

TELEHEALTH RESOURCES

PPNCS Telehealth To learn more about Telehealth at PPNCS and the services offered, how to prepare for your telehealth video visits, and for more telehealth resources, visit: ppncs.org/telehealth

Health and Human Services offer a variety of resources relating to best practices for patients and answers common questions related to telehealth, visit: <https://telehealth.hhs.gov/>

BROADBAND RESOURCES

Minnesota Government provides a map of broadband services and their coverage area in Minnesota, visit: <https://mn.gov/deed/programs-services/broadband/maps/general-maps.jsp>

Federal Communications Commission (FCC) provides a detailed map of coverage areas for internet and broadband providers. Visit: <https://broadbandmap.fcc.gov/home>

Google provides the ability to test the speed of your internet connection for your device. Simply go to www.google.com and search "Internet Speed Test" and follow instructions.

DIGITAL LITERACY

The National Library of Medicine: Digital Health Literacy provides resources and free training modules to learn internet and technology skills. For more information, please visit: <https://allofus.nlm.gov/digital-health-literacy>

FINANCIAL ASSISTANCE FOR TECHNOLOGY & REPAIR

PCS for People This program provides computers, related technology equipment and software to eligible individuals at a reduced cost; and, affordable repairs at a free or reduced cost

Planned Parenthood North Central States

TECHNOLOGY SUPPORT RESOURCE GUIDE for PATIENTS

for eligible individuals To learn more, call 651-354-2552, email support@pcsforpeople.com or visit: <https://www.pcsforpeople.org/>

Affordable Connectivity Program Certain providers offer laptops and tablets at reduced costs. Visit: <https://cnm.universalservice.org/>

Lifeline Program Certain providers offer phones at a reduced cost. Visit: <https://cnm.universalservice.org/>

Connect All Provides low cost refurbished electronic devices for eligible individuals. Visit: <https://connectall.org/>

Free Geek Twin Cities provides reduced price of computers and computer parts for need based individuals. Call 612-223-5967 or visit: <https://www.freegeektwincities.org/>

FINANCIAL ASSISTANCE AND LOW-COST OPTIONS FOR PHONE AND INTERNET SERVICES

Affordable Connectivity Program Provides discounted internet service for eligible households. For more information, visit AffordableConnectivity.gov, call the Affordable Connectivity Program's Support Center at (877) 384-2575, or email: ACPsupport@usac.org To see if you qualify, visit: <https://nv.fcc.gov/>

Lifeline Program Provides discounted phone lines for eligible households. For more information, visit: <https://www.lifelinesupport.org/>

call the Lifeline Support Center at 800-234-9473 or email LifelineSupport@usac.org To see if you qualify, visit: <https://nv.fcc.gov/>

Boost Mobile provides low-cost mobile plans starting at \$8.33/month and mobile hot spots for new customers, visit: <https://my.boostmobile.com/>

Comcast Internet Essentials Qualifying households may still sign up for Internet Essentials or Internet Essentials Plus for an affordable monthly price without ACP, visit: <https://www.xfinity.com/learn/internet-service/internet-essentials>

Mint Mobile provides affordable mobile 3-, 6-, and 12-month plans without contracts, with wireless starting at \$15/month, visit: <https://www.mintmobile.com/why-mint-mobile/>

US Mobile allows individuals to build their own plans at low costs. Includes a temporary free trial, visit: <https://www.usmobile.com/>

Visible provides low-cost payments starting at \$30/month and a temporary free trial, visit: <https://www.visible.com/free-trial/>

OTHER RESOURCES

211 United Way Community Resource Specialists can connect individuals to resources throughout Minnesota by calling 2-1-1. Or individuals can also search for resources at <https://www.211unitedway.org/> Resources may include transportation, emergency funding, technology access and resources, clothing, shelter, and medical support.

Health and Human Services – Telehealth Provides tips and resources on staying safe on the internet. Visit: <https://telehealth.hhs.gov/patients/telehealth-privacy-for-patients>