

# Get care when you need it, where you need it



When you're sick or hurt, you want to get the right care at the right time. **You should always call 911 or go to your nearest emergency room if you have a life-threatening emergency.** But you can save time and stress by knowing what kind of care you should get and where.

**Primary care:** Unless your life is in danger, call your primary care provider (PCP) first. They know your health history and what treatments will work best for you. You can visit your PCP for anything from a sore throat to cancer screenings. If your PCP can't provide the care you need, they will help you find someone who can.

**Behavioral health care:** Behavioral health care includes services for mental health care and drug and alcohol use disorders. Your primary care doctor can help you find a behavioral health provider if you don't have one.

**Urgent care:** Go to urgent care if you have a non-life-threatening condition, your PCP is not available or you cannot wait for an appointment. Consider going to urgent care if you have<sup>1</sup>:

- Mild asthma symptoms
- Mild abdominal pain
- Sprains or strains
- Fever

**Dental care:** Dentists are prepared to help you with your dental needs. Unless you have a life-threatening emergency, call your dentist for any issues related to oral health.

**Emergency care:** Examples of emergency care conditions<sup>1</sup>:

- Chest pain
- Difficulty breathing
- Head injuries
- Bleeding that won't stop

Other languages and formats: You can get this document in other languages, large print, Braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 888-788-9821 (TTY/TDD users, please call 711). We accept relay calls.

We follow state and federal civil rights laws. We cannot treat people unfairly in any of our services or programs because of a person's age, color, disability, gender identity, marital status, national origin, race, religion, sex or sexual orientation. ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711). 注意：如果您說中文，可得到免費語言幫服務。請致電 1-877-605-3229 (聾啞人專用: 711).

## Questions?

We're here to help. Please call our customer service team at 888-788-9821 (TTY users, please dial 711) or email us at [EOCCOmedical@eooco.com](mailto:EOCCOmedical@eooco.com).

<sup>1</sup>These are examples of conditions and not an all-inclusive list.

## Where to find care near **Baker County, Oregon**<sup>1</sup>:

### Primary care and public health:

#### **Baker County Health Department**

- 200 4th Street, Baker City, OR 97814
- 541-523-8211
- <https://www.bakercounty.org/health/health.html>
- Hours: Monday through Friday, 8 a.m. to 12 p.m.; 1 p.m. to 5 p.m.
- Walk-in and same-day visits may be available on request

#### **Eagle Cap Clinic**

- 3705 Midway Drive, Baker City, OR 97814
- 541-523-4497
- Hours: Monday through Friday, 9 a.m. to 5 p.m.

#### **Pine Eagle Clinic**

- 218 North Pine Street, Halfway, OR 97834
- 541-742-5023
- <https://www.pineeagleclinic.org/>
- Hours: Monday through Thursday, 8 a.m. to 12 p.m.; 1 p.m. to 5 p.m. (After hours, please call 855-750-5068)
- Walk-in and same-day visits may be available on request

#### **Saint Alphonsus Baker City – Family Medicine**

- 3325 Pocahontas Road, Baker City, OR 97814
- 541-524-8000
- <https://www.saintalphonsus.org/location/saint-alphonsus-baker-city-family-medicine>
- Hours: Monday through Friday, 7 a.m. to 5 p.m.
- Walk-in and same-day visits may be available on request

#### **St. Luke’s Clinic – Eastern Oregon Medical Associates**

- 3950 17th Street, Baker City, OR 97814
- 541-523-1001
- <https://www.stlukesonline.org/communities-and-locations/facilities/clinics/st-lukes-clinic--eastern-oregon-medical-associates>
- Hours: Monday through Friday, 7 a.m. to 5 p.m.; Saturday, 8 a.m. to 12 p.m.
- Walk-in and same-day visits may be available on request

### Behavioral health care:

#### **New Directions Northwest**

- 3425 13th Street, Baker City, OR 97814
- 541-523-7400
- <https://newdirectionsnw.org/>
- Hours: Monday through Thursday, 8 a.m. to 6 p.m.; Friday, 8 a.m. to 5 p.m. (After hours, please call the 24-hour Crisis Hotline: 541-519-7126)

### Dental care:

Call your Dental Care Organization (DCO) to find a dentist close to you.

#### **ODS Community Dental**

- 800-342-0526
- <https://www.odscommunitydental.com/>
- Hours: Monday through Friday, 7:30 a.m. to 5:30 p.m.

### Emergency care:

#### **Saint Alphonsus Baker City**

- 3325 Pocahontas Road, Baker City, OR 97814
- 541-523-1797
- <https://www.saintalphonsus.org/location/saint-alphonsus-baker-city-emergency-department>

---

<sup>1</sup> This information may change. EOCCO recommends visiting our website (<https://www.eocco.com/eocco-provider-search/>) or calling Customer Service (888-788-9821) for the most up to date list of clinics in your area.