

Clinic Locations

Beacon Hill, Seattle

1200 - 12th Avenue S
Seattle, WA 98144
206.326.2400

Diagnostic Center for Sleep Health

1800 Yale Avenue
Suite 1010
(SpringHill Suites Hotel,
10th Floor)
Seattle, WA 98101
206.709.UZZZ (8999)

Diagnostic & Wellness Center for Women

805 Madison Street
(Corner of 8th and
Madison)
Seattle, WA 98104
206.568.3800

Federal Way

33501 First Way S
Suite 200
Federal Way, WA 98003
253.214.1920

First Hill, Seattle

1101 Madison Street
Suite 301
Seattle, WA 98104
206.505.1101

Lynnwood

19401 - 40th Avenue W
Lynnwood, WA 98036
425.744.7153

Northgate, Seattle

10416 - 5th Avenue NE
Seattle, WA 98125
206.517.6700

Renton

601 S Carr Road
Suite 100
Renton, WA 98055
425.227.3700

Totem Lake, Kirkland

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

Opening in 2010

Canyon Park • 1909 214th Street SE, Suite 300 • Bothell, WA 98021



FIND WHAT YOU'RE LOOKING FOR

www.PacMed.org
1.888.4PACMED (1.888.472.2633)



FIND WHAT YOU'RE LOOKING FOR

Thank you for choosing health.

In choosing the Pacific Medical Centers network, you've made an important commitment to your health and to the long-term quality of your life. As an integrated, multi-specialty private practice, we represent a new, higher standard of care that is focused on the whole you, not just parts of you.

At Pacific Medical Centers, our passion is keeping you well, not just curing your ills.



A unique partnership.

When you choose to work within our multi-specialty network, you will benefit from the ultimate collaboration between you and your healthcare team. Your medical records are readily available to be shared with our board-certified physicians who are involved in your treatment—from your primary care physician to your specialist. Your providers talk to each other about your care and regularly update your records, so everyone responsible for your health is on the same page.

“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 Pacific Medical Centers patient

Extraordinary teamwork is not only convenient for you, but it can save precious time when time is of the essence. This simplified system with streamlined access* to referral care within our network, regardless of how complex the situation, is the key to a speedy and positive resolution of your medical concerns.

*As always, your privacy is of our utmost concern. Therefore, we treat the sharing of your records with extreme sensitivity.



The best choice for your health.

Anyone who has spent a lot of time coordinating their healthcare needs will immediately recognize the convenience of choosing Pacific Medical Centers. But the true benefits go far beyond convenience.

Our personalized, patient-centric system empowers you and gives you the freedom and choices we think you deserve. Pacific Medical Centers also provides you with immediate access to cutting-edge technology, first-class facilities and board-certified specialists, many of whom have been listed as among “Seattle’s Best Doctors.”

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

—A valued Pacific Medical Centers patient

I FOUND:

freedom



Preparing for your visit.

Regular visits to your doctor 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.

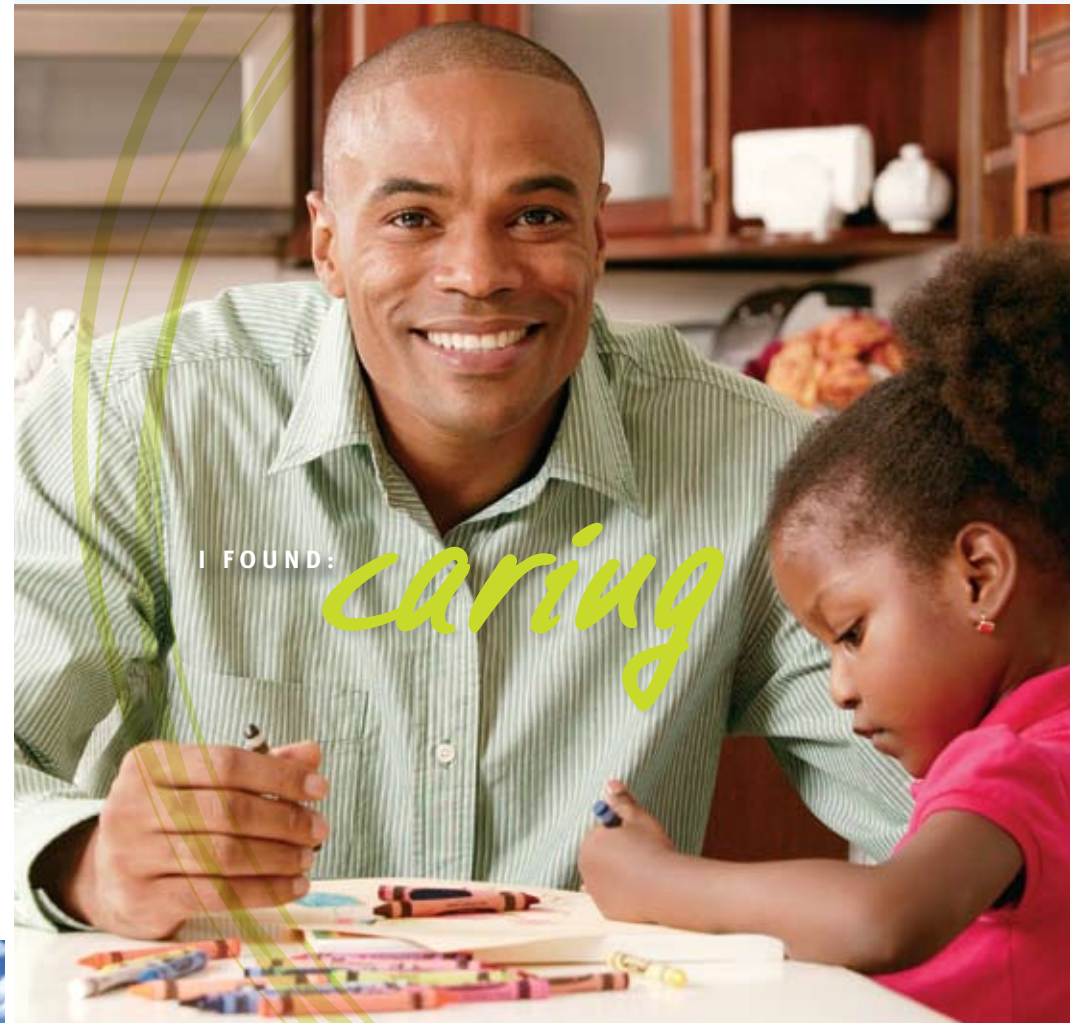
- Have you been feeling unusually tired?
- Are you sleeping more than usual?
- Have you been gaining weight or losing weight?

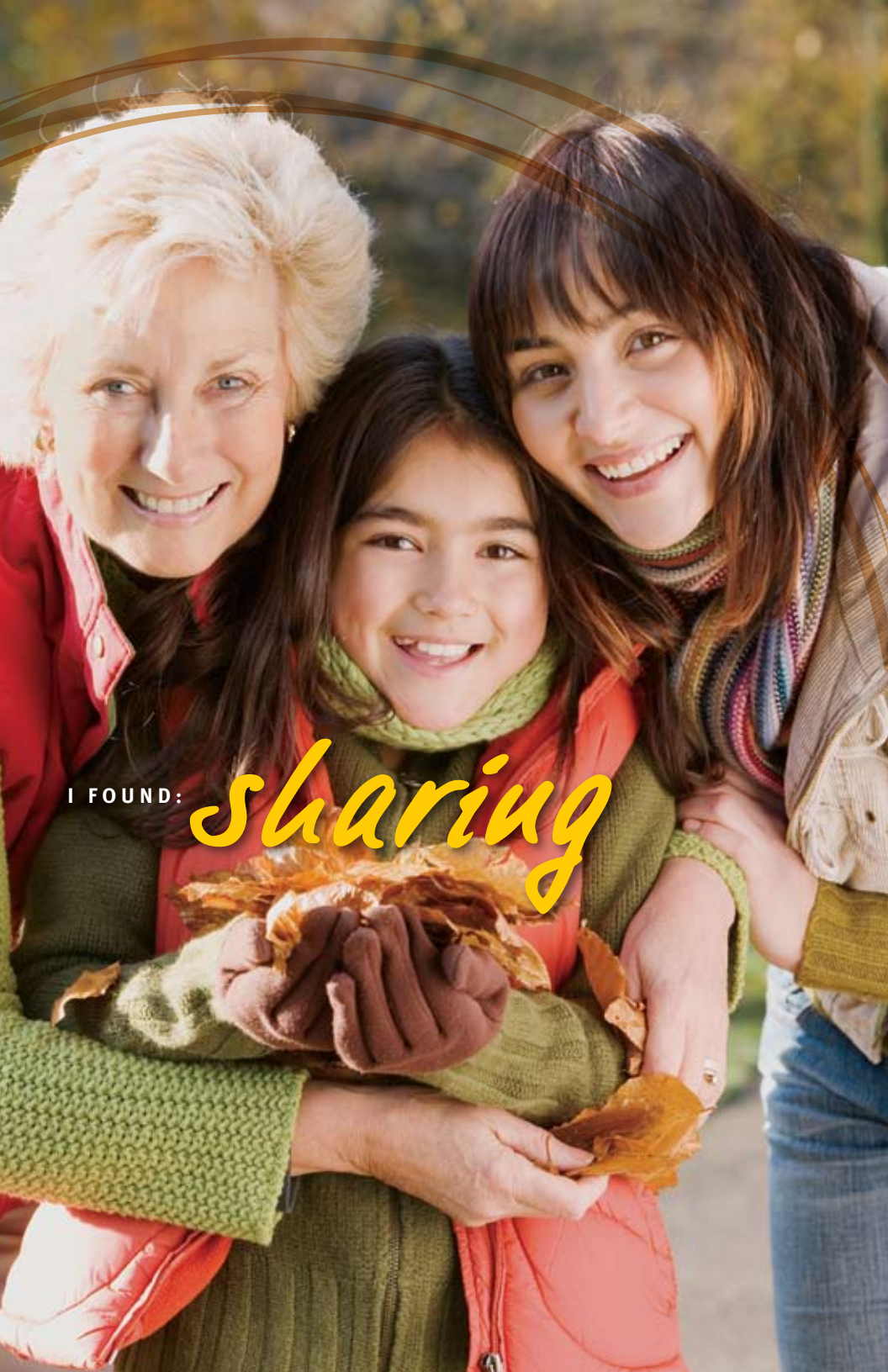
All states of being are important to consider. Your questions and input provide valuable information for your doctor to determine your proper care.

How well you prepare for your visit can determine your level of satisfaction with the outcome. Be your own advocate!

Talking things over.

Think of your doctor 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 doctor wants to hear from you. Speaking frankly will lead to the best care possible.





I FOUND:

sharing

Being a partner in your health.

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

- If you don't understand, ask again.
- Write down important facts and at-home care instructions.
- 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 Pacific Medical Centers 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 Pacific Medical Centers patient



Health Maintenance for Adults

Women

Cervical Cancer Screening (Pap Smear): Every 1-3 years.

(May differ depending on your situation. Consult your provider.)

Dates: _____

Breast Cancer Screening: Regular breast self-exams.

Mammograms yearly, beginning at age 40. (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—Fecal occult blood test every year AND flexible sigmoidoscopy every 5 years.

Date: _____ Recommendation: _____

Date: _____ Recommendation: _____

Date: _____ Recommendation: _____

Cholesterol Testing: Beginning at age 20, every 1-5 years; yearly, beginning at age 40.

Dates: _____

Immunizations:

- Tetanus and diphtheria boosters every 10 years. Tdap once for those between ages 19 and 65. Not recommended after 65.

Dates: _____

- Flu shots every year beginning at age 50 (earlier if recommended by your provider). 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
- 15 months
- 14 days
- 18 months
- 2 months
- 2 years
- 4 months
- 2.5 years (This exam is not covered by all insurers.)
- 6 months
- 3 years
- 9 months
- 4 years
- 12 months
- 5 years and every 1-2 years thereafter

Immunization Schedule

| | |
|--|---|
| Hepatitis B: | Birth, 1-4 mo, 6-9 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 (Prevnar): | 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): | 12-18 mo, 4-6 yrs |
| Hepatitis A: | 2 doses 6 mo apart after the first birthday |
| Influenza: | Yearly |
| Human Papilloma Virus (HPV, Gardasil), <i>females only</i>: | 9-26 yrs, 3-shot series |
| Meningitis (Menactra): | 11-18 yrs |
| Tetanus, Diphtheria, Pertussis (Tdap): | 11-12 yrs |

Notes: _____

