

# 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:** Examples of emergency care conditions<sup>1</sup>:

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

Other languages and formats: You can get this document in other languages, large print, Braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 888-788-9821 (TTY/TDD users, please call 711). We accept relay calls.

Eastern Oregon Coordinated Care Organization must follow state and federal civil 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 1-877-605-3229 (TTY: 711). 注意: 如果您說中文, 可得到免費語言幫服務。請致電 1-877-605-3229 (聾啞人專用: 711).

## 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@eooco.com](mailto:EOCCOmedical@eooco.com).

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

Where to find care near **Gilliam and Sherman Counties, Oregon**<sup>1</sup>:

#### Primary care and public health:

##### **Arlington Health Center**

- 110 On The Mall, Arlington, OR 97812  
- 541-454-2888  
- <http://arlingtonclinic.org/>  
- Hours: Monday through Friday, 8:30 a.m. to 4 p.m.

##### **Asher Community Health Center**

- 712 Jay Street, Fossil, OR 97830  
- 541-763-2725  
- <https://asherhealth.org/>  
- Hours: Monday through Thursday, 8 a.m. to 6 p.m.; Friday, 8 a.m. to 5 p.m. (After hours, call main phone line)

##### **Columbia River Health**

- 450 Tatone Street, Boardman, OR 97818  
- 541-481-7212  
- <https://www.crhclinic.net/>  
- Hours: Monday through Friday, 8 a.m. to 6 p.m.  
- Walk-in and same-day visits may be available on request

##### **Mid-Columbia Medical Center Family Medicine**

- 1620 E 12th Street  
- 541-296-9151  
- <https://www.mcmc.net/our-services/family-medicine/>  
- Hours: Monday through Friday, by appointment only

##### **Mid-Columbia Medical Center Internal Medicine**

- 551 Lone Pine Boulevard, The Dalles, OR 97058  
- 541-506-6920  
- <https://www.mcmc.net/our-services/internal-medicine/>  
- Hours: Monday through Wednesday, 8 a.m. to 6 p.m.; Thursday, 7:30 a.m. to 6 p.m.; Friday, 8 a.m. to 5 p.m.

##### **Mid-Columbia Medical Center Pediatrics**

- 1935 E 19th Street, The Dalles, OR 97058  
- 541-506-6520  
- <https://www.mcmc.net/our-services/pediatrics/>  
- Hours: Monday through Thursday, 8 a.m. to 6 p.m.; Friday, 8 a.m. to 5 p.m.

##### **One Community Health**

- 1040 Webber Street, The Dalles, OR 97058  
- 541-296-4610  
- <https://www.onecommunityhealth.org/the-dalles>  
- Hours: Monday through Friday, 8 a.m. to 6 p.m.

##### **Pioneer Memorial Clinic**

- 130 Thompson Avenue, Heppner, OR 97836  
- 541-676-5504  
- <https://morrowcountyhealthdistrict.org/pioneer-memorial-clinic/>  
- Hours: Monday through Friday, 9 a.m. to 5 p.m.  
- Walk-in and same-day visits may be available on request

##### **Sherman County Medical Clinic**

- 110 Main Street, Moro, OR 97039  
- 541-565-3325  
- <http://shermancountymedicalclinic.net/>  
- Hours: Monday through Thursday, 8 a.m. to 6 p.m.; Friday, 8 a.m. to 5 p.m.

##### **South Gilliam Health Center**

- 422 N Main Street, Condon, OR 97823  
- 541-384-3121  
- <https://southgilliamhealthcenter.com>  
- Hours: Open by appointment  
- County Health Department services also available onsite.

#### Behavioral health care:

##### **Mid-Columbia Center for Living in The Dalles**

- 1060 Webber Street, The Dalles, OR 97058  
- 541-296-5452  
- <https://www.mccfl.org/>  
- Hours: Monday through Friday, 8:30 a.m. to 12 p.m.; 1 p.m. to 5 p.m. (After hours, call the 24-Hour Crisis Hotline at 888-877-9147)

##### **Community Counseling Solutions Arlington**

- Arlington Mall, Arlington, OR 97812  
- 541-454-2223  
- <https://communitycounselingsolutions.org>  
- Hours: Monday through Friday, 8 a.m. to 5 p.m.  
- After hours, please call the Oregon Warmline at 800-698-2392, every day, 9 a.m. to 11 p.m.

##### **Community Counseling Solutions Condon**

- 422 N Main Street, Condon, OR 97823  
- 541-384-2666  
- <https://communitycounselingsolutions.org>  
- Hours: Monday through Friday, 8 a.m. to 5 p.m.  
- After hours, please call the Oregon Warmline at 800-698-2392, every day, 9 a.m. to 11 p.m.

#### Dental care:

Call your Dental Care Organization (DCO) to find a dentist close to you.

##### **ODS Community Dental**

- 800-342-05269  
- <https://www.odscommunitydental.com/>  
- Hours: Monday through Friday, 7:30 a.m. to 5:30 p.m.

#### Emergency care:

##### **Mid-Columbia Medical Center Emergency Department**

- 1700 East 19th Street, The Dalles, OR 97058  
- 541-296-1111  
- <https://www.mcmc.net/our-services/emergency-care/>

##### **Pioneer Memorial Hospital**

- 564 E Pioneer Drive, Heppner, OR 97836  
- 541-676-9133  
- <https://morrowcountyhealthdistrict.org/pioneer-memorial-hospital-nursing-facility>

---

<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.