**Preventative care resources**

1.Blood Pressure checks:

-**Medlitepharmacy:** free blood pressure check /http://www.medlitepharmacy.com/pharmacy-free-blood-pressure-checks/16506 FM. 529 Road, Suite 108

-**CVS/ any local CVS pharmacy:** 7950 S Gessner Rd, Houston, TX 77036

**-HEB pharmacy:** 3663 Washington Ave STE 100, Houston, TX 77007

**-Houston Methodist:** 1631 North Loop W Houston, TX 77008

**-Walgreens:** 1919 W Gray St, Houston, TX 77019

**-Oza family care and wellness center:** 10490 Huffmeister Rd, Suite D, Houston, TX 77065

**-The heart care center:** 21216 Northwest Freeway, Suite 330, Cypress, TX 77429

2.Cholesterol checks:

-HEB pharmacy/6055 South Fwy, Houston, TX 77004

-Any lab test now/Katy Freeway, TX 9742 Katy Freeway, Suite D-200

-request a test/[1919 North Loop W # 172 Houston, TX 77008](https://google.com/maps/search/?api=1&query=labcorp+1919%20North%20Loop%20W%20%23%20172+Houston+TX+77008)

-CVS minute clinic/1003 Richmond Ave.Houston, TX 77006

-Pierre Physician group/1315 St. Joseph Parkway, Suite 1503, Houston, TX 77002

-Brazos urgent care/9380 W Sam Houston Pkwy S, 320, Houston, TX, 77099

-lifeline urgent care/13410 Briar Forest Dr, Ste 190, Houston, TX, 77077

3.Diabetes Screening:

-CVS minute clinic/1003 Richmond Ave.

-Any lab test now/5901 Westheimer Rd, Suite W, Houston, TX, 77057

-request a test/[1919 North Loop W # 172 Houston, TX 77008](https://google.com/maps/search/?api=1&query=labcorp+1919%20North%20Loop%20W%20%23%20172+Houston+TX+77008)

-diabetes wellness clinic/[10970 Shadow Creek Pkwy Suite 260 Pearland, Texas 77584](https://www.google.com/maps/place/10970%2BShadow%2BCreek%2BPkwy%2B%23260%2C%2BPearland%2C%2BTX%2B77584%2C%2BUSA)

-life line urgent care/13410 Briar Forest Ste. #190 Houston, TX 77077

-doctor clinic houston/6535 S.W. Freeway Houston TX 77074

-houston thyroid and endocrine specialist/23920 Katy Freeway, Suite 500

4.Other preventative services:

-Allergy and ENT associates/11620 Louetta Road, Suite D Houston, Texas 77070

-Apteek Pharmacy & Compounding for vaccine/Apteek Pharmacy & Compounding, 2900 Weslayan St Suite B, Houston, TX 77027

-memorial hermann for physicals/3000 Richmond Ave, Houston, TX 77098

-houston methodist for annual check ups/ 6565 Fannin St, Houston, TX 77030

-MD Anderson for cancer screenings/[1515 Holcombe Blvd, Houston, TX](https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwiF0_TstYr2AhVPG9QBHcz0AIoYABAUGgJvYQ&ae=2&ohost=www.google.com&cid=CAESWOD28SBOGkBEap7ab94MIv_nZJZFhMGdClHnx9X_k3bdUscXwlK8Jp5WmcsrOCIynNq2xn4T_yMicNLK-O5OtfNKn-tX28l0HEQDM5jOTROu23mGbgyvETQ&sig=AOD64_1JHOQlEeJmjJRw3BF3JlX04n31fQ&q=&ctype=107&ved=2ahUKEwj10uLstYr2AhVElGoFHZRgDGgQmxB6BAgFEAc&adurl=)

**FREE/DISCOUNTED RESOURCES:**

1.Blood Pressure checks:

-HEB pharmacy provides free blood pressure checks on saturdays /9710 Katy Fwy, Houston, TX 77055

-CVS minute clinic provides free blood pressure check 7 days a week/1003 Richmond Ave.

-Walgreens pharmacys have free machines to check blood pressure/1506 Eldridge Pkwy, Houston, TX 77077

-Benefits pulse has kiosk around the city that offer free blood pressure checks/ 16930 JFK Blvd, Houston 770325500 McCarty, Houston 77013900 Bagby, Houston 770021002 Washington, Houston 770026200 Wheeler, Houston 770231200 Travis, Houston 7700217000 Aldine Westfield, Houston 770382020 Hermann Dr, Houston 770045614 Neches, Houston 7702611500 S. Post Oak, Houston 770351245 Judiway, Houston 770181506 Central, Houston 77012

-medlite pharmacy offers free blood pressure checks/16506 FM. 529 Road, Suite 108

Houston, TX 77095

-freeclinics.com offers multiple locations of clinics in houston for low wage or no insurance people to get free health checks

2.Cholesterol checks:

-HEB does cholesterol checks on saturdays for $3.99/9710 Katy Fwy, Houston, TX 77055

-CVS minute clinic provides free cholesterol check 7 days a week/1003 Richmond Ave.

-Walgreens offers cholesterol checks for $30 /1506 Eldridge Pkwy, Houston, TX 77077

-Many local clinics may offer free cholesterol checks upon asking

3.Diabetes Screening:

-HEB provides free glucose checks on saturdays /9710 Katy Fwy, Houston, TX 77055

-El Centro de Corazon - Eastwood Clinic/412 Telephone Rd Houston, TX 17031

-Nursing Bridges Healthcare/14423 Cornerstone Village Dr Houston, TX 30140

-Medlite pharmacy occasionally offers free blood sugar tests /16506 FM. 529 Road, Suite 108

Houston, TX 77095

4.Other preventative services:

-freeclinics.com offers multiple locations of clinics in houston for low wage or no insurance people to get free health checks

-Some free community clinics/FQHCLA-Good Neighbor Health Care Center

277 West Gray Houston 77019, FQHCLA-Montrose Clinic 215 Westheimer, Houston Texas 77006

-This link provides more free and sliding scale clinics: <https://www.needhelppayingbills.com/html/clinics_in_houston.html>