

First Choice Health PPO Network

Urgent Care Clinic Directory

www.fchn.com

When looking for a Provider...

The directory may include providers in Montana who participate in the HealthInfoNet Network, as well as providers in Oregon who participated in the Healthcare Direct Network and who are not yet fully integrated into the First Choice Health credentialing program. Your ID card must display the HealthInfoNet and/or First Choice Health logo in order to access these Networks. The provider you select may not be available to all First Choice Health Network customers due to individual benefit plan or network restrictions. Please confirm your benefits and level of Network access by contacting your Health Plan Benefit Administrator or Insurance Company.

The products on this web site may not be available in all areas. Inclusion of a provider or facility in this directory does not guarantee coverage. A provider's network participation can vary depending upon where he/she is providing services. Be sure to confirm the provider's network participation at the location you plan to visit. Please consult your benefits summary and contract to determine coverage.

First Choice Health (FCHN) disclaims any implied warranty or representation about completeness or applicability for particular purpose. First Choice Health Network, Inc. is not responsible for any claim, loss or damage resulting from use of this website.

Important Information

Please read before proceeding...

The First Choice Health PPO Network makes every effort to ensure the accuracy of our provider directory. However, a printed directory will always be at risk of being outdated. Before receiving services, you should always verify that the provider is participating in our network. You can take these steps by calling our PPO Network Customer Service (800-231-6935, extension 2102). Have access to the internet? You can use the www.fchn.com website to produce customized real-time provider listings. Simply select "Find a Provider" on the navigation bar. Please note that actual coverage for the health care services you receive is determined by your benefit plan provisions.

Check Our Web Site

For the most current provider information, our Web site, www.fchn.com allows you to look up specific health care providers or locate available providers in your area. You can search by city, zip code, and county or provider specialty. This is a convenient way to determine your provider's participation. You can also download a complete directory, hospital listing, facility listing, clinic or urgent care listing.

Introduction

Just like you, First Choice Health, is concerned about the high cost of health care. To help lower the cost of care, we negotiate preferred rates with the health care providers in our network. These preferred rates are available to you because the First Choice Health PPO Network is part of your health care plan. Now whenever you choose one of our PPO Network providers, you and your family save on the cost of your health care. Besides lower health care costs, there are other advantages in using PPO Network preferred providers.

- There are no claims to submit. Preferred providers bill your insurance company or claims administrator for you;
- Your out-of-pocket costs are usually lower when you receive care in-network; and
- The First Choice Health PPO Network offers an extensive network of preferred providers from which to choose your family doctor, primary care physician (PCP) or other health care providers.

If you are new to the First Choice Health PPO Network, please take a few minutes to become acquainted with us as, as your network, and your health plan. Read your member handbook to understand the benefits provided by your health plan. Be prepared. Know your responsibilities and obligations before you or your family receives care. If you have questions on your health coverage, please call your insurance company, or plan administrator customer service representative.

How to Use the First Choice Health PPO Network

If your health plan requires you to choose a primary care provider (PCP), you should select one from those listed in this directory. A primary care provider is a family or general practitioner, an internist or a pediatrician. When changing your primary care provider, you should advise your insurance company or plan administrator. This notification may be a requirement of your health plan. Some health plans also recognize Advanced Registered Nurse Practitioners (ARNP) as primary care providers. You should call your health plan administrator or insurance company customer service representative and determine if they recognize Advanced Registered Nurse Practitioner (ARNP) as a Primary Care Provider before you select one as a primary care provider.

All primary care providers are listed in **bold** print for easy identification. Not all primary care providers are able to accept new patients. Those who were not accepting new patients at the time this directory was printed are marked with an asterisk (*). Whenever you select a new primary care provider, we recommend you call the provider's office first to be sure s/he is accepting new patients.

If You Need to See a Specialist

Your health care plan may require a referral from your primary care provider if you need specialty care. If your plan requires a referral, the process is easy:

- First, you or your primary care provider should select a specialist from this directory or you or your primary care provider should contact our Customer Service Department at (800) 231-6935 ext. 2102 to verify the preferred status of any specialist;
- Second, have your primary care provider call the appropriate referral number on your insurance ID card; and
- Third, schedule your appointment with the specialist.

If your plan does not require a referral, you may select a specialist from this directory, confirm that they are currently a preferred provider and schedule an appointment at any time.

Not all specialty care may be covered by your health plan. For example, some health plans do not cover care from chiropractors, social workers, physician assistants and others. Before you schedule an appointment, check the schedule of benefits in your member handbook, or please call your insurance company to be sure you are covered for these services. If you choose an out-of-network Choice Health PPO provider or if the specialty care is not covered, your out-of-pocket cost for care is usually higher. Your member handbook, insurance company, or claims administrator customer service representative will be able to tell you what your benefit levels are, if any, when you receive care from an out-of-network provider.

Women's Health Care (For the state of Washington)

For some health plans, Washington state law provides that women may self-refer to providers who specialize in the treatment of women's health care needs. This means a woman does not need a referral from her primary care provider in order to see a women's health care provider for the diagnosis and treatment of reproductive health services, gynecological care, maternity care, general examinations or preventative care, as well as medically appropriate follow-up visits for these services. This right to self-referral is not a guarantee of coverage. Before you schedule your appointment you should:

- Call your insurance company or health plan administrator to be sure the care you want is covered;
- Call to confirm whether or not you can self refer to providers who specialize in women's health care needs;
- Schedule your appointment with a recognized women's health care provider; and
- Be sure the women's health care provider is one of our PPO Network preferred providers.

The following providers are recognized as women's health care providers:

- An MD or DO (osteopath) who is a family or general practitioner, internist, obstetrician or gynecologist;
- A licensed physician assistant for any of the above listed MDs or DOs;
- An advanced registered nurse practitioner (ARNP) who specializes in women's health, family practice or midwifery;
- Certified nurse midwife; or
- Licensed midwife.

Physician Assistant

Please call and confirm with each listed Physician Assistant to ensure he/she is accepting patients as a Primary Care Physician. As noted above, not all specialty care may be covered by your health plan. Please call your insurance company or check with your benefit plan to establish whether coverage is available for services provided by a Physician's Assistant under your health benefits from your health plan.

Complementary and Alternative Medicine Providers (CAM) (Naturopaths, Acupuncturist and Licensed Massage Therapist)

The First Choice Health PPO Network offers a CAM network for those health plans which have CAM benefits. **Not all CAM care may be covered by your health plan.** For example, some health plans do not cover care from Naturopaths, Acupuncturists or Licensed Massage Therapists. Before you schedule an appointment, check the schedule of benefits in your member handbook or please call your insurance company to be sure you are covered for these services. If you choose an out-of-network provider or if the specialty care is not covered, your out-of-pocket cost for care is usually higher. Your member handbook, insurance company or claims administrator customer service representative will be able to tell you what your benefit levels are, if any, when you receive care from an out-of-network provider. If you have any questions about coverage, we recommend you contact your insurance company/claims administrator or if you have questions about a CAM provider, please call First Choice Health's Customer Service at (800) 231-6935 ext. 2102.

If You Need Hospital Care

Some health care plans require pre-certification of non-emergent hospital care. Check our health care ID card to see if your plan requires pre-certification. If pre-certification is required, you or your doctor must call the number printed on your ID card to obtain the necessary authorization before you are admitted to the hospital.

In Case of an Emergency

In the case of a life threatening emergency, whether at home or away from home, seek the most immediate care available. If you are admitted to a hospital for an emergency, you, your doctor, or the hospital may need to obtain retroactive authorization for the admission within the time specified by your benefit plan, or as soon as you are reasonably able to do so. To obtain certification, please call the number on your ID card.

How to File a Claim

In most instances, First Choice Health's PPO Network preferred providers will file a claim for the health care services you receive. However, occasionally you may receive a bill for services. If you receive a bill, be sure your name, member ID number, and group number are written on the bill. Please send the bill to the claims address on your ID card.

Your Health Care Identification Card is Very Important

Your health care ID card identifies you as eligible to see our PPO Network providers. It lists the name, address, and telephone number of your insurance company or health plan administrator, and contains important information about hospital and surgical preauthorization. Please show your health care ID card every time you visit one of our PPO Network providers.

Who to Call if You Have Questions

Call your insurance company or claims administrator if you have questions about:

- Your insurance coverage or coverage exclusions.
- Your eligibility for health care services.
- Your health care bills and claim processing.
- Referral requirements.

You will find your insurance company's customer service phone number on your ID card or in your member handbook. The First Choice Health PPO cannot provide eligibility, coverage or claims information. Call First Choice Health in Seattle at (206) 292-8255 ext. 2102, or toll-free at (800) 231-6935 ext. 2102 if you have questions about:

- Finding a provider.
- Preferred provider status of a provider or facility.

Call the preauthorization telephone number on your ID card if you have questions about:

- Preauthorization of hospital services.

Thank you for choosing First Choice Health PPO Network.
We look forward to meeting your health care needs.

The First Choice Health PPO Network ... The Right Choice!

URGENT CARE CLINIC

IMPORTANT:
Individual providers practicing at the following clinics may not always be preferred providers. To assure the maximum level of benefits, check on the availability of preferred providers for these services.

Gig Harbor

MMG-Gig Harbor Urgent Care Center
4545 Point Fosdick Dr NW Ste 145
(253) 530-8260

Graham

Graham Convenient Care, P.L.L.C.
21120 Meridian Street
(253) 847-2226

Kennewick

Kennewick General Hospital Walk-In Clinic
4303 W 27th Ste H
(509) 783-4673

Kent

MMG-Kent Urgent Care Center
222 State Ave N
(253) 372-7866

U.S. HealthWorks Medical Group of Washington,
24031 104th Ave SE
(253) 852-1824

Lacey

Pacific Walk-In Clinic
130 Marvin Rd SE Ste 112
(360) 455-4040

Pacific Walk-In Clinic
3928 Pacific Ave SE
(360) 455-1350

Lakewood

MMG-Lakewood Urgent Care Center
9332 Bridgeport Way SW
(253) 459-6065

U.S. HealthWorks Medical Group of Washington,
10102 Bridgeport Way
(253) 582-1824

Liberty Lake

FirstCare
2207 N Molter Rd
(509) 473-5850

Lynnwood

U.S. HealthWorks Medical Group of Washington,
4230 196th St SW Ste D
(425) 774-8758

Mount Vernon

Skagit Valley Urgentcare Clinic
1400 E Kincaid
(360) 428-6434

Newcastle

VMC-Urgent Care Clinic
7203 129th Ave SE Ste 100
(425) 656-5406

Olympia

Olympia Emergency Services, P.L.L.C.
413 Lilly Rd NE
(360) 491-9480

Urgent Care of Olympia
3000 Limited Lane NW Suite 108
(360) 923-5565

Urgent Care of Olympia
3700 Martin Way East Suite 108
(360) 923-5565

Westcare Clinic, Inc.
3000 Limited Lane NW
(360) 357-9392

Port Angeles

CliniCare of Port Angeles, Inc.
621 E Front St
(360) 452-5000

Port Ludlow

Madrona Hill Urgent Care, L.L.C.
9481 Oak Bay Rd Ste A
(360) 437-9990

Port Orchard

The Doctors Clinic of Bremerton
450 S Kitsap Blvd Ste 250
(360) 782-3000

Port Townsend

Madrona Hill Urgent Care, L.L.C.
2500 Sims Way Ste 1
(360) 344-3663

Poulsbo

The Doctors Clinic of Bremerton
19245 7th Ave NE
(360) 779-4462

Puyallup

U.S. HealthWorks Medical Group of Washington,
3850 S Meridian
(253) 840-1840

Redmond

EMG/FMR/Hospitalists
8301 161st Ave NE St 105
(425) 883-3333

U.S. HealthWorks Medical Group of Washington,
15937 Redmond Way
(425) 882-0100

Renton

VMC-Urgent Care Clinic
10561 SE Carr Rd Ste D
(425) 656-4270

VMC-Urgent Care Clinic
451 Duvall Ave Ste 100
(425) 656-5500

Richland

Physicians Immediate Care & Medical Center
1516 Jadwin Ave
(509) 946-1695

Physicians Immediate Care & Medical Center
310 Torbett St
(509) 946-1695

Physicians Immediate Care & Medical Center
550 Gage Blvd
(509) 628-1362

Seattle

U.S. HealthWorks Medical Group of Washington,
1151 Denny Way
(206) 682-7418

U.S. HealthWorks Medical Group of Washington,
8313 Aurora Ave N
(206) 784-0737

Shelton

Health Care Center
107 N 8th St
(360) 426-9717

Silverdale

The Doctors Clinic of Bremerton
1780 NW Myhre Rd
(360) 782-3100

The Doctors Clinic of Bremerton
2011 Myhre Pl
(360) 830-1600

The Doctors Clinic of Bremerton
2200 NW Myhre Road
(360) 830-1205

The Doctors Clinic of Bremerton
9398 Ridgeway Blvd NW
(360) 782-3222

WASHINGTON

Auburn

MMG-Auburn MultiCare Urgent Care
202 Cross St
(253) 876-8111

Bainbridge Island

The Doctors Clinic of Bremerton
945 Hildebrand Lane NE Ste 100
(206) 855-7701

Bellevue

U.S. HealthWorks Medical Group of Washington,
1925 140th Ave NE
(425) 865-8060

Bothell

EMG/FMR/Hospitalists
22010 F 17th Ave SE
(425) 488-4988

Bremerton

The Doctors Clinic of Bremerton
2512 Wheaton Way
(360) 782-3701

The Doctors Clinic of Bremerton
2600 Cherry Ave Ste 203
(360) 415-6182

Covington

MMG-Covington Urgent Care Center
17700 SE 272nd St
(253) 372-7020

VMC-Urgent Care Clinic
16850 SE 272nd St
(253) 395-1960

Federal Way

U.S. HealthWorks Medical Group of Washington,
1300 S 320th St
(253) 839-2727

The Doctors Clinic
of Bremerton
9615 Levin Rd NW Ste 101
(360) 698-2508

The Doctors Clinic
of Bremerton
9621 Ridgeway Blvd NW Ste 100
(360) 782-3300

Spokane

FirstCare
3016 E 57th Ave
(509) 448-6699

FirstCare
6208 N Colton St
(509) 489-2372

FirstCare
2713 N Argonne Rd
(509) 922-9254

Franklin Park Urgent
Care Center
5904 N Division St
(509) 489-1150

U.S. HealthWorks Medical Group
of Washington,
9222 N Newport Hwy Ste 1
(509) 464-1106

Tacoma

MMG-Westgate Urgent Care
Center
5702 N 26th St
(253) 459-7130

U.S. HealthWorks Medical Group
of Washington,
2624 S 38th St
(253) 475-5908

Tukwila

U.S. HealthWorks Medical Group
of Washington,
17780 Southcenter Pkwy
(206) 575-3136

U.S. HealthWorks Medical Group
of Washington,
200 Andover Park E Ste 200
(206) 575-3136

University Place

MMG-University Place Urgent
Care Center
4310 Bridgeport Way W
(253) 459-7177

Vancouver

Family Care and Urgent
Medical Clinic
460-A SE 131st AVE Suite 101
(360) 253-2822

Family Care and Urgent
Medical Clinic
7701 NE Hwy 99
(360) 574-2900

Family Care and Urgent
Medical Clinic
4421 NE ST JOHNS ROAD Suite-F
(360) 695-9922

Family Care and Urgent
Medical Clinic
7701 NE HWY 99
(360) 574-2900

Family Care & Urgent Medical
406-A SE 131st Ave Ste 101
(260) 253-2822

Family Care & Urgent Medical
406-A SE 131st Ave Ste 101
(360) 253-2822

Family Care & Urgent Medical
4421 NE St Johns Rd Suite F
(360) 695-9922

Family Care & Urgent Medical
406-A SE 131st Ave Ste 101
(360) 253-2822

Family Care & Urgent Medical
4421 NE St Johns Rd Suite F
(360) 253-2822

Family Care & Urgent Medical
460-A SE 131st Ave Ste 101
(360) 253-2822

Fishers Landing Urgent &
Family Care
3200 SE 165th Avenue, Suite 101
(360) 882-6997

Hazel Dell Family Care
& Urgent
7701 NE Highway 99
(360) 574-2900

Urgent Care at Salmon Creek
1319 NE 134th St Ste 107
(360) 566-4726

Urgent Medical Center
9430 NE Vancouver Mall Dr
(360) 253-6947

Veradale

U.S. HealthWorks Medical Group
of Washington,
15424 E Mission Ave
(509) 924-7010

Washougal

Orchard Hills Urgent and
Family Care
3307 SE Evergreen Way Ste 704
(360) 335-1107

Woodinville

EMG/FMR/Hospitalists
17000 140th Ave NE Ste 101
(425) 488-2273

ALASKA

Anchorage

Patients First Medical Clinic
6307 Debarr Rd Ste C
(907) 333-7425

MONTANA

Great Falls

Benefis Convenience Care
125 Northwest Bypass
(406) 455-3800

OREGON

Albany

Geary Street Urgent Care
1700 Geary St SE
(541) 812-8371

North Albany Urgent Care
400 Hickory St Ste 300
(541) 812-5275

Astoria

UrgentCare NW - Astoria, PC
2120 Exchange St Ste 111
(503) 325-0333

Beaverton

ZoomCare
2711 NW Town Center Dr Ste 2
(503) 684-8252

Bend

Mountain Medical Group
Urgent Care
1302 NE 3rd St
(541) 388-7799

Canby

Willamette Falls Immediate
Care Center
200 S Hazel Dell Way
(503) 263-9500

Clackamas

Willamette Falls Immediate
Care Center
9775 SE Sunnyside Rd
(503) 654-8417

Corvallis

Samaritan Urgent Care
5234 Philomath Blvd
(541) 768-4970

Eugene

ICCO, LLC dba Eugene
Urgent Care
1800 Coburg Rd
(541) 345-8760

ICCO, LLC dba Eugene
Urgent Care
598 E 13th Ave
(541) 636-3473

Peacehealth Medical Group -
Urgent Care
1162 Willamette St
(541) 687-6279

Forest Grove

Geneva Health Center &
Urgent Care
3838 Pacific Avenue
(503) 992-0288

Grants Pass

Valley Immediate Care
162 NE Beacon Dr Ste 103
(541) 479-1090

Gresham

UrgentCare NW - Fairview, PC
22262 NE Glisan St
(503) 486-2024

UrgentCare NW Gresham, PC
2850 E Powell Valley Rd Ste 100
(503) 666-5050

Hillsboro

PMG/Tanasbourne Immediate Care
18610 NW Cornell Rd Ste 101
(503) 216-9360

Hood River

Providence Hood River Mountain
Clinic Urgent
14043 Hwy 35
(503) 337-2292

Providence Hood River
Urgent Care
13th & May St
(541) 386-3911

Keizer

Urgent Care at Inland
Shores (Salem)
5900 Inland Shores Way
(503) 589-6255

Klamath Falls

Basin Immediate Care
3737 Shasta Way Ste A
(541) 883-2337

Lebanon

Lebanon Urgent Care
525 N Samaritan Hwy
(541) 451-7915

PMG/Gateway Immediate Care
1321 NE 99th, Suite 100
(503) 215-9900

PMG/Scholls Immediate Care
12442 SW Scholls Ferry
Road, Suite
(503) 215-9900

Mcminnville

ZoomCare
202 NW 13th Ave
(503) 684-8252

PMG/Scholls Immediate Care
12442 SW Scholls Ferry
Road, Suite
(503) 216-9200

The Marshall Group, LLC
207 NE 19th St
(503) 435-1077

ZoomCare
3325 SE Hawthorne Blvd
(503) 684-8252

ZoomCare
7421 SW Bridgeport Rd Ste 220
(503) 684-8252

Medford

Redmond

Wilsonville

Valley Immediate Care
1600 Delta Waters, Suite 107
(541) 858-2515

The Marshall Group, LLC
3818 SW 21st St Ste 100
(541) 548-2899

Geneva Health Center &
Urgent Care
29756 SW Town Center Loop W Ste L
(503) 685-9165

Valley Immediate Care
235 Barnett Rd Ste 106
(541) 773-4029

Roseburg

Woodburn

Milwaukie

Evergreen Family Medicine
2570 NW Edenbower Blvd Ste 100
(541) 957-1111

Silverton Hospital Immediate Care
& Occupational
1475 Mt Hood Ave
(971) 983-5360

Readycare of Milwaukie
17070 SE McLoughlin Blvd
(503) 652-2844

Evergreen Urgent Care
2570 NW Edenbower Blvd, Suite 100
(541) 957-5705

Molalla

Saint Helens

Molalla Urgent Care
861 W Main St
(503) 829-7344

Legacy Urgent Care Clinic
St. Helens
500 N Columbia River Hwy Ste 7
(503) 397-7119

Newberg

Salem

Newberg Urgent Care
2880 Hayes St
(503) 537-9600

South Salem Immediate Care
3777 Commercial Street SE
(503) 244-0878

Pendleton

South Salem Immediate Care
3777 Commercial Street SE
(503) 588-1234

St. Anthony Hospital
1514 SE Court Ave
(541) 278-5121

Sherwood

St. Anthony Hospital
1600 SE Court Pl Ste 114
(541) 278-4576

PMG/Sherwood Immediate Care
16770 SW Edy Rd Ste 102
(503) 216-9600

St. Anthony Hospital
1601 SE Court Ave 3rd Floor
(541) 278-3220

Providence Sherwood Immediate
Care
16770 SW Edy Rd Ste 216
(503) 216-9600

St. Anthony Hospital
Urgent Care
1514 SE Court Ave
(541) 276-5121

Sherwood Urgent Care &
Medical Center
21319 SW Sherwood Blvd
(503) 625-4100

Portland

Tigard

Cornell Urgent Care
13305 NW Cornell Rd Ste C
(503) 646-8500

PMG/Bridgeport Immediate Care
18040 SW Lower Boones Ferry Rd Ste 100
(503) 216-0700

PMG/Gateway Immediate Care
1321 NE 99th Ave Ste 100
(503) 215-9900

PMG/Scholls Immediate Care
12422 SW Scholls Ferry
Road, Suite
(503) 215-9900