas

Tarifas son evaluadas individualmente.

Recursos en Línea

<https://mhpsalud.org/>

AGENCIES



MEDICARE
— **STORE** —

Medicare Store
701 N Avasolo St. Ste. E
Rio Grande City, TX 78582

Dianira Solis
dianira@medicarestore.com
(956) 257-6130

Office Hours

9:00 am - 5:00 pm
Monday - Friday

Services

The Medicare Store provides customer service in analyzing health insurance needs and assists in finding affordable plan options. They help individuals apply for extra help from the State of Texas and assist in applying for Social Security to pay for drug plan premiums and help lower their drug plan costs.

Fees

Free of charge.

Online Resources

<https://medicarestore.net/>



Medicare Store
701 N Avasolo St. Ste. E
Rio Grande City, TX 78582

Dianira Solis
dianira@medicarestore.com
(956) 257-6130

Horario de Oficina

9:00 am - 5:00 pm
Lunes - Viernes

Servicios

The Medicare Store ofrece servicio al cliente en analizar las necesidades de seguro de salud y ayuda a encontrar opciones de planes asequibles. Ayudan a las personas a solicitar ayuda adicional del Estado de Texas y asisten en la solicitud de Seguro Social para pagar las primas del plan de medicamentos y ayudar a reducir los costos del plan de medicamentos.

Tarifas

Sin cargo.

Recursos en Línea

<https://medicarestore.net/>

AGENCIES



Methodist Healthcare Ministries
312 East 4th Street
Río Grande City, TX 78582

Lizette Garza
lgarza@mhm.org

Office Hours

7:30 am - 4:30 pm
Monday - Friday

Services

- Health education
- Individualized diabetic education
- Diabetic supplies

Fees

Free services.

Online Resources

www.mhm.org



Methodist Healthcare Ministries
312 East 4th Street
Río Grande City, TX 78582

Lizette Garza
lgarza@mhm.org

Horario de Oficina

7:30 am - 4:30 pm
Lunes - Viernes

Servicios

- Educación en salud
- Educación individualizada sobre la diabetes
- Suministros para diabéticos

Tarifas

Servicios Gratuitos.

Recursos en Línea

www.mhm.org



Mint Orthodontics
5422 E. Hwy 83 Suite 2 & 3
Rio Grande City, TX 78582

Marco A. Navarro/ Yvette Rodriguez
yvetter@mintbraces.com
(956) 283- 5177

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

- Dental/Orthodontics Treatment
- Braces and Invisalign

Fees

Fees are evaluated individually. Various insurances are accepted.

Online Resources

<https://mintorthodonticstexas.com/orthodontist-rio-grande-city-tx/>



Mint Orthodontics
5422 E. Hwy 83 Suite 2 & 3
Rio Grande City, TX 78582

Marco A. Navarro/ Yvette Rodriguez
yvetter@mintbraces.com
(956) 283- 5177

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

- Tratamiento dental/ortodoncia
- Frenos e Invisalign

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguranzas son aceptadas.

Recursos en Línea

<https://mintorthodonticstexas.com/orthodontist-rio-grande-city-tx/>

AGENCIES



Mid Rio Grande Border AHEC
1505 Calle del Norte Ste. #430
Laredo, TX 78041

Dr. Julie Bazan
bazanj@mrgbahec.org
(956) 712-0037

Office Hours

9:00 am - 5:00 pm
Monday - Friday

Services

The Area Health Education Center of the Mid Rio Grande Border Area is an outreach program under the UT Health San Antonio and is a non-profit organization with a mission to enhance the quality of life in the communities by increasing the number of well trained health care workers; enhancing academic resources; and fostering a healthy lifestyle through community education programs.

Fees

Free Services.

Online Resources

www.midriograndeborderAHEC.org

AGENCIAS



Mid Rio Grande Border AHEC
1505 Calle del Norte Ste. #430
Laredo, TX 78041

Dr. Julie Bazan
bazanj@mrgbahec.org
(956) 712-0037

Horario de Oficina

9:00 am - 5:00 pm
Monday - Friday

Servicios

Area Health Education Center of Mid Rio Grande Border es un programa de extensión de UT Health San Antonio y es una organización sin fines de lucro con la misión de mejorar la calidad de vida en las comunidades aumentando el número de trabajadores sanitarios bien formados; mejorar los recursos académicos; y fomentar un estilo de vida saludable a través de programas de educación comunitaria.

Tarifas

Servicios Gratuitos

Recursos en Línea

www.midriograndeborderAHEC.org

AGENCIES



Nuestra Clinica Del Valle, Inc.
600 North Garza Street, Suite A
Río Grande City, TX 78582

Celeste Garcia
cgarcia.ncdv@tachc.org

Yaquelin Romero
yromero.ncdv@tachc.org
(956)487-0846

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

- Family Medicine services
- Internal Medicine services
- Pharmacy laboratory
- Nutrition
- Social services
- Immunizations
- Diabetes education
- Outreach and enrollment
- Radiology, Dental, Pediatric and Obstetrics and Gynecology at other locations

Fees

Fees are evaluated individually. Various insurances are accepted.

Online Resources

www.nuestraclinicadelvalle.org



Nuestra Clinica Del Valle, Inc.
600 North Garza Street, Suite A
Río Grande City, TX 78582

Celeste Garcia
cgarcia.ncdv@tachc.org

Yaquelin Romero
yromero.ncdv@tachc.org
(956) 487-0846

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

- Servicios de Medicina
- Familiar Servicios de Medicina
- Interna Laboratorio de farmacia
- Nutrición Servicios sociales
- Inmunizaciones
- Educación sobre la diabetes
- Alcance y inscripción
- Radiología, Odontología, Pediatría y Obstetricia y Ginecología en otras ubicaciones

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguranzas son aceptadas.

Recursos en Línea

www.nuestraclinicadelvalle.org



Nuestro Sagrado Corazon- Primary Home Care Inc.
3446 W Hwy 83, Suite E
Río Grande City, TX 78582

Adela Bazan
joana_ramirez91@yahoo.com
(956) 317-1294

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

Home Health Services: Non-medicare for older older adults

Fees

Fees are evaluated individually.

Online Resources



Nuestro Sagrado Corazon- Primary Home Care Inc.
3446 W Hwy 83, Suite E
Río Grande City, TX 78582

Adela Bazan
joana_ramirez91@yahoo.com
(956) 317-1294

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

Servicios de Salud en el Hogar: No Medicare para adultos mayores

Tarifas

Tarifas son evaluadas individualmente.

Recursos en Línea

AGENCIES



One Heart Home Care, LLC
1800 North 23rd Street, Suite 50
McAllen, TX 78501

Hermelinda Guajardo
onehearthomecarellc@gmail.com
(956) 627-5799

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

Personal assisted services. Assistance with activities of daily living. Meal prep., cleaning, bathing, medication reminders, toileting, ambulation, transferring, escort, and companion care.

Fees

Fees are evaluated individually. Various insurances are accepted.

Online Resources

<https://onehearthomecarell.wixsite.com/website>



One Heart Home Care, LLC
1800 North 23rd Street, Suite 50
McAllen, TX 78501

Hermelinda Guajardo
onehearthomecarellc@gmail.com
(956) 627-5799

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

Servicios de asistencia personal. Asistencia con actividades de la vida diaria. Preparación de comidas, limpieza, baño, recordatorios de medicamentos, cuidado del aseo, ambulación, transferencia, acompañamiento y cuidado de compañía.

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguranzas son aceptadas.

Recursos en Línea

<https://onehearthomecarell.wixsite.com/website>

AGENCIES



Popular Pharmacy
5326 E Us HWY 83 Suite A 5,
Rio Grande City, TX 785821

pill@mypopularrx.com
(956) 317-1112

Office Hours

8:00 am - 7:00 pm
Monday - Friday

9:00 am - 6:00 pm
Saturday

Services

Medication and Pharmacy Services

Fees

Contact for more information.

Online Resources



Popular Pharmacy
5326 E Us HWY 83 Suite A 5,
Rio Grande City, TX 785821

pill@mypopularrx.com
(956) 317-1112

Horario de Oficina

8:00 am - 7:00 pm
Lunes - Viernes

9:00 am - 6:00 pm
Sabado

Servicios

Servicios de medicación y farmacia

Tarifas

Contacte para más información.

Recursos en Línea

AGENCIES



Rio Workforce Center
5408 Brand St, Ste.1
Rio Grande City, TX 78582

Milton West
milton.west@wsolutions.org
(956) 487-9137

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

- Job search
- Child Care Services
- Business Services
- COVID-19 Resources

Fees

Free Services.

Online Resources

<https://www.wfsolutions.org/>



Rio Workforce Center
5408 Brand St, Ste.1
Rio Grande City, TX 78582

Milton West
milton.west@wsolutions.org
(956) 487-9137

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

- Búsqueda de empleo
- Servicios de cuidado infantil
- Servicios empresariales
- Recursos COVID-19

Tarifas

Servicios gratuitos.

Recursos en Línea

<https://www.wfsolutions.org/>

AGENCIES



Wellness Health

A Non-Profit Company

**Rio Grande City Nursing and
Rehabilitation Center**
2530 Central Palm Dr
Rio Grande City, TX 78582

Betsy Martinez
bemartinez@regencyhealthcare.com
(956) 487-3996

Office Hours

Open 24 hours

Services

- Skilled Nursing and Clinical Services
- Therapy Services and Rehabilitation
- Alzheimer's and Other Dementia Care Services
- Hospice Services
- Home Health Services

Fees

Fees are evaluated individually. Various insurances are accepted.

Online Resources

<https://www.wfsolutions.org/>



**Rio Grande City Nursing and
Rehabilitation Center**
2530 Central Palm Dr
Rio Grande City, TX 78582

Betsy Martinez
bemartinez@regencyhealthcare.com
(956) 487-3996

Horario de Oficina

Abierto 24 horas

Servicios

- Servicios de enfermería especializada y clínica
- Servicios de terapia y rehabilitación
- Servicios de cuidado para Alzheimer y otras demencias
- Servicios de hospicio Servicios de salud en el hogar

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguranzas son aceptadas.

Recursos en Línea

<https://www.wfsolutions.org/>

AGENCIES



**RGCGISD Federal Program
Parental Engagement Department**
1 South Highway 84
Rio Grande City, TX 78582

Norma E. McKee
nmckee@rgccisd.org

Office Hours

8:00 am - 4:00 pm
Monday - Friday

Services

Parent and Community Engagement Department (FACE).
We enable, empower and educate.

Fees

Free services.

Online Resources

www.myrgcgisd.org



**RGCGISD Federal Program
Parental Engagement Department**
1 South Highway 84
Rio Grande City, TX 78582

Norma E. McKee
nmckee@rgccisd.org

Horario de Oficina

8:00 am - 4:00 pm
Lunes - Viernes

Servicios

Departamento de Participación de Padres y Comunidad. Nosotros permitimos, capacitamos y educamos.

Tarifas

Servicios Gratuitos

Recursos en Línea

www.myrgccisd.org

AGENCIES



Rodeo Dental & Orthodontics
4023 US-83 #100
Rio Grande City, TX 78582

Loly Salinas
elodia.salinas@rodeodental.com
(956) 575-7152

Leonela Hinojosa
leonela.hinojosa@rodedental.com
(956) 317-1297

Office Hours

10:00 am - 7:00 pm
Monday - Friday

9:00 am - 4:00 pm
Saturday

Services

- Family/ Pediatric Dentistry
- Orthodontics
- Oral Surgery
- Endodontics
- Dental Implants

Fees

Fees are evaluated individually. Various insurances are accepted.

Online Resources

<https://www.rodeodental.com>



Rodeo Dental & Orthodontics
4023 US-83 #100
Rio Grande City, TX 78582

Loly Salinas
elodia.salinas@rodeodental.com
(956) 575 -7152

Leonela Hinojosa
leonela.hinojosa@rodedental.com
(956) 317-1297

Horario de Oficina

10:00 am - 7:00 pm
Lunes - Viernes

9:00 am - 4:00 pm
Sabado

Servicios

- Odontología familiar/pediátrica
- Ortodoncia
- Cirugía oral
- Endodoncia
- Implantes dentales

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguranzas son aceptadas.

Recursos en Línea

<https://www.rodeodental.com>

AGENCIES



SCAN (Serving Children and Adults in Need)
Fort Ringgold School Campus
Río Grande City, TX 78582

Veronica Wallace
veronica.wallace@scan-inc.org
(956) 716-1795

Mayra Arevalo
mayrarevalo@scan-inc.org
(956) 716-1795

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

- SCAN Starr County Community Coalition organizes, educates, and implements activities that empower citizens to take action to prevent substance use in Starr County.
- SCAN YPI Program (Futuros Sin Barreras) aims to interrupt the onset or progression of substance use or problem behaviors associated with substance use with specialized prevention services.
- SCAN FAYS Program is a short-term program that offers services that help develop and strengthen coping skills to restore family stability, build resilience among youth, and enhance parental protective factors.

Fees

Free services.

Online Resources

www.scan-inc.org



SCAN (Serving Children and Adults in Need)
Fort Ringgold School Campus
Río Grande City, TX 78582

Veronica Wallace
veronica.wallace@scan-inc.org
(956) 716-1795

Mayra Arevalo
mayrarevalo@scan-inc.org
(956) 716-1795

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

- La Coalición Comunitaria de SCAN del Condado de Starr organiza, educa e implementa actividades que empoderan a los ciudadanos para tomar medidas que prevengan el uso de sustancias en el Condado de Starr.
- El Programa SCAN YPI (Futuros Sin Barreras) tiene como objetivo interrumpir el inicio o la progresión del uso de sustancias o comportamientos problemáticos asociados con el uso de sustancias mediante servicios de prevención especializados.
- El Programa SCAN FAYS es un programa a corto plazo que ofrece servicios que ayudan a desarrollar y fortalecer habilidades para enfrentar, para restaurar la estabilidad familiar, construir resiliencia entre los jóvenes y mejorar los factores protectores parentales.

Tarifas

Servicios Gratuitos

Recursos en Línea

www.scan-inc.org

AGENCIES



Shah Eye Center
5346 E. US Hwy 83, Highway 93
Rio Grande City, TX 78582

info@shaheycenter.com
(956) 583-0202

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

- Comprehensive Eye Care Services
- Pediatric Eyecare
- Cataract Surgery
- Glaucoma Treatment
- Retina Treatment
- Lasik
- iOptical

Fees

Fees are evaluated individually. Various insurances are accepted.

Online Resources

<https://shaheycenter.com/location/shah-eye-center-rio-grande-city-tx/>



Shah Eye Center
5346 E. US Hwy 83, Highway 93
Rio Grande City, TX 78582

info@shaheycenter.com
(956) 583-0202

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

- Servicios completos de atención ocular
- Atención ocular pediátrica
- Cirugía de cataratas
- Tratamiento del glaucoma
- Tratamiento de la retina
- Lasik
- iOptical

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguranzas son aceptadas.

Recursos en Línea

<https://shaheycenter.com/location/shah-eye-center-rio-grande-city-tx/>

AGENCIES



**South Texas Aging & Disability
Resource Center**
1002 Dicky Lane
Laredo, TX 78043

Michelle Barrah
mbarrah@stdc.cog.tx.us
(956) 722-3995 Ext. 128

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

Provide support services to individuals over the age of 60, such as homemaker, personal assistance, health maintenance, in-home respite, residential repairs, emergency response, congregate/home delivered meals and transportation. Also provides benefits counseling services for public benefits and/or Medicare related issues.

Fees

Free services.

Online Resources

<https://southtexasadrc.org>



**South Texas Aging & Disability
Resource Center**
1002 Dicky Lane
Laredo, TX 78043

Michelle Barraah
mbarrah@stdc.cog.tx.us
(956) 722-3995 Ext. 128

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

Proporciona servicios de apoyo a personas mayores de 60 años, tales como servicios domésticos, asistencia personal, mantenimiento de la salud, cuidado de relevo en el hogar, reparaciones residenciales, respuesta de emergencia, comidas entregadas en el hogar/congregadas y transporte. También proporciona servicios de asesoramiento sobre beneficios para beneficios públicos y/o problemas relacionados con Medicare.

Tarifas

Servicios gratuitos

Recursos en Línea

<https://southtexasadrc.org>

AGENCIES



South Texas Development Council
4192 W Hwy. 83
Rio Grande City, TX 78582

Maria L. Perez
mlperez@stdc.cog.tx.us
(956) 849-1000

Office Hours

9:00 am - 6:00 pm
Monday - Friday

Services

Serves as advocate, planner, and coordinator of initiatives that, when undertaken on a regional basis, can be more effective and efficient. These include homeland security, elderly assistance, law enforcement training, criminal justice planning, solid waste management, health services outreach and assistance, infrastructure development, economic analysis, transportation and regional planning, community and economic development, census data, and HIV services.

Fees

Free services.

Online Resources

<https://stdc.cog.tx.us/>



South Texas Development Council
4192 W Hwy. 83
Rio Grande City, TX 78582

Maria L. Perez
mlperez@stdc.cog.tx.us
(956) 849-1000

Horario de Oficina

9:00 am - 6:00 pm
Lunes - Viernes

Servicios

Sirve como defensor, planificador y coordinador de iniciativas que, cuando se llevan a cabo a nivel regional, pueden ser más efectivas y eficientes. Estas incluyen seguridad nacional, asistencia a personas mayores, capacitación en aplicación de la ley, planificación de justicia penal, manejo de desechos sólidos, alcance y asistencia en servicios de salud, desarrollo de infraestructura, análisis económico, transporte y planificación regional, desarrollo comunitario y económico, datos del censo y servicios de HIV.

Tarifas

Servicios Gratuitos.

Recursos en Línea

<https://stdc.cog.tx.us/>

AGENCIES



South Texas Research Institute
2502 W. Trenton Road
Edinburg, TX 78539

Maria Ybarra
mariasybarra58@gmail.com
(956) 284-6353

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

STRI conducts clinical trials yielding results that empower medical professionals and patients to make informed health care decisions by advancing medical knowledge, promoting new and promising treatments, and facilitating access to otherwise unobtainable medications. STRI seeks to increase awareness of clinical trial options amongst Hispanics, a group that is the fastest growing minority in the US but who represent less than 7% of clinical trial participants.

Fees

Free services.

Online Resources

<https://southtexasresearchinstitute.com/>



South Texas Research Institute
2502 W. Trenton Road
Edinburg, TX 78539

Maria Ybarra
mariasybarra58@gmail.com
(956) 284-6353

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

STRI lleva a cabo ensayos clínicos que producen resultados que permiten a los profesionales médicos y pacientes tomar decisiones informadas sobre la atención médica, avanzar en el conocimiento médico, promover tratamientos nuevos y prometedores, y facilitar el acceso a medicamentos que de otra manera no se podrían obtener. STRI busca aumentar la conciencia sobre las opciones de ensayos clínicos entre los hispanos, un grupo que es la minoría de más rápido crecimiento en los EE. UU. pero que representa menos del 7% de los participantes en ensayos clínicos.

Tarifas

Servicios Gratuitos.

Recursos en Línea

<https://southtexasresearchinstitute.com/>

AGENCIES



**South Texas Traveling Health Care Team
Border Region Behavioral Health Center
1500 Pappas Street
Laredo, TX 78041**

Veronica Arias
veronicaa@borderregion.org
(956) 716-1795

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

The South Texas Traveling Health Care Team provides brief health screenings to individuals 18 years or older in the counties of Zapata, Starr, and Jim Hogg. These screenings consist of clients providing demographic information, a vitals check, questionnaires about depression and anxiety, and a nutritional consultation with our Holistic Nutritionist.

Fees

Free Services.

Online Resources

www.borderregion.org



**South Texas Traveling Health Care Team
Border Region Behavioral Health Center
1500 Pappas Street
Laredo, TX 78041**

**Veronica Arias
veronicaa@borderregion.or
(956) 716-1795**

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

El Equipo de Atención Médica Itinerante del Sur de Texas ofrece breves evaluaciones de salud a personas de 18 años o más en los condados de Zapata, Starr y Jim Hogg. Estas evaluaciones consisten en que los clientes proporcionen información demográfica, una revisión de signos vitales, cuestionarios sobre depresión y ansiedad, y una consulta nutricional con nuestro Nutricionista Holístico.

Tarifas

Servicios Gratuitos.

Recursos en Línea

www.borderregion.org

AGENCIES



**South Texas College Vocational
Nursing Program**
142 FM Road 3167
Río Grande City, TX 78582

Cynthia Garza
cgarza358@southtexascollege.edu
(956) 716-4763

Office Hours

9:00 am - 5:00 pm
Monday - Friday

Services

This intensive three semester program offers classroom instruction and related clinical practice in the four basic areas of nursing care: adults, mothers and newborns, children, and the elderly. Graduates of this program will have a wide array of opportunities for providing nursing care for patients in structured health care settings. Patients cared for by Vocational Nurses typically are experiencing common, well-defined health problems with predictable outcomes. Students seeking entry in the Vocational Nursing program must file a specific program on-line application and complete additional admission procedures as required (see VN advisor for specific criteria, courses and procedures).

Fees

Tuition.

Online Resources

<https://www.southtexascollege.edu/academics/vocational-nursing/>



**South Texas College Vocational
Nursing Program**
142 FM Road 3167
Río Grande City, TX 78582

Cynthia Garza
cgarza358@southtexascollege.edu
(956) 716-4763

Horas de Oficina

9:00 am - 5:00 pm
Lunes - Viernes

Servicios

Este programa intensivo de tres semestres ofrece instrucción en el aula y práctica clínica relacionada en las cuatro áreas básicas de cuidado de enfermería: adultos, madres y recién nacidos, niños y ancianos. Los graduados de este programa tendrán una amplia variedad de oportunidades para brindar atención de enfermería a pacientes en entornos de atención médica estructurados. Los pacientes atendidos por enfermeras vocacionales típicamente están experimentando problemas de salud comunes y bien definidos con resultados predecibles. Los estudiantes que buscan ingresar al programa de Enfermería Vocacional deben presentar una solicitud específica en línea y completar procedimientos adicionales de admisión según sea necesario (consulte al asesor de VN para conocer los criterios específicos, cursos y procedimientos).

Tarifas

Matrícula.

Recursos en Línea

<https://www.southtexascollege.edu/academics/vocational-nursing/>

AGENCIES



Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

Starr Wellness and Health Program

Fees

Free services.

Online Resources

<https://www.co.starr.tx.us/page/starr.WellnessProgram>

Starr County
401 N. Britton Ave
Rio Grande City, TX 78582

Cynthia Garcia Fuentes
cfuentesrgc@yahoo.com
(956) 716-4800



Starr County

401 N. Britton Ave
Rio Grande City, TX 78582

Cynthia Garcia Fuentes
cfuentesrgc@yahoo.com
(956) 716-4800

Horario de Oficina

8:00 am - 5:00 pm
Monday - Friday

Servicios

Programa de Bienestar y Salud en el condado de Starr

Tarifas

Servicios Gratuitos.

Recursos en Línea

<https://www.co.starr.tx.us/page/starr.WellnessProgram>

AGENCIES



Starr County Memorial Hospital
128 North FM 3167
Río Grande City, TX 78582

Diana Garza
diana.garza@starrcountyhospital.com
(956) 370-6016

Michael Ramirez
michael.ramirez@starrcountyhospital.com
(956) 370-6016

Office Hours

24 hours
Monday - Sunday

Services

Starr County Memorial Hospital is licensed by the State of Texas and accredited by the Centers for Medicare and Medicaid Services (CMS). SCMH has continually provided health care services to Starr County's growing population. SCMH is a progressive, acute-care general medical center with a Level 4 Trauma Certification offering medical, surgical, obstetric, pediatric, outpatient, and ambulance services. Currently, SCMH is licensed as a 48 bed acute-care medical center. SCMH has two Rural Health Clinics, the Roma Family Clinic and the Rural Health Clinic located at the hospital.

Fees

Fees are evaluated individually. Various insurances are accepted.

Online Resources

<https://www.starrcountyhospital.com>

AGENCIAS



Starr County Memorial Hospital
128 North FM 3167
Río Grande City, TX 78582

Diana Garza
diana.garza@starrcountyhospital.com
(956) 370-6016

Michael Ramirez
michael.ramirez@starrcountyhospital.com
(956) 370-6016

Horario de Oficina

24 horas
Lunes - Domingo

Servicios

El Hospital Memorial del Condado de Starr está licenciado por el Estado de Texas y acreditado por los Centros de Servicios de Medicare y Medicaid (CMS). SCMH ha proporcionado continuamente servicios de atención médica a la creciente población del Condado de Starr. SCMH es un centro médico general de atención aguda progresivo con certificación de Nivel 4 de Trauma que ofrece servicios médicos, quirúrgicos, obstétricos, pediátricos, ambulatorios y de ambulancia. Actualmente, SCMH está licenciado como un centro médico de atención aguda de 48 camas. SCMH tiene dos Clínicas de Salud Rural, la Clínica Familiar de Roma y la Clínica de Salud Rural ubicada en el hospital.

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguranzas son aceptadas.

Recursos en Línea

<https://www.starrcountyhospital.com>

AGENCIES



Starr Vision Center
280 W. 2nd St.
Río Grande City, TX 78582

(956) 488-0808

Office Hours

8:00 am - 5:30 pm
Monday - Friday

Services

- Eyecare Services such as eye exams, contact lenses, Lasik
- Testing for glaucoma, cataracts, and macular degeneration
- Pre- and Post- operative care

Fees

Fees are evaluated individually. Various insurances are accepted.

Online Resources

<https://www.starrvisioncenter.com>



Starr Vision Center
280 W. 2nd St.
Río Grande City, TX 78582

(956) 488-0808

Horario de Oficina

8:00 am - 5:30 pm
Lunes - Viernes

Servicios

- Servicios de atención ocular como exámenes de la vista, lentes de contacto, Lasik
- Pruebas para glaucoma, cataratas y degeneración macular
- Cuidado pre y post operatorio

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguranzas son aceptadas.

Recursos en Línea

<https://www.starrvisioncenter.com>



Su Clínica

Su Clinica
4501 South Expressway 83
Harlingen, TX

Debra Robles
drobles@suclinica.org
(956)365-6000 ext. 5114

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

Su Clinica Harlingen offers a comprehensive range of medical services for individuals and families. Within its facility, four distinct "mini-clinics" operate seamlessly: Pediatrics, Women's Health Center, Adult Medicine, and Dental. Additionally, patients benefit from on-site amenities such as a pharmacy, laboratory, x-ray facilities, and evening clinics. The clinic prioritizes patient convenience by providing a secure patient portal, enabling individuals to access their medical records, schedule appointments, and communicate with their healthcare providers securely.

Fees

Fees are evaluated individually. Various insurances are accepted.

Online Resources

<https://www.suclinica.org/harlingen/>



Su Clínica

Su Clínica
4501 South Expressway 83
Harlingen, TX

Debra Robles
drobles@suclinica.org
(956)365-6000 ext. 5114

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

Su Clínica Harlingen ofrece una amplia gama de servicios médicos para individuos y familias. Dentro de sus instalaciones, operan de manera integrada cuatro "mini-clínicas" distintas: Pediatría, Centro de Salud de la Mujer, Medicina para Adultos y Dental. Además, los pacientes se benefician de comodidades en el lugar, como una farmacia, laboratorio, instalaciones de rayos X y clínicas nocturnas. La clínica prioriza la conveniencia del paciente al proporcionar un portal seguro para pacientes, lo que permite a las personas acceder a sus expedientes médicos, programar citas y comunicarse de manera segura con sus proveedores de atención médica.

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguranzas son aceptadas.

Recursos en Línea

<https://www.suclinica.org/harlingen/>

AGENCIES



Superior Health Plan
3900 N 10th St, Suite 600
McAllen, TX 78501

Mary Lou Cavazos
maria.cavazos@superiorhealthplan.org
(956) 236-5863

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

- Health Insurance Marketplace Plans
- Medicaid and CHIP plans
- Medicare-Medicaid Plan/ Medicare Advantage Plan
- Health and Wellness
- Education and Child Development
- Food Insecurity & Social Determinants of Health
- Community Investment

Fees

Fees are evaluated individually. Various insurances are accepted.

Online Resources

<https://www.superiorhealthplan.com/>



Superior Health Plan
3900 N 10th St, Suite 600
McAllen, TX 78501

Mary Lou Cavazos
maria.cavazos@superiorhealthplan.org
(956) 236-5863

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

- Planes del Mercado de Seguros de Salud
- Planes de Medicaid y CHIP
- Plan de Medicare-Medicaid/ Plan de Medicare Advantage
- Salud y Bienestar
- Educación y Desarrollo Infantil
- Inseguridad Alimentaria y Determinantes Sociales de la Salud
- Inversión Comunitaria

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguranzas son aceptadas.

Recursos en Línea

<https://www.superiorhealthplan.com/>

AGENCIES



TEXAS A&M AGRILIFE EXTENSION

Texas A&M Agrilife Extension
500 N. Britton Avenue
Rio Grande City, TX 78582

Neida Martinez
neida.martinez@ag.tamu.edu
(956) 487-2306

Adela Mancha
amancha@ag.tamu.edu
(956) 573-7413

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

Community Conversations on Health (CCOH) is a partnership between Texas A&M AgriLife Extension and the Texas Department of State Health Services that aims to build strong foundations with communities and provide resources to help them make better informed decisions toward optimal health and well-being.

Fees

Free services.

Online Resources

<https://agrilifeextension.tamu.edu/>



TEXAS A&M AGRILIFE EXTENSION

Texas A&M Agrilife Extension
500 N. Britton Avenue
Rio Grande City, TX 78582

Neida Martinez
neida.martinez@ag.tamu.edu
(956) 487-2306

Adela Mancha
amancha@ag.tamu.edu
(956) 573-7413

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

Las Conversaciones Comunitarias sobre Salud es una asociación entre la Extensión de Texas A&M Agrilife y el Departamento de Servicios de Salud del Estado de Texas que tiene como objetivo construir bases sólidas con las comunidades y proporcionar recursos para ayudarles a tomar decisiones mejor informadas hacia una salud óptima y bienestar..

Tarifas

Servicios Gratuitos.

Recursos en Línea

<https://agrilifeextension.tamu.edu/>

AGENCIES



TEXAS

Health and Human Services

**Texas Department of State
Health Services**

**Texas Department of State Health Services
Office of Border Public Health
608 North Garza Street
Rio Grande City, TX 78582**

Alberto Perez
alberto.perez@dshs.texas.gov
(956) 421- 5595

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Gabriela Rodriguez
gabriela.rodriguez@dshs.texas.gov
(956) 487-5556

Services

- Outreach activities
- Develop curriculum
- Limited Funding
- Trainings for Community Health Workers (CHW)/Promotoras
- Prenatal sessions
- Car seat inspections
- Water safety presentations
- Immunizations

Janie Barrera
juana.barrera@dshs.texas.gov
(956) 487- 5556

Fees

Free services.
Immunization prices may vary.

Online Resources

www.dshs.texas.gov

AGENCIAS



TEXAS

Health and Human Services

**Texas Department of State
Health Services**

Horario de Oficina

8:00 am - 5:00 pm

Lunes - Viernes

Servicios

- Actividades de divulgación
- Desarrollar curriculum
- Fondos limitados
- Capacitaciones para Trabajadoras de Salud Comunitaria (CHW)/Promotoras
- Sesiones prenatales
- Inspecciones de asientos de automóvil
- Presentaciones sobre seguridad en el agua
- Inmunizaciones

Tarifas

Servicios Gratuitos

Los precios de las vacunas pueden variar

Recursos en Línea

www.dshs.texas.gov

**Texas Department of State Health Services
Office of Border Public Health
608 North Garza Street
Rio Grande City, TX 78582**

Alberto Perez
alberto.perez@dshs.texas.gov
(956) 421-5595

Gabriela Rodriguez
gabriela.rodriguez@dshs.texas.gov
(956) 487-5556

Janie Barrera
juana.barrera@dshs.texas.gov
(956) 487-5556

AGENCIES



TEXAS

Health and Human Services

**Texas Department of State
Health Services**

**Texas Department of State Health Services
Office of Border Public Health
4501 West US Highway 83
McAllen, TX 78501**

Leonel Vela, Jr.
leonel.vela@dshs.texas.gov
(956) 971-1312

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

DSHS offers support services to Promotor Groups, conducts trainings and subject training development with certified CEU, facilitates networking opportunities within the community, and engages in bi-national collaborations. They are certified in Adult and Youth Mental Health First Aid Trainings and support health fairs by providing public health information. Additionally, they contribute to activities such as Operation Border Health Preparedness and implement targeted initiatives in schools funded by grants. The organization is involved in public health prevention efforts and the development of materials to support these initiatives.

Fees

Does not provide direct services.

Online Resources

www.dshs.texas.gov



TEXAS

Health and Human Services

**Texas Department of State
Health Services**

Texas Department of State Health Services
Office of Border Public Health
4501 West US Highway 83
McAllen, TX 78501

Leonel Vela, Jr.
leonel.vela@dshs.texas.gov
(956) 971-1312

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

El DSHS ofrece servicios de apoyo a grupos de promotores, realiza capacitaciones y desarrollo de temas de capacitación con CEU certificados, facilita oportunidades de redes dentro de la comunidad y participa en colaboraciones binacionales. Están certificados en Capacitaciones de Primeros Auxilios en Salud Mental para Adultos y Jóvenes y apoyan ferias de salud proporcionando información de salud pública. Además, contribuyen a actividades como la Operación Preparación para la Salud Fronteriza y implementan iniciativas específicas en escuelas financiadas por subvenciones. La organización participa en esfuerzos de prevención de salud pública y en el desarrollo de materiales para apoyar estas iniciativas.

Tarifas

No proporciona servicios directos.

Recursos en Línea

www.dshs.texas.gov

AGENCIES



TEXAS

Health and Human Services

**Texas Department of State
Health Services**

**Texas Department of State Health Services
Office of Border Public Health
1500 North Arkansas Avenue
Laredo, TX 78046**

Oda Garcia
oda.garcia@dshs.texas.gov
(956) 725-5195

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

- Bi-National collaboration
- Education to community health workers and the community in general on health-related topics
- Virtual services available

Fees

Contact for more information.

Online Resources

www.dshs.texas.gov



TEXAS

Health and Human Services

**Texas Department of State
Health Services**

**Texas Department of State Health Services
Office of Border Public Health
1500 North Arkansas Avenue
Laredo, TX 78046**

Oda Garcia
oda.garcia@dshs.texas.gov
(956) 725-5195

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

- Colaboración Binacional
- Educación a trabajadores de salud comunitaria y a la comunidad en general sobre temas relacionados con la salud
- Servicios virtuales disponibles

Tarifas

Contactar para mas informacion.

Recursos en Línea

www.dshs.texas.gov

AGENCIES



Texas STAR Programs
Texas Health Steps
MAXIMUS
1925 East Iowa Road
Edinburg, TX 78542

Belinda Olivo
belindaolivo@maximus.com
(956) 388-8138

Office Hours

8:00 am - 6:00 pm
Monday - Friday

Services

The Outreach staff assists recipients and community agencies in learning about the Texas Health Steps program. They emphasize that Medicaid clients can enroll in programs such as STAR, STAR Kids, STAR+PLUS, or Dental programs. They encourage inclusion of their services in community events, health fairs, meetings, or presentations targeting Medicaid recipients.

Fees

Free services.

Online Resources

www.maximus.com

AGENCIAS



Texas STAR Programs
Texas Health Steps
MAXIMUS
1925 East Iowa Road
Edinburg, TX 78542

Belinda Olivo
belindaolivo@maximus.com
(956) 388-8138

Horario de Oficina

8:00 am - 6:00 pm
Lunes - Viernes

Servicios

El personal de extensión ayuda a los destinatarios y agencias comunitarias a aprender sobre el programa Pasos de Salud de Texas. Enfatizan que los clientes de Medicaid pueden inscribirse en programas como STAR, STAR Kids, STAR+PLUS, o programas dentales. Fomentan la inclusión de sus servicios en eventos comunitarios, ferias de salud, reuniones o presentaciones dirigidas a los destinatarios de Medicaid.

Tarifas

Servicios Gratuitos

Recursos en Línea

www.maximus.com

AGENCIES



UMOS

Building Better Futures

UMOS
501 E. Doria Street
Rio Grande City, TX 78582

Livia Cantu
michelle.guiterrez@umos.org
(956) 398-5066

Office Hours

7:00 am - 4:00 pm
Monday - Friday

Services

UMOS, a non-profit advocacy organization, offers a variety of programs and services tailored to uplift under-served populations, enhancing their employment, educational, health, and housing opportunities.

Fees

Free services.

Online Resources

<https://www.umos.org/>



UMOS

Building Better Futures

UMOS
501 E. Doria Street
Rio Grande City, TX 78582

Livia Cantu
michelle.guiterrez@umos.org
(956) 398-5066

Horario de Oficina

7:00 am - 4:00 pm
Monday - Friday

Servicios

UMOS, una organización sin fines de lucro de defensa, ofrece una variedad de programas y servicios diseñados para elevar a las poblaciones desatendidas, mejorando sus oportunidades de empleo, educación, salud y vivienda.

Tarifas

Servicios gratuitos.

Recursos en Línea

<https://www.umos.org/>

AGENCIES



UnitedHealthcare Dental
5901 Lincoln Dr
Edina. MN 55436

Ofelia Salcedo
ofelia.salcedo@uhc.com
(877)901-7321

Office Hours

9:00 am - 5:00 pm
Monday - Friday

Services

This is a Dental Plan for children who have Chip/Medicaid.

Fees

Please contact for more information.

Online Resources

<https://dentaltx.uhc.com/>



UnitedHealthcare Dental
5901 Lincoln Dr
Edina. MN 55436

Ofelia Salcedo
ofelia.salcedo@uhc.com
(877)901-7321

Horario de Oficina

9:00 am - 5:00 pm
Lunes - Viernes

Servicios

Este es un plan dental para niños que tienen CHIP/Medicaid.

Tarifas

Contactar para mas informacion.

Recursos en Línea

<https://dentaltx.uhc.com/>

AGENCIES



UT Health RGV AHEC Primary Care
532 Gabriela Street
Rio Grande City TX 78582

(956) 296-1650

Office Hours

8:00 am – 5:00 pm
Monday – Friday

Services

- Primary Care (All Ages)
- Acute illness care
- Chronic care (diabetes, hypertension, cholesterol, arthritis)
- Comprehensive healthcare
- Family medicine
- Gynecology services
- Health screenings
- Immunizations
- Integrated behavioral health
- Physical examinations
- Pregnancy care
- Preventive care
- Women's health

Fees

Fees are evaluated individually. Various insurances are accepted.

Online Resources

<https://uthealthrgv.org/locations/uthealthrgv-ahec-primary-care-la-victoria/>



UT Health RGV AHEC Primary Care
532 Gabriela Street
Rio Grande City TX 78582

(956) 296-1650

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

- Atención primaria (para todas las edades)
- Atención de enfermedades agudas
- Atención crónica (diabetes, hipertensión, colesterol, artritis)
- Atención integral de la salud
- Medicina familiar
- Servicios de ginecología
- Evaluaciones de salud
- Inmunizaciones
- Salud mental integrada
- Exámenes físicos
- Cuidado prenatal
- Cuidado preventivo
- Salud de la mujer

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguranzas son aceptadas.

Recursos en Línea

<https://uthealthrgv.org/locations/uthealthrgv-ahec-primary-care-la-victoria/>

AGENCIES



VAIL
A Center for Independent Living
1419 Corpus Christi St.
Laredo, TX 78040

(956) 523-1411

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

VAIL is organized to serve people with disabilities in the greater Rio Grande Valley and South Texas. VAIL is committed to enabling persons with disabilities to gain effective control and direction of their lives in the home, in the workplace and in the community.

Fees

Free services.

Online Resources



VAIL
A Center for Independent Living
1419 Corpus Christi St.
Laredo, TX 78040

(956) 523-1411

Horario de Oficina

8:00 am - 5:00 pm

Lunes - Viernes

Servicios

VAIL está organizado para servir a personas con discapacidades en el Valle del Río Grande y el sur de Texas. VAIL se compromete a permitir que las personas con discapacidades adquieran un control y dirección efectivos de sus vidas en el hogar, en el lugar de trabajo y en la comunidad.

Tarifas

Servicios gratuitos.

Recursos en Línea

AGENCIES



Valley Pharmacy LLC
129 FM 3167 Suite B
Rio Grande City, TX 78582

valleypharmacy21@gmail.com
(956) 352-1100

Office Hours

8:00 am - 6:00 pm
Monday - Friday

Services

- Medication Services
- Refill Prescription
- Drive-thru, Mail delivery, curbside services

Fees

Fees are evaluated individually. Various Insurances are accepted.

Online Resources



Valley Pharmacy LLC
129 FM 3167 Suite B
Rio Grande City, TX 78582

valleypharmacy21@gmail.com
(956) 352-1100

Horario de Oficina

8:00 am - 6:00 pm
Lunes - Viernes

Servicios

- Servicios de medicación
- Recarga de recetas
- Servicios de ventanilla, entrega por correo, servicios en la acera

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguranzas son aceptadas.

Recursos en Línea

AGENCIES



WellMed
129 FM 3167 Suite B,
Rio Grande City, TX 78582

Myra Medina
mmedina7@wellmed.net
(956) 340-2744

Karla Vega
kvegal@wellmed.net
(956) 662-6365

Office Hours

8:00 am - 5:00 pm
Monday - Friday

Services

Network of doctors, specialists and other medical professionals that specialize in providing care for older adults.

Fees

Fees are evaluated individually. Various insurances are accepted.

Online Resources

<https://www.wellmedhealthcare.com/>



WellMed
129 FM 3167 Suite B,
Rio Grande City, TX 78582

Myra Medina
mmedina7@wellmed.net
(956) 340-2744

Karla Vega
kvegal@wellmed.net
(956) 662-6365

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

Red de médicos, especialistas y otros profesionales médicos que se especializan en brindar atención a adultos mayores.

Tarifas

Tarifas son evaluadas individualmente. Diferentes aseguranzas son aceptadas.

Recursos en Línea

<https://www.wellmedhealthcare.com/>

AGENCIES



Workforce Solutions
5408 Brand Street, Ste 1
Rio Grande City, TX 78582

Mere Y. Vela
mere.vela@wfsolutions.org
wfsstarr@wfsolutions.org
(956) 487- 9100

Office Hours

8:00 am - 5:00 pm

Monday - Friday

Services

Workforce Solutions demonstrates a commitment to serving the community during challenging times. Customers are encouraged to visit their website at wfsolutions.org or call 956-928-5000 to schedule appointments. The organization assures the availability of resources to assist parents, students, employers, and the community. Workforce Solutions offers limited office visits by appointment and alternative methods of service delivery, including remote assistance via phone, email, and live chat on their website.

Fees

Free services.

Online Resources

<https://www.workintexas.com> for employment

<https://wfsolutions.org/> for services available



Workforce Solutions
5408 Brand Street, Ste 1
Rio Grande City, TX 78582

Mere Y. Vela
mere.vela@wfsolutions.org
wfsstarr@wfsolutions.org
(956) 487- 9100

Horario de Oficina

8:00 am - 5:00 pm
Lunes - Viernes

Servicios

Workforce Solutions demuestra un compromiso de servir a la comunidad durante tiempos desafiantes. Se anima a los clientes a visitar su sitio web en wfsolutions.org o llamar al 956-928-5000 para programar citas. La organización asegura la disponibilidad de recursos para ayudar a padres, estudiantes, empleadores y la comunidad. Workforce Solutions ofrece visitas de oficina limitadas con cita previa y métodos alternativos de entrega de servicios, incluida la asistencia remota por teléfono, correo electrónico y chat en vivo en su sitio web.

Tarifas

Servicios Gratuitos

Recursos en Línea

<https://www.workintexas.com> for employment
<https://wfsolutions.org/> for services available



EMERGENCY RESOURCES

In case of an emergency please contact

911

In case of a mental health crisis please contact.

988

This Project was Funded By:
Texas Department of State Health
Services



CONTACT US

1505 Calle Del Norte, Ste. 430
Laredo, TX 78041

www.midriograndeborderahec.org

(956) 712-0037

**A Path to Better
Health  Vaccinations**
through 