



MODALITY	NAME, ADDRESS & PHONE	CITY	WEBSITE	LANGUAGES	PAYORS
Acupuncture	Alameda Community Acupuncture 1716 Lincoln Avenue Alameda CA, 94577 US 510-255-0880 info@alamedacommunityacu.com	Alameda	http://www.alamedacommunityacu.com		Self-pay, sliding scale fees: \$17-40
Acupuncture	Richard Liao 1033 Solano Avenue, Albany, CA 94706 510-524-8148	Albany			Covered for Medi-Cal members (by fee-for-service Medi-Cal) for members who are under the age of 21, pregnant, or living in a skilled nursing facility, when medically necessary
Acupuncture	Berkeley Acupuncture Project 1834 University Ave Berkeley CA, 94703 US 510-845-1100 info@bapnap.com	Berkeley	www.bapnap.com		Self-pay, sliding scale fees
Acupuncture	Aiqun Wang Act Acupuncture Clinic Corporation 40788 Fremont Boulevard, Fremont, CA 94538 510-440-1088	Fremont		Cantonese, English, Mandarin	Covered for Medi-Cal members (by fee-for-service Medi-Cal) for members who are under the age of 21, pregnant, or living in a skilled nursing facility, when medically necessary



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Acupuncture	Helen Chen Renji Acupuncture & Herbs 46537 Mission Boulevard, Fremont, CA 94539 510-656-0588	Fremont			Covered for Medi-Cal members (by fee-for-service Medi-Cal) for members who are under the age of 21, pregnant, or living in a skilled nursing facility, when medically necessary
Acupuncture	Kyung Sik Kim 3150 Southwycke Terrace, Fremont, CA 94536	Fremont			Covered for Medi-Cal members (by fee-for-service Medi-Cal) for members who are under the age of 21, pregnant, or living in a skilled nursing facility, when medically necessary
Acupuncture	Rona Sueh Ma 1574 Washington Boulevard, Fremont, CA 94539 510-656-1047	Fremont			Covered for Medi-Cal members (by fee-for-service Medi-Cal) for members who are under the age of 21, pregnant, or living in a skilled nursing facility, when medically necessary
Acupuncture	Oasis Community Acupuncture 36614 Newark Blvd. Newark CA, 94560 510-552-2208 davidvlac@yahoo.com	Newark	www.OasisCommunityAcupuncture.com		Self-pay, sliding scale fees: \$25 - \$50 for initial visit and treatment \$15 - \$40 for follow-up treatments



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Acupuncture	Xian Sheng Huang 704 Broadway, Suite 201, Oakland, CA 94607	Oakland			Covered for Medi-Cal members (by fee-for-service Medi-Cal) for members who are under the age of 21, pregnant, or living in a skilled nursing facility, when medically necessary
Acupuncture	Denise Gabrielle Lecompte Highland Hospital - Surgery Department 1411 East 31st Street, Oakland, CA 94602 Highland Outpatient Clinic 1411 East 31st Street, Oakland, CA 94602 510-437-4778	Oakland			Covered for Medi-Cal members (by fee-for-service Medi-Cal) for members who are under the age of 21, pregnant, or living in a skilled nursing facility, when medically necessary
Acupuncture	Candace Luo Highland Hospital 1411 East 31st Street, Oakland, CA 94602 510-437-4800	Oakland			Covered for Medi-Cal members (by fee-for-service Medi-Cal) for members who are under the age of 21, pregnant, or living in a skilled nursing facility, when medically necessary



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Acupuncture	<p>Oakland Acupuncture Project</p> <p>3576 Laurel Ave Oakland, CA 94602 510-842-6350</p> <p>3718 Grand Ave. Suite 1 (entrance up driveway to right of building) Oakland, CA 94610 510-999-4627</p>	Oakland	www.oaklandacupunctureproject.com		Self-pay, sliding scale fees: \$15-35
Acupuncture	<p>Aiming H. Liu Ca Health Center 1646 Decoto Road, Union City, CA 94587 510-429-8599</p>	Union City			Covered for Medi-Cal members (by fee-for-service Medi-Cal) for members who are under the age of 21, pregnant, or living in a skilled nursing facility, when medically necessary



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Acupuncture, Chinese herbs	Academy of Chinese Culture and Health Sciences – Clinic 1600 Broadway, Suite 200, Oakland CA 94612 510-763-1299 *Clinic hours: Monday-Thursday 9 a.m. – 8 p.m. Friday 9 a.m. – 5 p.m. Saturday 9 a.m. – 1 p.m. *Hours are subject to change per trimester. Please call ahead for appointment times.	Oakland	http://www.acchs.edu/clinic/		Self-pay , low-cost • Treatment by Student Interns (L.Ac. supervised) \$29 • Treatment by Licensed Acupuncturist (with student observers) \$34 Discounted treatment is \$29 for: • Medi-Cal card holders • Seniors (65+w/ID) • Students (from any school w/ID)
Chiropractic	FQHCs contracted with Alameda Alliance for Health				The Alliance covers chiropractic services only when medically necessary and only when these services are provided by a federally qualified health center (FQHC).
Counseling	Concord Community Counseling Center John F. Kennedy University 2702 Clayton Road Concord, CA 94519 925-798-9240	Concord	http://www.jfku.edu/Locations/Community-Counseling-Centers/Community-Center-Concord.html		Self-pay; fees are on an affordable, sliding-scale; however, third-party payments cannot be accepted.



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Counseling	Oakland Community Counseling Center John F. Kennedy University 2501 Harrison Street Oakland, CA 94612 510-444-3344	Oakland	http://www.jfku.edu/Locations/Community-Counseling-Centers/Oakland-Center-Holistic-Counseling.html		Self-pay, sliding scale fees of \$90 - \$25 for individual and family clients. Low fee groups are also available.
Counseling	Sunnyvale Community Counseling Center John F. Kennedy University 572 Dunholme Way Sunnyvale, CA 94087 408-524-4900	Sunnyvale	http://www.jfku.edu/Locations/Community-Counseling-Centers/Sunnyvale-Counseling-Center.html		Self-pay; fees are on an affordable, sliding-scale; however, third-party payments cannot be accepted.
Fitness and Exercise	YMCA <ul style="list-style-type: none"> • Downtown Oakland YMCA • E M Downer YMCA (Richmond) • Eastlake YMCA • Eden Area YMCA • Fremont/Newark YMCA • Hilltop Family YMCA • M. Robinson Baker YMCA (West Oakland) • Tri-Valley YMCA <p>Classes include: cycling, dance, swimming, Feldenkrais, gentle movement, Pilates, tai chi, yoga, and more. See website for schedules.</p>	Multiple locations	www.ymcaeastbay.org		Self-pay; financial assistance available; see website for fees



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Information Resource	American Chronic Pain Association		http://www.theacpa.org/		Free information and tools
Integrative Medicine, Manual Medicine, Acupuncture	Dr. Steven Chen & Dr. Susan Levinsohn at Hayward Wellness at Southland Mall 664 Southland Mall Drive Hayward, CA 94545 510-266-1700	Hayward	www.haywardahs.org	English, Mandarin	Alameda Alliance for Health Medi-Cal
Massage	Student Massage Clinics National Holistic Institute, College of Massage Therapy 5900 Doyle St. Emeryville, CA 94608	Emeryville	http://nhi.edu/massage-therapy-schools/emeryville-massage-training		Self-pay, low-cost massage by supervised students: 50-minute massage is \$35 100-minute massage is \$70 for seniors (\$60 for seniors 55 years of age and over)
Massage	Academy of Chinese Culture and Health Sciences – Tui Na Clinic 1600 Broadway, Suite 200, Oakland CA 94612 For an appointment, call 510-763-1299. Please ask to make an appointment for the Tui Na Clinic. Tui Na Clinic Schedule: Thursday, 11 a.m. – 2 p.m. Friday 9 a.m. – 5 p.m. Saturday, 11 a.m. – 3 p.m.	Oakland	http://www.acchs.edu/clinic/		Self-pay , low-cost professional acupressure treatments with experienced practitioners <ul style="list-style-type: none"> • \$55 per 1 hour session • \$35 per 1/2 hour (includes intake and treatment)



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Meditation	<p>Berkeley Zen Center 1929 Russell St, Berkeley, CA 94703</p> <p>Zazen meditation instruction is offered on Saturdays at 8:45 a.m. See website for guidelines and schedule of events.</p>	Berkeley	www.berkeleyzencenter.org		Donation-based programs
Meditation	<p>Berkeley Shambhala Center 2288 Fulton St, Ste 202 Berkeley, CA 94704 510-841-3242</p> <p>Free meditation instruction is offered Sundays at 10 a.m. and Wednesdays at 6:30 p.m. No prior meditation experience is necessary and there is no need to register. Open public sitting hours are Monday, Wednesday, and Friday evenings and Sunday mornings. See website for schedules.</p>	Berkeley	www.berkeley.shambhala.org		Free meditation instruction; some advanced classes have a fee



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Meditation	<p>Oakland Shambhala Meditation Temescal Arts Center 511 48th St. Oakland, CA</p> <p>Weekly: Tuesdays from 8 - 11 p.m. Free meditation instruction, sitting, and discussion.</p>	Oakland	http://berkeley.shambhala.org/oakland-shambhala/		Free meditation instruction; donation-based programs
Meditation	<p>East Bay Meditation Center (EBMC) 285 17th Street at Harrison (3 blocks from the 19th Street BART station)</p> <p>Offers meditation training and spiritual teachings from Buddhist and other wisdom traditions. Regular groups meet for: LGBTQI/SGL practitioners, Qi Gong, yoga, people of color, recovery, teens, and people living with disabilities, limitations, differences and chronic illnesses. See website for schedules.</p> <p>'La Casa del Corazon' Una Sangha para apoyar a la comunidad que habla Español. Esta clase esta en pausa hasta nuevo aviso.</p>	Oakland	www.eastbaymeditation.org	English, Spanish	Donation-based programs



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Multiple modalities	<p>Kaiser Permanente</p> <p>Offers online programs, special rates, and classes at its medical centers. Healthy lifestyle programs include: Manage back pain, Manage chronic conditions, Manage pain, Overcoming depression, Overcoming insomnia, Reduce stress.</p> <p>Many classes are open to non-members.</p> <p>Members get fitness club discounts and special rates for acupuncture, chiropractic, and other complementary care.</p> <p>See website for schedules.</p>	Multiple locations	https://healthy.kaiserpermanente.org/health/care/consumer/health-wellness/programs-classes		Self-pay fee for most Kaiser members; non-members pay slightly more



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Other Suggested Pain Management Resources	<ul style="list-style-type: none"> • Behavioral health specialist • Chiropractic care • Church groups/supportive services • Cultural group support systems/care • Homeopathy • Osteopathic manipulative medicine/craniosacral therapy/manual medicine • Shared/group medical appointments • Somatic work for experiences and trauma • Spiritual bonding • Tai chi • Walking/talking groups 				



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Pain Management Evaluation	<p>Beacon Health Strategies 1-855-856-0577</p> <p>Provides mental health services. Alliance members do not need a PCP referral, but must undergo a brief telephonic screening to ensure their condition is mild to moderate. If the member’s condition is severe, Beacon will assist in transitioning the member to Alameda County Behavioral Health Care Services (BHCS) for care.</p> <p>Further, Beacon does not manage substance abuse services for Alliance members; substance abuse services are provided by BHCS.</p> <p>Beacon offers support for pain management doctors when there are concerns about a patient taking opioid medications. A psychologist can conduct a pain management evaluation to determine the risk and benefits of opioid medications for the member.</p>	<p>Alameda County</p>	<p>http://www.beaconhealthstrategies.com/people-families.html</p>		<p>Alameda Alliance for Health Medi-Cal</p>



Non-Opioid Pain Management Resources

MODALITY	NAME, ADDRESS & PHONE	CITY	WEBSITE	LANGUAGES	PAYORS
Pain Management Specialist	Advanced Pain Management & Rehab 19850 Lake Chabot Road, Castro Valley, CA 94546 510-582-8555	Castro Valley			Alameda Alliance for Health Medi-Cal
Pain Management Specialist	Tulsidas Gwalani, MD Fremont Pain Management Clinic 656 Mowry Avenue, Fremont, CA 94536 510-818-9237	Fremont			Alameda Alliance for Health Medi-Cal
Pain Management Specialist	Christopher Chen, MD, Inc. 1393 Santa Rita Road, Suite D, Pleasanton, CA 94566 925-461-2840	Pleasanton		Cantonese, English, Mandarin, Spanish	Alameda Alliance for Health Medi-Cal
Pain Management Specialist	UCSF Medical Center 2255 Post St, San Francisco, CA 94115 415-885-7246	San Francisco	http://mountzion.ucsfmedicalcenter.org/pain_management/patient.html		Alameda Alliance for Health Medi-Cal
Pain Management Specialist	Highland Hospital's Pain Clinic Highland Campus K Building, 7th Floor T/W/F: 8:00-5:00 Referral Required 510-437-5170		http://www.highlandahs.org/our-services/specialty-services/pain-clinic		Alameda Alliance for Health Medi-Cal; HealthPAC
Pain Management Specialist (injections only)	Francis Tse, MD 638 Webster Street, Suite 338, Oakland, CA 94607 510-501-3128	Oakland		Cantonese, Mandarin	Alameda Alliance for Health Medi-Cal



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Physical Therapy	Sharmi Mukherjee Washington Outpatient Rehab Center 39141 Civic Center Drive, Suite 120, Fremont, CA 94538 510-794-9672	Fremont		English	Alameda Alliance for Health Medi-Cal