



Springfield Wellness Clinic

We are so excited about the addition of the new **Springfield Wellness Clinic** to our health benefits menu! This clinic is operated by Cascade Health Solutions, a non-profit health care organization, and services are *free* to City of Springfield employees and their families (including children age 4 and up), and City retirees who are enrolled on our HIP health plan.

Our new clinic will be staffed by Family Nurse Practitioner **Sarah Aitken, RN, MS, WHNP/FNP**, a clinician who has been in the medical community for over 20 years. Sarah is looking forward to offering a large spectrum of health care services.

Medical services include:

- Diagnosis and treatment of acute illnesses such as respiratory infections, sore throat, sinus infection, pink eye, rashes, ear infections, poison oak, allergic reaction, UTI, STI, cold sores, heartburn, hernia
- Diagnosis and management of chronic health conditions such as high blood pressure, high cholesterol, menopause, obesity, allergies, asthma, depression, diabetes
- Non-occupational injuries such as minor burns, wounds, sprains and strains
- Health maintenance and prevention to include adult vaccines (flu, Hep A and B, Tetanus/pertussis), birth control, school physicals, sports physicals, smoking cessation

Clinic Location:

The Wellness Clinic can be currently found at **204 5th St, Springfield, OR 97477**. We will have a larger space in another location, along with the staff to offer enhanced services, soon.

The Springfield Wellness Clinic is open for office visits by appointment.

Frequently Asked Questions:

How do I schedule an appointment at the Wellness Clinic:

1. **Please call 541-242-2816** to schedule an appointment, messages can be left at any time throughout the week.
2. **Download** the [New Patient Packet](#) which includes 4 forms. **Fill out the forms** prior to your appointment.
 - a. Another option would be to allow additional time before your appointment to fill out forms at the clinic.
3. **Please bring your PacificSource Medical ID Card and Photo ID** along with the **completed packet** with you to your appointment.

When is the clinic open for appointments?

Mondays & Wednesdays: 9:00 am - 5:00 pm
Fridays: 8:00 am - 4:00 pm