



The Valley View Walk-In center is located at 1800 Cooks Hill Road , Suite F. It is open seven days a week from Noon - 10:00pm. Call 736-3042 or visit www.vvhc.org

What is the difference between the **Walk-In and Emergency Room care?**

EMERGENCY ROOM personnel and equipment are intended to provide care for sudden and unexpected medical conditions, or the worsening of a condition, which threatens life, limb or sight, and requires immediate treatment. Emergency room considerations are usually known immediately. Care is focused on relieving serious immediate problems but is not focused on long-term care or treatment. Examples include (not limited to): loss of consciousness, significant shortness of breath, chest pain, uncontrolled bleeding, sudden or unexpected weakness or paralysis, poisoning, suicide attempts, drug overdose. The emergency room should be available for absolute emergencies for you, your family, friends and community.

WALK-IN care facilities are intended to treat illness or injury that should be treated within 24 hours. Walk-In visits are usually medical issues that occur after clinic hours or on weekends and should not wait until next business day. Care is focused on treating immediate problems but is not focused on long-term care or treatment.

Examples of Walk-In care include sprains, cuts requiring stitches, rising temperature, conditions that are serious **but not life-threatening**, unresolved migraine, nausea and vomiting, animal bites, job injury. Your Primary Care Provider (PCP) or Medical Home will treat your immediate health concerns while managing your overall wellness. Your medical home knows and treats the whole person, not just your current ailment. Care is focused on relieving immediate problems but also long-term care and treatment. Examples of medical issues that should be treated by your PCP include (not limited to): Diabetes, Asthma, Congestive Heart Failure. . . basically any chronic long-term disease as well as colds, flu, sprains, strains, and most temporary conditions.

(Continued on back)

New medical Walk-In now OPEN

No appointment necessary at
1800 Cooks Hill Road, Suite F
Hours: Noon - 10:00 p.m.
7 days a week - closed holidays
360-736-3042

Other Valley View Health Center locations:

2690 NE Kresky, Chehalis
(360) 330-9595
Medical, Dental and Mental Health

Morton Dental Clinic
(360) 496-5101

Onalaska (360) 978-6600
Medical

Toledo (360) 864-4400
Medical

Winlock (360) 785-9400
Medical

Visit www.vvhc.org for more information



Open House January 14, 2010 - Valley View Walk-In providers Lydia Miller, ARNP, left and Scotty Millar, PA-C hold the ribbon while new Chamber Executive Director Jim Valley and Valley View Health Centers Executive Director Steve Clark share a joke.

To assist you in determining the level of care you require:

Call your after hours medical provider; usually available by dialing your medical clinics number. A Nurse Advice Line is sometimes available through your clinic (check their after hour recording). WebMD. com is an informative internet site. You can also call the Walk-In at 736-3042.

IN A NUTSHELL:

- Emergency Rooms are symptom focused for issues you KNOW need emergency medical attention.
- Walk-Ins are symptom focused for issues you WONDER whether it is an emergency AND your clinic is unavailable.
- Your PCP is for all non-emergency medical problems.

Our entire staff wishes everyone a very **HAPPY NEW YEAR!**



Our focus is on the uninsured, under-insured. A sliding fee scale program is also available for those who qualify.

Bilingual Services available at all clinics

Visit www.vvhc.org for more information

Being Overweight Can Cause Diabetes - Even when there is no family history of diabetes!

- Every year, 1 in every 3 children who over-eat are diagnosed with diabetes
- When a weight problem follows children into adulthood, they can be expected to live an average of **20 years less** than their peers.
- 36 percent of all school-age children, slightly more boys than girls, develop diabetes during their childhood.

Information provided by Onalaska Elementary School

Our Mission:

To improve the health and well-being of the community by providing quality and compassionate health care services in a patient-centered atmosphere, respecting individual and cultural diversity.

Para mejorar la salud y el bienestar de la Comunidad mediante la prestación de calidad y servicios de atención de salud compasivos en una atmósfera centrado en el paciente, respetando la diversidad cultural y individual.

We're always on-line

24/7 you can find more information, including clinic locations, telephone numbers, a list of services, resources and Valley View news at www.vvhc.org.

We want to hear from you

Please send us your signed personal story about your experience or a loved ones experience at Valley View Health Centers. If we use your story for publicity, we will contact you.

Send your story to rbryan@vvhc.org

2690 NE Kresky Avenue • Chehalis, WA 98532 • 360-330-9595

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