

# Springfield Wellness Center

## Overview



## Convenient, On Site Health

The Wellness Center is a medical clinic for eligible City of Springfield employees, retirees and their families. We provide individualized, comprehensive care and follow up to help ensure access to health resources. Working with your Pacific Source health plan, we provide you free, high-quality primary and acute care.

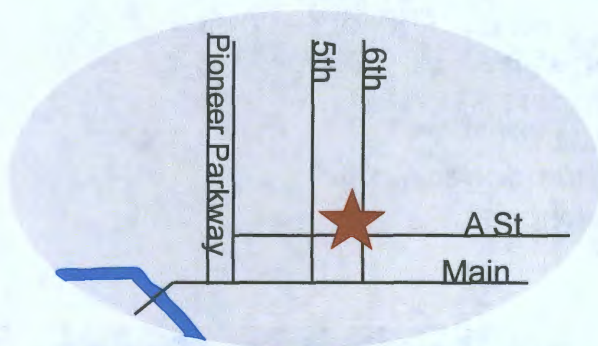
Springfield Wellness Center is brought to you by our partners at Cascade Health. This allows us to provide a full range of primary health care, diagnostic tests, minor surgery and preventive care while maintaining strict confidentiality. School, sports, camp and annual physicals also available: see reverse for a list of services.

### Using the Springfield Wellness Center:

It's easy! Just call us for an appointment:

**541.242.2816**

Appointments available on Mondays, Tuesdays, Thursdays and Fridays.



### Location:

Springfield Wellness Center  
225 5<sup>th</sup> Street - Room #518  
Inside Springfield City Hall



# Springfield Wellness Center

## Services Provided



### Preventive Care/Management/Screening

- Breast exams/ cancer screening
- Sports physicals; age 4 years and older
- Complete male annual/prostate exam
- Complete female annual/gynecological exams; Pelvic/ Pap smear/HPV testing
- Diabetic wellness exams & management
- Medication review/prescription initiation and management (i.e. hypertension, dyslipidemia, birth control, etc.)
- Seasonal allergy management
- Asthma management
- Infectious disease/outbreak management (whooping cough, lice, impetigo, shingles, norovirus, influenza)
- Tobacco cessation treatment
- Migraine preventive management
- Biometric screening

### Injury Treatment\*

- Burn and wound care
- Animal bites/scratches
- Lesion /mole and wart removal; biopsy of skin if indicated
- Splinting
- Abscess incision and drainage
- Suturing of lacerations
- Suture removal
- Nail removal
- Foreign object removal (i.e. splinters/glass)
- Muscle strains/sprains (non-emergency)

*\*Work related injuries are treated at the Wellness Center partner, Cascade Health on Suzanne Way in Eugene - please call 541.228.3100 for more info.*

### Illness

- Acute illness care (i.e. sore throat, colds, influenza, rash, sinusitis, ear infections)
- Abdominal disorders
- Sleep disturbance
- Depression
- Anxiety
- Urinary concerns and infections
- Sexually transmitted disease testing
- Rapid strep tests
- Mono testing

### Other Services

- IUD removal
- Follow-up emergency room, urgent care, and specialist visits
- Pregnancy tests
- Nebulizer treatment
- PPD Tests (Tuberculosis/TB)
- Ordering and interpretation of lab testing
- Ear lavage

### Referrals for

- Diagnostic imaging
- Specialist visits
- Physical therapy
- Mental health therapy/on-site counseling

### Vaccinations

- Tetanus, diphtheria, pertussis
- Hepatitis A
- Hepatitis B
- Influenza
- Pneumococcal
- Meningitis

Springfield Wellness Center by Cascade Health | 541.242.2816 p  
225 5th Street Room #518 | 541.242.2817 f