

Ramsey County

Health Care Provider	Hours	Eligibility Requirements	Interpreter Services	Services Offered
Advanced Medical Clinic 491 University Ave West, Suite B St. Paul, MN 55103 651-771-5778	Mon. - Fri. 8:30 a.m. - 5:30 p.m.	Appropriate health plan	Hmong, Laotian, Thai	Immunizations for school, tobacco counseling, IVF, travel shots, PPD, laser treatments for facial, sick o/v.
Allina Medical Clinic – West St. Paul 150 East Emerson Ave. West St. Paul, MN 55118 651-241-1800 www.allinahealth.org	Mon. - Thurs. 7:30 a.m. - 8:00 p.m. Fri. 7:30 a.m. - 5:00 p.m.	Appropriate health plan	Available upon request	Family practice, podiatry (by appointment), optical, mental health, general surgery, pregnancy care, diabetes education.
Bethesda Clinic University Family Physicians 580 Rice St. St. Paul, MN 55103 651-227-6551 www.umphysicians.org	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	Appropriate health plan	Hmong, others by appointment	General family medicine, obstetrics and gynecology, chronic and acute conditions, social services, patient education, and referral to specialty care Culturally specific services: Hmong diabetes education.
Bobby K. Yang Medical Clinic 1047 University Ave. W. #101 St. Paul, MN 55104 651-646-5452	Mon., Tues., Thurs. & Fri. 9:00 a.m. - 5:00 p.m. Wed. 9:00 a.m. - 12:00 p.m.	None	Hmong	General family practice. Hmong and English speaking staff.
Center for Victims of Torture 649 Dayton Ave. Saint Paul, MN 55104 612-436-4840 www.cvt.org	Mon. - Fri. 8:30 a.m. - 5:00 p.m.	Survivor of torture that occurred abroad that meets U.N. or U.S. definition of torture and is appropriate for out-patient multidisciplinary care.	20 plus languages including Aghem, Amharic, Arabic, Burmese, Cambodian, French, Fulani, Hmong, Indonesian, Krio, Lao, Mandiyo, Nepalese, Oromo, Serbo-croatian, Somali, Tibetan, Tigrinya, etc.	Multidisciplinary rehabilitation from torture such as social services, psychological, psychiatric services, nursing, physical therapy. Culturally specific services: African men's and women's psychotherapy groups for torture survivors.
Children's Hospitals and Clinics - St. Paul 345 North Smith Ave. St. Paul, MN 55102 651-220-6000 (<i>nurse</i>) www.childrenshc.org	Mon. - Fri. 8:30 a.m. - 5:00 p.m. (Various hours)	None	Hmong, Laotian, Spanish, other languages by appointment	Pediatrics (plus subspecialty clinics e.g., allergy, cardiac, endocrine, renal, neurology, genetics, acute care, well care, etc.), child and family services, occupational therapy, physical therapy, speech therapy, nutrition counseling, child abuse program, oncology/hematology.

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East Side Family Clinic / Westside Community Health Services 895 East 7th St. St. Paul, MN 55106 651-772-9757 www.westsidechs.org	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	Most health plans and sliding fee for uninsured	Hmong, Spanish and other languages by request	Adolescent health care, dental services, diabetes care, family planning and pregnancy testing, family support and mental health counseling, health education, HIV care, nutrition services, pharmacy services, prenatal care, senior care, well child care, and immunizations.
Entira Family Clinics 911 E. Maryland Ave. St. Paul, MN 55106 651-776-2719 www.entirafamilyclinics.com	Mon. - Fri. 7:00 a.m. - 7:00 p.m.	PMAP, commercial insurance plans, payment plans. We are not a free clinic.	Hmong	Family practice, OB, pediatric care, chronic disease care, IUDs, Nexplanon, annual exams. We are a certified health care home clinic. Care managers available. Culturally specific services: One on one diabetes counseling for Hmong patients.
Face-to-Face Health & Counseling 1165 Arcade St. St. Paul, MN 55106 651-772-5555 Fax: 651-776-4776 www.face2face.org	Mon. & Wed. 10:00 a.m. - 6:00 p.m. Tues. & Thurs. 10:00 a.m. - 8:00 p.m. Fri. 9:00 a.m. - 3:00 p.m. Sat. 11:00 a.m. - 2:00 p.m.	Ages 11-23, most insurance accepted and sliding fee	All languages, interpreting service used.	Adolescent and young adult care, case management, OB/Gyn care for women, men's care, mental health services, general medical care for persons less than 24 years old.
Family Tree Clinic 1619 Dayton Ave. # 205 St. Paul, MN 55104 651-645-0478 www.familytreeclinic.org	Mon., Wed. 8:00 a.m. - 8:30 p.m. Tues., Thurs. 8:00 a.m. - 5:00 p.m. Sat. 10:00 a.m. - 2:00 p.m.	None	All languages available, interpreters are NOT on-site and must be scheduled in advance	Reproductive health, family planning, sexual health including low-cost & free birth control, annual exams, STD testing, treatment and emergency contraception. Culturally Specific Services: Deaf, Deaf Blind and hard of hearing services, LGBT targeted services.
Gillette Lifetime Specialty Healthcare 435 Phalen Blvd. St. Paul, MN 55130 651-636-9443 www.gillettechildrens.org/Lifetime	Mon. - Fri. 7:30 a.m. - 5:00 p.m.	Age 16 and older with childhood onset condition, accept all medical coverage programs and insurance plans	Available by appointment	Multidisciplinary rehabilitation and subspecialty care for individuals with childhood onset conditions such as cerebral palsy, spina bifida, polio, neuromuscular and genetic disabling conditions; do not provide ongoing primary care. Disability-specific patient education in several languages.
Health Care for the Homeless/Westside Community Health Services 438 Main Street St. Paul, MN 55102 651- 222-1816 www.westsidechs.org	Depends on clinic site, call for info	Homeless	English and Spanish are languages spoken.	Acute care, primary care, eye care, acupuncture, chiropractic, energy healing, CD, mental health counseling. Acute and preventive services are offered on a walk-in basis. Well-child and well-woman check-ups, hypertension, diabetes, upper respiratory infections, and skin and foot problems are the more common visit types. Medications are provided without charge from an array of purchased and donated pharmaceuticals.

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<p>Health Start School-Based Clinics / Westside Community Health Services 895 E. 7th Street Saint Paul, MN 55106 651-793-2222 www.westsidechs.org</p> <p>Located at St. Paul Public High Schools and Alternative Programs including: - AGAP - Highland Park - Central - Humboldt - Como Park - Johnson - Harding - Washington</p>	Varies by school	Ages 11-21, most patients are student in school the schools served by our clinics.	School interpreters and language line available.	<p>A program of WestSide Community Health Services, offers medical care, mental health care, health education, nutrition counseling.</p> <p>Culturally specific services: Prenatal classes in Spanish; diabetes education in Hmong and Spanish through WestSide Community Health Services (Health Start's parent organization).</p>
<p>HealthEast Clinics www.healtheast.org</p> <p>HealthEast / Cottage Grove 6936 Pine Arbor Drive S. Cottage Grove, MN 55016 651-326-5800</p> <p>HealthEast / Downtown St. Paul Clinic 17 West Exchange St. #500 St. Paul, MN 55102 651-232-4200 Fax: 651-326-8866</p>	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	None	Hmong, Spanish, Somali, Karen, hard of hearing, and others. All by appointment.	Family medicine doctors provide annual checkups, immunizations, and screenings; treat illnesses and manage ongoing health concerns; and offer pregnancy care and delivery.
<p>HealthEast / Grand Avenue Clinic 870 Grand Avenue St. Paul, MN 55105 651-326-5650</p> <p>HealthEast / Maplewood Clinic 3100 Kennard St., Ste. 100 Maplewood, MN 55109 651-232-7800</p>	Mon. - Fri. 7:30 a.m. - 5:00 p.m. Sat. walk-in: 8:00 a.m. - noon	None	Hmong, Spanish, Somali, Karen, hard of hearing, and others. All by appointment.	<p>General primary care for adults. Specializes in internal medicine, osteoporosis including DEXA scanning; heart care including stress tests, diabetes and arthritis care.</p> <p>Family care for all ages, nurse midwives for OB/GYN care.</p>
<p>HealthEast / Midway Clinic 1690 University Ave. W. # 570 St. Paul, MN 55104 651-232-4800</p>	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	None	Hmong, Spanish, Somali, Karen, hard of hearing, and others. All by appointment.	General adult primary care, internal medicine, and geriatrics. Services including allergy and audiology specialists.

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HealthEast / Oakdale Clinic 1099 Helmo Ave. N., Ste. 100 Oakdale, MN 55128 651-326-5300	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	None	Hmong, Spanish, Somali, Karen, hard of hearing, and others. All by appointment.	Family practice including regular checkups, immunizations, diagnostic tests, obstetrics, prenatal care, audio testing, minor surgery and casting, EKG and X-ray.
HealthEast / Rice Street Clinic 980 Rice St. St. Paul, MN 55117 651-326-9020	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	None	Hmong, Spanish, Somali, Karen, hard of hearing, and others. All by appointment.	General family care for all ages including regular checkups, diagnostic tests (laboratory, EKG, X-ray, audio testing) as well as minor surgery and casting. Podiatry care with Dr. Sean Thayer on Friday afternoons.
HealthEast / Roselawn Clinic 1983 Sloan Place, Suite #1 St. Paul, MN 55117 651-326-5700	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	None	Hmong, Spanish, Somali, Karen, hard of hearing, and others. All by appointment.	General family for all ages, including OB care, certified nurse midwives available for OB care and routine GYN care, X-ray and lab testing. Very diverse patient population.
HealthEast / Vadnais Heights Clinic 1055 Centerville Circle Vadnais Heights, MN 55127 651-326-5900	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	None	Hmong, Spanish, Somali, Karen, hard of hearing, and others. All by appointment.	Family medicine including prenatal care.
HealthPartners / Center for International Health 451 North Dunlap St. St. Paul, MN 55104 651-647-2100 www.healthpartners.com	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	Ages 13 and older Immigration physicals – all ages	Onsite interpreters for over 10 languages or language line interpreters via phone for virtually any language.	Adult internal medicine primary care for non-English speaking and limited English speaking patients adult (18+) and seniors (60+). Medical issues/chronic illness, refugee & immigrant health care, medication evaluation & management, cross cultural health care consults, workers compensation exams for foreign born patients, INS adjustment of status exams for families (Civil Surgeon on staff). Culturally Specific Services: Vietnamese men’s group, prison camp survivors group, Hmong diabetes group, Hmong women’s support group, Somali women’s group.
La Clinica / Westside Community Health Services 153 Cesar Chavez Street St. Paul, MN 55107 651-222-1816 www.westsidechs.org	<i>By appointment</i> Mon., Tues., Fri. 8:00 a.m. - 5:00 p.m. Wed., Thurs. 8:00 a.m. - 8:00 p.m. Sat. 8:00 a.m. - 12:00 p.m.	Most health plans and sliding fee for uninsured.	English, Hmong, Spanish speaking staff; all other languages available by phone interpreters	Adolescent health care, dental services, diabetes care, family planning & pregnancy testing, family support & mental health counseling, health education, HIV care, nutrition services, pharmacy services, prenatal care, senior care, well child care and immunizations, women’s health, Women, Infants and Children (WIC) Program.

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<p>McDonough Homes Clinic / Westside Community Health Services 1544 Timberlake Rd., #235 St. Paul, MN 55117 651-558-2191 www.westsidechs.org</p>	<p>Mon., Thurs., Fri. 8:00 a.m. - 4:30 p.m. Tues. & Wed. 8:00 a.m. - 8:00 p.m.</p> <p><i>Homeless are welcome</i></p>	<p>Most insurance plans, MA, and/or sliding fee scale</p>	<p>Hmong; other languages can be arranged</p>	<p>McDonough Homes Clinic offers comprehensive family health care to residents of McDonough Homes public housing and the surrounding neighborhood. Adolescent health care, diabetes care, family planning and pregnancy testing, family support and mental health counseling, health education, HIV care, nutrition services, prenatal care, senior health care, well child care and immunizations, womens health.</p> <p>Culturally specific services: Hmong women’s groups and diabetes groups.</p>
<p>Neighborhood House – Health Access Program 179 E. Robie St. St. Paul, MN 55107 651-789-2500 www.neighb.org</p>	<p>Mon. - Fri. 8:30 a.m. - 5:00 p.m. or by appointment</p>	<p>Targeted toward Latino and Asian Pacific Islander populations aged 25+.</p>	<p>Spanish, Hmong, Tibetan, Hindi, and English</p>	<p>The Health Access program at Neighborhood House aims to decrease risk factors for HIV/AIDS/STIs and unwanted pregnancy among high-risk immigrant, refugee and low-income populations. Reproductive health education through trained community health workers, non-prescription contraceptives for Spanish-speaking women.</p>
<p>Open Cities Health Center, Inc. 409 N. Dunlap St. St. Paul, MN 55104 651-290-9200 www.ochealthcenter.com</p>	<p>Mon., Wed., & Fri. 8:00 a.m. - 5:00 p.m. Tues. & Thurs. 8:00 a.m. - 8:00 p.m. Sat. 10:00 a.m. - 2:00 p.m.</p>	<p>None</p>	<p>Hmong; others available upon request</p>	<p>Medical and dental care, behavioral health, optometry, chiropractic care.</p> <p>Culturally specific services: Hmong parenting group, Hmong women’s group, Hmong car seat class.</p>
<p>Phalen Village Clinic University Minnesota Physicians 1414 Maryland Ave. E. St. Paul, MN 55106 651-772-3461 Fax: 651-772-2605 www.umphysicians.org</p>	<p>Mon. - Fri. 8:00 a.m. - 5:00 p.m.</p>	<p>Insurance card or cash. Payment due on 1st visit.</p>	<p>Hmong, Spanish, Karen</p>	<p>Health care from birth to old age. OB services.</p> <p>Culturally specific services: Diabetes educator onsite for English and non-English. Need to be a patient of the clinic.</p>
<p>Planned Parenthood of MN/ND/SD www.ppmsd.org 671 Vandalia St. St. Paul, MN 55114 1-800-230-PLAN</p> <p>1700-L Rice St. St. Paul, MN 55113 1-800-230-PLAN</p>	<p>Mon. - Sat. 8:00 a.m. - 4:30 p.m.</p> <p>Mon. - Thurs. 10:30 a.m. - 6:00 p.m. Fri. 10:00 a.m. - 5:00 p.m. Sat. 10:00 a.m. - 2:00 p.m.</p>	<p>Most insurance plans or sliding fee scale.</p> <p>Most insurance plans or sliding fee scale.</p>	<p>By appointment only</p> <p>Interpreters available by request and free of charge</p>	<p>Walk-in servies include: HIV testing, emergency contraception, pregnancy testing and services. Services available by appointment: birth control, men’s health care, STI testing treatment and vaccines, womens health care.</p> <p>Walk-in servies include: HIV testing, emergency contraception, pregnancy testing and services. Services available by appointment: birth control, men’s health care, STI testing treatment and vaccines, womens health care.</p>

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<p>St. Mary's Health Clinics Scheduling: 651-287-7777 www.stmaryshealthclinics.org</p> <p><i>Various locations throughout the Twin Cities metro area including:</i></p> <ul style="list-style-type: none"> - Minneapolis - St. Paul - Apple Valley - Maplewood - Shakopee 	<p>Varies by location. Scheduling times: Mon. - Thurs. 8:30 a.m. - 3:30 p.m. Fri. 8:30 a.m. - 12:30 p.m.</p> <p>Call scheduling number for more specific site information.</p>	<p>Must be uninsured and within income guidelines</p> <p>Call scheduling number for telephone eligibility screening</p>	<p>Patients must arrange their own interpreters, but Spanish interpreters are available</p>	<p>Primary care, specialty referrals, hospital referrals, most medications.</p> <p>Latino health education and outreach in identified Minneapolis and St. Paul parishes.</p> <p>Culturally specific services: Diabetes education in Spanish and English.</p>
<p>St. Paul Family Medical Center HealthPartners 1239 Payne Ave. St. Paul, MN 55101 651-209-8350</p>	<p>Mon. - Fri. 9:00 a.m. - 5:00 p.m. Sat. 9:00 a.m. - 1:00 p.m.</p>	<p>MA, most insurance accepted</p>	<p>Bilingual Hmong staff</p>	<p>Family practice, OB/GYN.</p>
<p>St. Paul-Ramsey County Department of Public Health Refugee Health Program 555 Cedar St. St. Paul, MN 55101 651-266-1244 www.co.ramsey.mn.us</p>	<p>Call for appointments</p>	<p>Refugees living in Ramsey County.</p>	<p>AT&T language line and staff available who speak Amharic, Oromo, Hmong and Somali</p>	<p>Assures refugee screening at community health sites and coordinates follow-up care and services. Completion of supplement to I-693 form. Other services include immunization clinic and travel clinic.</p>
<p>St. Paul-Ramsey County Department of Public Health Family Health Section Public Health Nursing Services 1670 Beam Ave. Ste. 101 Maplewood, MN 55109 Referral line: 651-266-1568 Fax: 651-266-1560</p>	<p>Mon. - Fri. 8:00 a.m. - 4:30 p.m.</p>	<p>Pregnant and parenting women at risk for poor birth outcomes or lack of adequate parenting skills. Families with children birth to 6 years old with risk for neglect, or intentional or unintentional injury or developmental delay.</p>	<p>Karen, Hmong, and Spanish; other languages available on request.</p>	<p>Program activities are directed toward promoting the health and well-being of pregnant and parenting families, enhancing parent/child interaction and attachment, promoting healthy child growth and development, promoting effective child spacing; preventing childhood illness, unintentional injury and abuse; and promoting health care access, self-sufficiency and positive parenting.</p>

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United Family Medicine 1026 W. 7th St. Peter J. King Health Center Building St. Paul, MN 55102 651-241-1000 www.unitedfamilymedicine.org	Mon., Fri. 8:30 a.m. - 5:00 p.m. Tues., Wed., Thurs. 8:30 a.m. - 8:00 p.m.	None	All languages, including ASL	Family practice and OB/GYN.
Wakota Life Care Center 1140 S. Robert St. West St. Paul, MN 55118 651-457-1195 www.wakotalifecarecenter.org	Mon. - Fri. 9:00 a.m. - 5:00 p.m.	Call to verify eligibility requirements	Call to verify interpreter services	Free pregnancy testing and counseling, social services for pregnant women. Low cost STI testing, work/school physicals, PAP smears.
Xoua Thao Medical Center 796 E. 7 th St. St. Paul, MN 55106 651-774-0347	Mon. - Fri. 9:00 a.m. - 5:00 p.m.	MA, most other insurance accepted	Bilingual Hmong staff	Family practice.
Home Care				
Equity Services of St. Paul, Inc. 1169 Rice St. St. Paul, MN 55117 651-489-4656 www.equityhomecare.org	7:00 a.m. - 4:30 p.m.	MA, Medicare, most managed health plans	Hmong in office. All languages with interpreting service provided.	RN, HHA, Homemaker, respite care.
My Home Health Care, Inc. 569 Dale St. N, Ste. 100 St. Paul, MN 55104 651-488-3126	Mon. - Fri. 9:00 a.m. - 5:00 p.m. or per request	MA, and most other insurances	We use interpreter services through a third party to meet client needs.	Provides PCA services and homemaker services to our clients.
People Inc. Home Health Agency 317 York Ave. St. Paul, MN 55130 651-774-0202 www.peopleincorporated.org	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	Funding must be pre-authorized and is accepted from county, Medicare, Medical Assistance, managed-care organizations, private pay, or insurance.	Hmong, sign language, other languages by appointment	Home Health Agency is a mental health focused home health care agency addressing mental health issues as well as medical needs. Serving adults (18+) living in the community with mental illness and/or medical conditions. Children under 18 years of age are not eligible.

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Southeast Asian Health Care Services 421 N. Dale St., Suite B St. Paul, MN 55103 651-222-2889	Mon. - Fri. 9:00 a.m. - 5:00 p.m.	Medical Assistance, disabled or elderly who need personal care assistance.	English, Hmong, Lao, Vietnamese, Thai, Karen, Chinese, Philipino.	Personal care assistance.
Dental Care				
Century Technical College 3300 Century Ave. N. White Bear Lake, MN 55110 651-779-5787	Call for hours and appointments; some evening hours available. Mostly afternoons and evenings from September to May.	None, discounted flat fee for service	Call to inquire	Cleaning, X-rays, sealants, fluoride treatments.
Community Dental Care 1670 Beam Ave. Suite 304 Maplewood, MN 55109 651-925-8400 828 Hawthorne Ave. E. St. Paul, MN 55106 651-774-2959 3359 West Broadway Robbinsdale, MN 55422 763-270-5776 East Side Family Clinic/Dental 895 East 7th St. Saint Paul, MN 55106 651-602-7500 www.westsidechs.org	Mon. - Thurs. 7:30 a.m. - 9:30 p.m. Fri. 7:30 a.m. - 5:30 p.m. Mon. & Wed. 8:15 a.m. - 7:00 p.m. Tues. & Thurs. 8:15 a.m. - 5:00 p.m. Fri. 8:15 a.m. - 1:00 p.m. Mon. - Thurs. 7:30 a.m. - 9:30 p.m. Fri. 7:30 a.m. - 5:30 p.m.	Self pay, MA, and most other insurance plans. Sliding fee scale. Most insurance plans, sliding fees for uninsured or underinsured based on income and family size	Hmong (many bilingual staff), others available upon request English, Cambodian, Vietnamese, Romanian, French, Spanish, Hmong	General dentistry for all ages, prevention programs Culturally Specific Services: Prevention programs for children (0-5) and pregnant mothers, Hmong, Karen, Hispanic, others. Culturally specific presentations and outreaches. General comprehensive dental care.
Lor Dental Clinic 491 University Ave. W., Ste. A St. Paul, MN 55103 651-489-3681	Mon. - Fri. 9:00 a.m. - 6:00 p.m.	Self pay, MA, and most insurance plans	Laotian, Hmong, English	Comprehensive dental services, orthodontic and implants.
Union Gospel Mission Dental Clinic 435 University Ave. E St. Paul, MN 55130 651-789-7605	Mon. - Thurs. 8:00 a.m. - 9:00 p.m.	Must have no insurance & unable to afford payments.	Spanish	Adult emergency clinic: Extractions, root canals, fillings. Children's clinic: all services.

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West Side Dental Clinic 478 S. Robert St. St. Paul, MN 55107 651-602-7500 www.westsidechs.org	Mon. - Tues. 8:00 a.m. - 5:00 p.m. Wed. 8:00 a.m. - 7:45 p.m. Thurs. - Fri. 8:00 a.m. - 5:00 p.m.	Sliding fee scale and most insurance plans	Spanish	Comprehensive general dental services. Must make appointment, no walk in services.
Vision Care				
Open Cities Health Center 409 N. Dunlap St. Saint Paul, MN 55104 651-290-9200 www.ochealthcenter.com	The eye doctor is in at certain times: Mon., Wed., Thurs. 8:00 a.m. - 5:00 p.m. Tues. Afternoons Fri. Mornings	Most insurance programs are accepted. Sliding fee discount payment schedules are established by income and family size. Payments for medical is as low as \$20 per visit. Payment plans available, no one turned away based on inability to pay.	Interpreter services available upon request.	Comprehensive eye exams screen for many vision conditions. Come see us if you suffer from any of the following: blurry vision, pain, allergies, itching, floaters, dryness, gritty/sandy feeling, flashes of light, eye strain, watering, difficulty seeing at night, or glare/halos.