

# Springfield Wellness Center

## Overview



## Convenient, Quality Healthcare

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

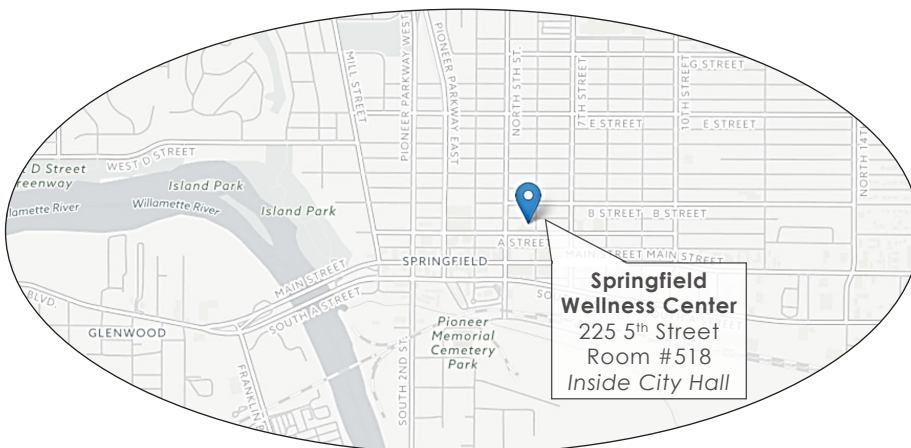
Our partnership with Cascade Health allows us to provide a full range of primary health care, diagnostic tests, minor surgery and preventive care while maintaining strict confidentiality. School, sports, camp and annual physicals also available: *See reverse for a list of additional services.*

### Using Springfield Wellness Center

It's easy! Call us for an appointment:

**541.242.2816**

Appointments are available Monday through Friday.



The Springfield Wellness Center is brought to you through a partnership between Cascade Health, City of Springfield and the Springfield School District.

# 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

- Health Coaching
- Follow-up emergency room, urgent care, and specialist visits
- Pregnancy tests
- IUD removal
- 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