



# Get care when you need it, where you need it

When you're sick or hurt, you want to get the right care at the right time. **You should always call 911 or go to your nearest emergency room if you have a life-threatening emergency.** But you can save time and stress by knowing what kind of care you should get and where.

**Primary care:** Unless your life is in danger, call your primary care provider (PCP) first. They know your health history and what treatments will work best for you. You can visit your PCP for anything from a sore throat to cancer screenings. If your PCP can't provide the care you need, they will help you find someone who can.

**Behavioral health care:** Behavioral health care includes services for mental health care and drug and alcohol use disorders. Your primary care doctor can help you find a behavioral health provider if you don't have one.

**Urgent care:** Go to urgent care if you have a non-life-threatening condition, your PCP is not available or you cannot wait for an appointment. Consider going to urgent care if you have<sup>1</sup>:

- Mild asthma symptoms
- Mild abdominal pain
- Sprains or strains
- Fever

**Dental care:** Dentists are prepared to help you with your dental needs. Unless you have a life-threatening emergency, call your dentist for any issues related to oral health.

**Emergency care:** Save the emergency room for emergencies. Emergency rooms are meant for life-threatening conditions, such as<sup>1</sup>:

- Chest pain
- Difficulty breathing
- Head injuries
- Bleeding that won't stop

You can get this document in another language, large print, or another way that is best for you. You can also have a language interpreter. Call 888-788-9821 (TTY/TDD 711).

Eastern Oregon Coordinated Care Organization must follow state and federal rights laws. We cannot treat people unfairly in any of our services or programs because of a person's age, color, disability, gender identity, marital status, national origin, race, religion, sex or sexual orientation. ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 888-788-9821 (TTY: 711). 注意: 如果您說中文, 可得到免費語言幫助服務。請致電 888-788-9821 (聾啞人專用: 711).

<sup>1</sup>These are examples of conditions and not an all-inclusive list.

# Where to find care near **Pendleton, Oregon**<sup>1</sup>:

## Primary care and public health:

### Harrison Family Medicine

- 1100 Southgate, Suite 2, Pendleton, OR 97801
- 541-215-1564
- www.harrisonmedicine.com
- Hours: Monday through Friday, 8 a.m. to 5 p.m.
- Walk-in and same-day visits may be available on request

### Pediatric Specialists of Pendleton

- 2461 SW Perkins Avenue, Pendleton, OR 97801
- 541-243-7669
- www.pspendleton.com
- Hours: Monday through Thursday, 8 a.m. to 6 p.m.; Friday, 8 a.m. to 12 p.m.; Saturday (during school year), 9 a.m. to 12 p.m.
- After hours, call main phone line
- Walk-in and same-day visits may be available on request

### Pendleton Family Medicine

- 2450 SW Perkins Avenue, Pendleton, OR 97801
- 541-276-1700
- www.pendletonfamilymedicine.com
- Hours: Monday through Thursday, 7 a.m. to 6 p.m.; Friday, 8 a.m. to 6 p.m.
- Walk-in and same-day visits may be available on request

### Pendleton Primary Care Clinic

- 1100 Southgate, Suite 9, Pendleton, OR 97801
- 541-966-6916
- Hours: Monday through Thursday, 8 a.m. to 4:30 p.m.
- After hours, call main phone line
- Walk-in and same-day visits may be available on request

### St Anthony Hospital Family Clinic

- 3001 St. Anthony Way, Pendleton, OR 97801
- 541-966-0535
- www.sahpendleton.org/en/services/family-care.html
- Hours: Monday through Thursday, 8 a.m. to 7 p.m.; Friday, 8 a.m. to 5 p.m.; Saturday through Sunday, 10 a.m. to 5 p.m.
- After hours, call main phone line
- Walk-in and same-day visits may be available on request

### William E Ashby, MD

- 56 N College Ave, Suite 2A, College Place, OR 99324
- 509-529-4850
- Hours: Monday through Friday, 8 a.m. to 12 p.m.
- Afternoon, walk-in, and same-day visits may be available on request

### Yakima Valley Farm Workers Clinic – Family Medical Center

- 1120 W Rose Street, Walla Walla, WA 99362
- 509-525-6650
- www.yvfwc.com/locations/family-medical-center
- Hours: Monday through Friday, 7:30 a.m. to 7 p.m.
- After hours, call main phone line
- Walk-in and same-day visits may be available on request

### Yellowhawk Tribal Health Center

- 46314 Timine Way, Pendleton, OR 97801
- 888-935-4295 or 541-966-9830
- yellowhawk.org
- Hours: Monday through Wednesday and Friday, 7:30 a.m. to 5 p.m.; Tuesday, 12:30 to 5 p.m.
- After hours, call main phone line

### Umatilla County Public Health Pendleton

- 200 SE Third Street, Pendleton, OR 97801
- 541-278-5432
- ucohealth.net
- Hours: Monday through Friday, 8 a.m. to 5 p.m.

## Behavioral health care:

### Lifeways Pendleton

- 331 SE 2nd Street, Pendleton, OR 97801
- 541-276-6207
- www.lifeways.org/pendleton-oregon
- Hours: Monday through Wednesday and Friday, 8 a.m. to 5 p.m.; Thursday, 8 a.m. to 7 p.m.
- After hours, please call 541-240-8030

## Urgent care:

### Pendleton Urgent Care

- 2474 SW Perkins Avenue, Pendleton, OR 97801
- 541-966-6638
- www.pendletonfamilymedicine.com/clinic/urgent-care
- Hours: Monday through Friday, 8 a.m. to 7 p.m.; Saturday through Sunday, 9 a.m. to 5 p.m.
- Walk-in and same-day visits available

## Dental care:

Check your EOCCO ID card to see which Dental Care Organization (DCO) covers you. Give them a call to find a dentist close to you.

### Advantage Dental

- 866-268-9631
- www.advantagedental.com
- Hours: Monday through Thursday, 8 a.m. to 6 p.m.; Friday, 8 a.m. to 5 p.m.

### ODS Community Dental

- 800-342-0526
- https://www.odscommunitydental.com/
- Hours: Monday through Friday, 7:30 a.m. to 5:30 p.m.

## Emergency care:

### Providence St Mary Medical Center

- 401 W Poplar Street, Walla Walla, WA 99362
- 509-897-3320
- www.providence.org/locations/wa/st-mary-medical-center

### St Anthony Hospital

- 2801 St. Anthony Way, Pendleton, OR 97801
- 541-276-5121
- www.sahpendleton.org/en/services/emergency-care.html

## Questions?

We're here to help. Please call our customer service team at 888-788-9821 (TTY users, please dial 711) or email us at **EOCCOmedical@eocco.com**.

<sup>1</sup> This information may change. EOCCO recommends visiting our website (<https://www.eocco.com/eocco-provider-search/>) or calling Customer Service (888-788-9821) for the most up to date list of clinics in your area.