



pacific
medical
centers

SIMPLY THE RIGHT CARE

PATIENT RESOURCE GUIDE

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Pacific Medical Centers and its Affiliates do not discriminate on the basis of race, color, national origin, sex, age, or disability in their health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY: 711)

Welcome to PacMed™

We are glad you have chosen Pacific Medical Centers. You've made an important commitment to your health and to the long-term quality of your life. As an integrated, multi-specialty medical group, we deliver coordinated, exceptional care, all focused on you—the *whole* you.

At PacMed, our passion is keeping you well, not just curing your ills.



Your Medical Home



Personal care leads to better outcomes, and at PacMed, we are committed to putting this idea into practice. In fact, we are one of a few select providers in the region recognized by the National Committee for Quality Assurance (NCQA) as a Patient-Centered Medical Home™. PacMed is dedicated to improving health care quality.

What does a Medical Home mean for you?

- You are the center of our attention and we will guide you through coordinated, evidence-based care.
- You have excellent access to a variety of providers and health services, including behavioral medicine, which is integrated into most of our clinics.
- Your care is based on a long-term healing relationship with a provider you trust.
- Your provider will help prevent illness, manage conditions and refer you to specialized care when you need it.
- Your provider will stay involved every step of the way.
- You will receive equal access to care, regardless of your source of payment.

You will get the most out of your care if you provide us with a complete medical history, including information about care obtained outside of PacMed.



A Different Kind of Care Package

At PacMed, we genuinely value who you are and what's important to you. We want to know you as a whole person, not just as a patient. We like it when people bring family members for us to meet or to accompany them to appointments—and often we become health care providers to those spouses, significant others, parents, children and other relatives, too.

Who are the active members of your health care team?

- Your primary care provider knows you best and is the leader of your health care team.
- A medical assistant helps your provider coordinate your care and follow-up.
- Other members typically include a nurse, medical specialists and support staff.

What can you expect?

- Up-to-date records
- Faster lab results
- Personal phone calls to see how you are feeling
- Staff who take the time to fully explain procedures and answer questions
- To feel taken care of with the best outcomes possible

From appointments to billing, we are here to help.

Unique Teamwork

Your care team works together to coordinate your health care. From primary and specialty care providers to nurses, dietitians and therapists—everyone who is responsible for your care strives to deliver the thoughtful, personalized care you deserve.

- Your providers talk to each other about your care.
- Your medical record is always up to date.*
- Everyone is on the same page.

Extraordinary care like this is not only convenient, it can save precious time when time is of the essence. No matter how complex your situation, your PacMed providers will work together to create a care plan tailored to your needs.

“ When I’m referred to a specialist within the PacMed network, I know I’ll be receiving the highest quality of care from an expert in his or her field. ”

—A valued PacMed patient

Streamlined Access

We coordinate your health care needs so you can focus on what’s important to you. Our streamlined, coordinated care delivers convenience and choice. Referrals are smooth and fast. You will have access to cutting-edge technology and first-class facilities. Our board-certified specialists—many of whom have been named as Top Docs in our region—are available to you. Our behavioral health therapists are right on-site at most PacMed clinics.

*Your privacy is important to us. We treat your records with extreme sensitivity.

When You Need Care

We are here to support your care needs 24 hours a day, 7 days a week. Should an issue arise after our clinics are closed, please call your PacMed clinic's main line so that you may talk with our on-call providers. They will work with you to determine what the best course of action is for your individual needs. Call 911 or go to the nearest hospital for severe or life-threatening events.

Preparing for Your Visit

Regular visits to your primary care provider are an essential part of staying healthy. So plan ahead. Make a list of all your medications, including herbal and naturopathic preparations. Or bring them with you.

Write down how you've been feeling and all of your questions, no matter how insignificant they may seem.

- Have you been feeling unusually tired?
- Are you sleeping more than usual?
- Have you been gaining weight or losing weight?

All states of being are important to consider. Your questions and input provide valuable information for your provider to determine your proper care.

We want you to be satisfied with your visit! Being prepared can make a difference.

We will remind you of your appointment by text and/or phone call. After your appointment, you may be sent a survey (by email or US Mail) about the care and service you received. You may get a survey for each provider you saw at your visit.

Talking Things Over

Think of your primary care provider as a friend and partner who has an intense interest in your well-being and cares about you and your ideas. Don't hesitate to describe your symptoms in detail. Ask questions and actively participate in the visit. Your provider wants to hear from you. Speaking frankly will lead to the best care possible.

Your Records at Your Fingertips

With MyChart, you can get simple and fast online access to your vital health information. No need to wait on the phone!

With the secure, online MyChart portal, you can:

- Send non-urgent messages to your health care team.
You can expect a response to your MyChart message within two business days.
- Request appointments.
- View lab results.
- Request prescription renewals.
- Access your personal health record.

To sign up for MyChart, go to our website, www.PacMed.org, click the MyChart button and follow the directions to sign up as a new user.

“ At Pacific Medical Centers, I got an annual exam, eye checkup, saw a women's health care physician and got a mammogram at the women's center. It doesn't get any more convenient than that! ”

—A valued PacMed patient



Being a Partner in Your Health

The more you share with your provider, the better he or she can serve your needs.

- If you don't understand, ask again.
- Know what medication you are taking and why.
- Ask for details about your diagnosis.
- Thoroughly read what you are signing.
- Report all allergies or drug reactions.
- Don't be afraid to seek a second opinion.

“ I know the goal of PacMed is to provide patients with the highest quality of service. I am pleased to tell you [they have] met that goal. They made me feel comfortable, important and not afraid to ask questions. ”

—A valued PacMed patient



Frequently Asked Questions

Where can I receive urgent care after hours?

If it's not an emergency and your PacMed clinic is closed, call your clinic's main line to determine if urgent care is needed. Urgent care clinics are not affiliated with PacMed, but we will help you locate one nearby when you call. Use urgent care clinics for minor injuries or illnesses that do not require hospitalization.

What phone number do I call after hours?

Please call the main number for your PacMed clinic. For your clinic's phone number, look at the list on the back cover of this booklet.

How do I ask my doctor a question?

For non-urgent questions, use MyChart to communicate with your health care team. If you cannot access MyChart, you may call your clinic and leave a message for your provider.

When will I get my lab results?

Results will be available online in your MyChart account. Your provider's interpretation of the results will take an additional day or two for routine tests. If your tests are normal, you will receive a call, MyChart message or a copy of the results in the mail. If the tests reveal a concern, you will receive a call from your health care team to discuss follow-up care.

How do I refill a prescription?

Please contact your usual pharmacy. The pharmacy will communicate with your PacMed provider. Refills may take up to 48 hours. To ensure no interruption in your care, call your pharmacy when you are down to a one-week supply—no later! You may also request a refill online with MyChart.

Health Maintenance for Adults

Women

Cervical Cancer Screening (Pap Smear): Every 3 years for women age 21–29 and every 5 years for women age 30–64. (May differ depending on your situation; consult your provider.)

Dates: _____

Breast Cancer Screening: Mammograms yearly or every other year, beginning at age 40 or 50. (Consult your provider.)

Dates: _____

Osteoporosis Screening: DXA scan once after age 65. Date: _____

Men

Prostate Cancer Screening: Discuss with your provider.

Abdominal Aneurysm Screening: Ultrasound once between ages 65 and 75 if a history of smoking. Date: _____

Women & Men

Colon Cancer Screening: *Preferred method*—Colonoscopy every 10 years, beginning at age 50. *Other acceptable methods*—High-sensitivity Fecal Occult Blood Test (FOBT) every year (and if positive, then colonoscopy) OR (least preferred method) high-sensitivity FOBT every 3 years combined with flexible sigmoidoscopy every 5 years.

Date: _____ Recommendation: _____

Date: _____ Recommendation: _____

Date: _____ Recommendation: _____

Cholesterol Testing: Beginning at age 20, every 1–5 years

Dates: _____

Diabetes Screening: Beginning at age 45, every 3 years. (Consult your provider.)

Dates: _____

Immunizations:

- Substitute Tdap (tetanus, diphtheria, pertussis) one time for adults, then tetanus and diphtheria booster (Td) every 10 years.

Dates: _____

- Flu shots every year.

Dates: _____

- Zoster (Shingles) vaccine once at age 60 or above. Date: _____

- Pneumococcal (Pneumovax) vaccine at age 65 (earlier if recommended by your provider). Date: _____

Health Maintenance for Children

Well-child exams include immunization updates and a variety of health and development screenings. We recommend visits at the following ages:

- 2-3 days after discharge
- 12 months
- 14 days
- 15 months
- 2 months
- 18 months
- 4 months
- 2 years
- 6 months
- Annually after 2 years
- 9 months

Immunization Schedule

Hepatitis B: Birth, 1–4 mo, 6–18 mo

Diphtheria, Tetanus, Pertussis (DTaP): 2 mo, 4 mo, 6 mo, 15–18 mo, 4–6 yrs

Haemophilus Influenzae Type B (Hib): 2 mo, 4 mo, 6 mo, 12–15 mo

Polio (IPV): 2 mo, 4 mo, 6–18 mo, 4–6 yrs

Pneumococcal (Pnevnar): 2 mo, 4 mo, 6 mo, 12–15 mo

Rotavirus: 2 mo, 4 mo, 6 mo

Measles/Mumps/Rubella (MMR): 12–15 mo, 4–6 yrs

Chicken Pox (Varicella): 12–15 mo, 4–6 yrs

Hepatitis A: 2 doses 6 mo apart after first birthday

Influenza: Yearly for children 6 mo and older*

Human Papillomavirus (HPV, Gardasil): 9–26 yrs, 2-shot or 3-shot series

Meningitis (Menactra): First dose 11–12 yrs, second dose 16–17 yrs

Tetanus, Diphtheria, Pertussis (Tdap): 11–12 yrs

*Two doses given at least four weeks apart are recommended for children 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time.

Understanding Your Medical Insurance

Insurance Coverage: Even if PacMed works with your insurance company, we may not be contracted with your specific insurance plan. It is important to check with your insurance company before your visit to ensure that you are aware of your financial responsibility for the services you are receiving. If you change or add an insurance policy, please let us know so that we may properly bill your insurance carrier.

Copay: We have a contractual obligation (with your insurance company) to collect your copay at the time of service. Please remember to bring your copay to your appointment.

Self-pay discount: If you do not have insurance and choose to self-pay at the time of service, you will be offered a discount. If you have questions on whether or not your services qualify for discount, please contact the PacMed Patient Accounts department at 206.621.4392.

Visit www.PacMed.org/insurance for more helpful information or call 206.621.4049 with your questions.

Tips for Getting the Most from Your Medical Insurance

To maximize your medical benefits, please contact your insurance company's Customer Service department to verify your policy's benefits prior to your medical visit. The phone number should be on your insurance ID card.

Before calling your insurance company, prepare some questions. Some suggestions are:

- Do I have an assigned primary care provider with my plan?
- Do I have a deductible, coinsurance or copayment for the health service I need?
- If PacMed does not contract with your plan: Do I have out-of-network benefits?

Questions about whether PacMed accepts your insurance?

You can visit www.PacMed.org/insurance to see accepted insurance, including Medicare, or you can call our Insurance Verification department at 206.621.4049.

Pacific Medical Centers is a Designated Provider of US Family Health Plan, a TRICARE Prime® option, serving military retirees and active-duty family members. For more information, visit www.USFHPnw.org or call 1.800.585.5883.

PacMed Specialties and Services

We are continually expanding our specialty and service offerings. For a current list of our offered specialties, please visit www.PacMed.org.

Primary Care

Family Medicine & Obstetrics
Geriatric Medicine
Internal Medicine
Pediatrics
Behavioral Medicine (therapy for all ages)

Specialty Care

Allergy & Immunology
Bone, Foot & Joint Care
Cardiology
da Vinci® Robotic-Assisted Surgery*
Dermatology
Endocrinology
Facial Plastic Surgery*
Gastroenterology
General Surgery*
Gynecology*
Hematology
Hepatology & Liver Disease
Interventional Pain Management*
LASIK & Vision-Correction Services
Men's Health
Neurology
Neuropsychology
Nutrition
Oncology

Ophthalmology*
Optometry
Orthopedics*
Otolaryngology*
Physiatry
Physical Therapy
Podiatry*
Pulmonology
Rheumatology
Sleep Medicine
Sports Medicine
Urology*
Vasectomy
Vitreoretinal Diseases*
Women's Health

Other Services

Cardiovascular Lab
Colonoscopy
Cosmetic Treatments
DXA (bone density screening)
Echocardiography
Mammography
Nuclear Medicine

***A surgical specialty**

PacMed Clinic Locations

Beacon Hill and Diagnostic & Wellness Center for Women

1200 12th Avenue S
Seattle, WA 98144
Beacon Hill: 206.326.2400
Women's Center: 206.568.3800

Canyon Park

1909 214th Street SE, Suite 300
Bothell, WA 98021
425.412.7200

Federal Way

31833 Gateway Center Blvd S
Federal Way, WA 98003
253.214.1920

First Hill

1101 Madison Street, Suite 301
Seattle, WA 98104
206.505.1101

Lynnwood

19401 40th Avenue W, Suite 230
Lynnwood, WA 98036
425.744.7153

Northgate and Diagnostic Center for Sleep Health

10416 5th Avenue NE
Seattle, WA 98125
Northgate: 206.517.6700
Sleep Center: 206.709.8999

Puyallup

220 15th Avenue SE, Suite C
Puyallup, WA 98372
253.435.3400

Renton

601 S Carr Road, Suite 100
Renton, WA 98055
425.227.3700

Totem Lake

12910 Totem Lake Blvd NE, Suite 101
Kirkland, WA 98034
425.814.5000

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