

Sea Mar Community Health Centers has provided health care services to communities since 1978, opening our first clinics in Seattle (Sea) and Marysville (Mar). Since that time we've expanded our integrated health care system to serve residents across 13 counties in Washington state.

Sea Mar's integrated health care system provides individuals the best medical, dental, mental health, substance abuse and ancillary services available today. Our health homes provide patients a one-stop facility staffed by highly skilled professionals that provide a seamless continuity of care based on individual health care needs.

Sea Mar takes pride in employing highly skilled individuals from local communities who are dedicated to improving the health of their neighbors. This provides Sea Mar the opportunity to contribute to both the health of the local economy and the health of the families of our local Sea Mar communities.



Administration Offices
1040 S Henderson St.
Seattle, WA 98108

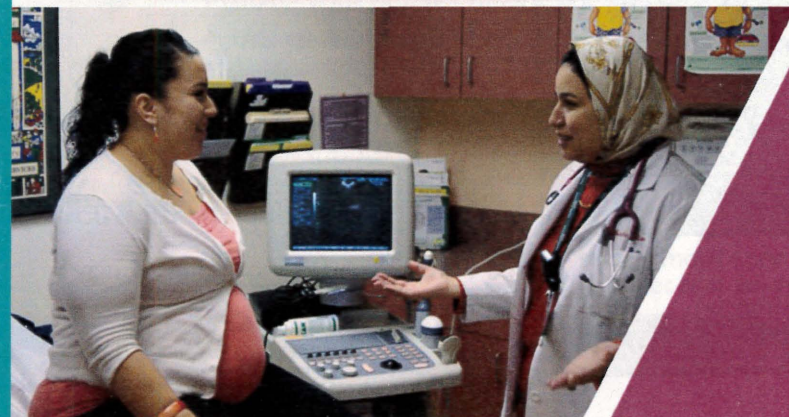
Visit our website
www.seamar.org

Like us on Facebook
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[@seamarhc](https://twitter.com/seamarhc)



Service Directory



Customer Support Resources



wahealthplanfinder.org

1.855.WAFINDER

1.855.923.4633

Enrolling in health insurance isn't always simple. Brokers and Navigators are here to help.

Washington Healthplanfinder has registered Brokers and certified Navigators who are trained to help you through the insurance enrollment process.

Here are some of the ways customer support can help:

- Explaining eligibility, enrollment, and program rules
- Helping you understand the benefits and costs of each health plan, so you can choose the best plan that fits your needs
- Protecting your confidentiality and privacy



What You'll Need to Apply

ID or driver's license

U.S. passport, legal resident card or certificate of citizenship or naturalization documentation

Proof of income*

Current health plan information

Birthdates for family members

Social Security Numbers**

Tax filing status

* Proof of income for all family members, who are on the same tax return, applying for coverage.

** Families that include unlawfully present immigrants can still apply.

LOCAL ENROLLMENT HELP

Sea Mar Enrollment Assistance Centers



Sea Mar Community Health Centers



SeaMarIPA@seamarchc.org



1.855.289.4503

Washington Healthplanfinder Registered Brokers and Certified Navigators will be available to help you for free.



Our FollowMyHealth patient website and mobile app is fast, easy & FREE!

How do I sign up?



GET YOUR INVITE FROM THE FRONT DESK

To receive an invite, share an email address with a Sea Mar Care team member at your local Sea Mar Medical Clinic.



CHECK YOUR EMAIL

You'll receive an email from noreply@followmyhealth.com



SIGN UP & CONNECT

Manage your family's health. Message your provider. Request & refill our prescriptions. View lab results. Request/change appointments online.

Need assistance? Support professionals are available to guide you with any questions:

Mon - Fri from 8:00 a.m. - 8:00 p.m.

E: support@followmyhealth.com

P: 1.888.670.9775

Get our Mobile App

Take your health into your hands, wherever you are. Download our secure mobile app and access your records on your phone.





Can I have a job and still receive Basic Food?

Yes. Your household can have income up to 200% of the Federal Poverty Guidelines and be eligible for Basic Food. Asset limits also don't apply to households with total monthly income under this limit.

Household Size	Monthly Income Limit
1	\$2,010
2	\$2,707
3	\$3,403
4	\$4,100
5	\$4,797

Do I have to have children to be eligible?

No. Households of any size may be eligible to receive Basic Food.

What about other people who need it more than me?

There is no limit to the number of eligible people who can receive Basic Food. Getting Basic Food for you or your family will not impact the ability of anyone else to receive these benefits.

Do I have to be a U.S. Citizen?

No. However, the Federal Supplemental Nutrition Assistance Program (SNAP) is limited to U.S. citizens and immigrants that meet specific program rules.

Getting Basic Food benefits will not impact someone's immigration status with U.S. Citizenship and immigration Service. Undocumented immigrations and non-citizens who are tourists or other non-immigrants cannot receive Basic Food.

Can I own my house and a car and still be eligible?

Yes. If you are income-eligible, any other resources such as vehicles, retirement accounts, your home and other assets are not considered.

What kind of paperwork do I need to provide?

When you apply for benefits, you can submit your application in-person at the local DSHS Community Services Office (CSO), by mail or online at www.washingtonconnection.org.

You will also need to present us with your social security number, proof of your identity, and proof of the income and living expenses for the household you are applying for.

**2017 Income Guidelines
Effective April 1, 2017**

* based on MAGI Income

Family Size	TANF/ Family Medical	WAH Adults (138% FPL)* HBE	WIC (185% FPL) DOH	WAH Pregnancy (198% FPL)* DHS	Basic Food and WCCC (200% FPL) DSHS	WAH Kids (215% FPL) HBE	CHIP \$20/child (255% FPL)* HBE	CHIP \$30/child (317% FPL)* HBE	HIPTC (400% FPL)* HBE
1	\$543	\$1,387	-	-	\$2,010	\$2,161	\$2,663	\$3,186	\$4,020
2	\$731	\$1,868	\$2,504	\$2,680	\$2,707	\$2,910	\$3,587	\$4,291	\$5,414
3	\$919	\$2,348	\$3,148	\$3,369	\$3,403	\$3,658	\$4,509	\$5,394	\$6,806
4	\$1,107	\$2,829	\$3,793	\$4,059	\$4,100	\$4,408	\$5,433	\$6,499	\$8,200
5	\$1,295	\$3,310	\$4,437	\$4,749	\$4,797	\$5,157	\$6,356	\$7,603	\$9,594
6	\$1,483	\$3,790	\$5,081	\$5,438	\$5,493	\$5,905	\$7,278	\$8,706	\$10,986
7	\$1,671	\$4,271	\$5,726	\$6,128	\$6,190	\$6,654	\$8,202	\$9,811	\$12,380
8	\$1,859	\$4,752	\$6,370	\$6,818	\$6,887	\$7,404	\$9,125	\$10,916	\$13,774
Add'l	-	+\$478	+\$641	+\$686	+\$697	+\$745	+\$918	+\$1,098	-

Monthly Income Calculation Chart

For Paychecks Received:	2x Month	Every Two Weeks	Weekly
Multiply by:	2	2.15	4.3

Is it an Emergency?

Hospital Emergency Room

Emergency.



In a life threatening emergency, dial 9-1-1 immediately

Example of emergencies:

- Signs of a heart attack or stroke
- Bleeding that won't stop
- Bad burns
- Losing consciousness
- Having trouble breathing
- Feeling like you might hurt someone
- Severe allergic reaction
- If you visit the emergency room, call your doctor as soon as you can after your visit so you can get follow-up care.

Urgent Care Center

Not an emergency, but needs attention now.



Visit an Urgent Care Center, if you have any of these minor problems or when you are unable to see your doctor.

- Allergies
- Sprains or Strain
- Headache
- Bladder infection
- Minor cuts
- Sinus infection
- Sore throat
- Bruises
- Ear pain
- Rash
- Fever
- Minor burns
- Cough or cold

Your Primary Care Physician

Not an emergency.



UnitedHealthcare Community Plan members - the name, address and phone number of your doctor is on your member ID card. That is your medical home.

See your doctor for anything that isn't an emergency. This can include sickness and injuries or vaccinations.

Your doctor knows your medical history and can give you care that is the best for you.

Check with your doctor to see if they have after-hours appointments.

We're here for you

We're working to make it easier for you to get the health care coverage you need.

☎ If you have questions, call us toll-free at 1.866.418.1002

🌐 www.seamar.org



Transportation Broker Services

What do I need before I contact a Broker?

- Your Medicaid Service Card
- Complete Pick Up Address
- Time and Date of Appointment
- Reason of appointment (medical)
- Special Circumstances (if necessary)
- Return time (if known)

Eligibility

If you have a current Medicaid Services Card that is used to pay for your health care services and you have no way to get to your health care appointment, you may be eligible for transportation. If you already have a way to get to your health care appointment, Health Care Authority may be able to help you by paying for gas or paying for your mileage.

Transportation Broker List

Hope Link

Serves King and Snohomish County
Snohomish County Line 855.766.7433
King County Line 800.923.7433
Please call at least two business days before a scheduled medical appointment. Reservation hours are Monday-Friday 8:00 a.m. - 5:00 p.m. Same day urgent care transportation requests are scheduled on an available basis.

Human Services Council

Serves Clark County
Clark County Line 360.694.9997

Northwest Regional Council

Serves Skagit and Whatcom County
Skagit/Whatcom Line 360.738.4554
Monday-Friday 8:30 a.m. - 4:30 p.m.

Paratransit Services

Serves Pierce, Grays Harbor and Thurston counties
Pierce County Line: 800.925.5438
Grays Harbor/Thurston County Line: 800.846.5438
Monday-Friday 7:00 a.m. - 7:00 p.m.

BATTLE GROUND

Battle Ground Medical Clinic
118 S Parkway Ave
Battle Ground, WA 98604
P 360.342.8060 | F 360.342.8059
Monday - Friday • 8:00 a.m. - 5:00 p.m.
Robyn Johnson: 360.342.8051

Battle Ground WIC & MSS
701 E Main St
Vancouver, WA 98604
WIC: P 360.687.7126
MSS: P 360.213.1340

WASHOUGAL

Washougal WIC & MSS
1702 C St
Washougal, WA 98671
WIC: T 360.835.7802
MSS: T 360.852.9092

KELSO

Kelso Behavioral Health Clinic
1710 Allen St
Kelso, WA 98626
P 360.261.7020 | F 360.261.7030
Monday - Friday • 8:00 a.m. - 5:00 p.m.

VANCOUVER

Fourth Plain Medical Clinic
6100 NE Fourth Plain Blvd
Vancouver, WA 98661
P 360.947.2550 | F 360.947.2533
Monday - Friday • 8:00 a.m. - 5:00 p.m.
Vanessa Casillas: 360.947.2531

East Vancouver Medical, Dental, Pharmacy & WIC located at:
19005 SE 34th St
Vancouver, WA 98683

East Vancouver Medical Clinic
P 360.726.6720 | F 360.726.6729
Monday - Friday • 8:00 a.m. - 5:00 p.m.
MaryCarmen Smith: 360.726.6720

East Vancouver Dental Clinic
P 360.726.6730 | F 360.726.6731
Monday - Saturday • 8:00 a.m. - 5:00 p.m.

East Vancouver Pharmacy
P 360.726.6750 | F 360.726.6751
Monday - Friday • 8:15 a.m. - 5:00 p.m.

East Vancouver WIC
P 360.726.6740
Monday • 8:00 a.m. - 5:00 p.m.

Salmon Creek Medical, Women's Clinic & Behavioral Health located at:
14508 NE 20th Ave
Vancouver, WA 98686

Salmon Creek Medical Clinic
P 360.852.9070 | F 360.397.2503
Monday • 8:00 a.m. - 7:00 p.m.
Tuesday - Friday • 8:00 a.m. - 5:00 p.m.
Elizabeth Sanchez: 360.558.5704

Salmon Creek Women's Clinic
P 360.892.0208 | F 360.892.9081
Monday - Friday • 8:00 a.m. - 5:00 p.m.

Salmon Creek Behavioral Health Clinic
P 360.397.9211 | F 360.260.4900
Monday - Friday • 8:00 a.m. - 5:00 p.m.

Delaware Medical & Behavioral Health located at:
7410 Delaware Ln
Vancouver, WA 98664
Ariana Lopez: 360.566.4431
Elizabeth Gutierrez: 360.213.1326

Delaware Medical Clinic
P 360.566.4402 | F 360.566.4406
Monday - Saturday • 8:00 a.m. - 5:00 p.m.

Delaware Behavioral Health Clinic
P 360.566.4402 | F 360.566.4404
Monday - Friday • 8:00 a.m. - 5:00 p.m.

Vancouver Dental Clinic
1412 NE 88th St
Vancouver, WA 98665
P 360.574.4074 | F 360.574.9237
Monday - Saturday • 8:00 a.m. - 5:00 p.m.
Saturday - children and pregnant women only

Behavioral Health Clinic - 109th Court
5501 NE 109th Ct, Ste A-1
Vancouver, WA 98662
P 360.566.4432 | F 360.695.0628
Monday - Friday • 8:00 a.m. - 5:00 p.m.

Vancouver Behavioral Health (Ste C) & Child and Family (Ste A) located at:
11801 NE 65th St
Vancouver, WA 98662

Vancouver Behavioral Health
P 360.558.5770 | F 360.558.5772
Monday - Friday • 8:00 a.m. - 5:00 p.m.

Vancouver Child & Family
P 360.558.5790 | F 360.558.5791
Monday - Friday • 8:00 a.m. - 5:00 p.m.

Vancouver WIC & MSS
5411 E. Mill Plain Blvd, Ste 28
Vancouver, WA 98661
WIC: P 360.397.8459
MSS: P 360.852.9092

SEATTLE - SOUTH PARK

Seattle Medical Clinic
8720 14th Ave S
Seattle, WA 98108
P 206.762.3730 | F 206.474.2003
Monday - Saturday • 8:00 a.m. - 5:00 p.m.
Guadalupe Macias 206.764.0497
Maria Ramirez 206.764.6295

Seattle Pharmacy
8800 14th Ave S
Seattle, WA 98108
P 206.762.3397 | F 206.764.8362
Monday - Friday • 8:15 a.m. - 5:00 p.m.

Seattle Dental Clinic
8915 14th Ave S, Second Floor
Seattle, WA 98108
P 206.762.3263 | F 206.763.6574
Monday - Saturday • 8:00 a.m. - 5:00 p.m.
Saturday - children only

Seattle Behavioral Health Clinic
10001 17th Place S
Seattle, WA 98168
P 206.766.6976 | F 206.766.6993
Monday - Friday • 8:00 a.m. - 5:00 p.m.

Seattle WIC & MSS located at:
8915 14th Ave, Third Floor
Seattle, WA 98108

Seattle WIC
P 206.762.0876 | F 206.763.1856
Monday - Wednesday, Friday, Saturday
8:00 a.m. - 5:00 p.m.
Thursday • 8:00 a.m. - 7:00 p.m.

Seattle MSS
P 206.766.6598 | F 206.763.1856
Monday - Friday • 8:00 a.m. - 5:00 p.m.

Renacer Youth Treatment Center
10001 17th Place S
Seattle, WA 98168
P 206.766.6969 | F 206.766.6979
24-hours, 7 days a week

Child Development Center, Home Health & Community Care Center located at:
1040 S Henderson St
Seattle, WA 98108

Child Development Center
P 206.788.3245 | F 206.763.5225
Monday - Friday • 6:00 a.m. - 6:00 p.m.

Home Health
P 206.764.4717 | F 206.764.8072
Monday - Sunday • 24 hours

Community Care Center
P 206.788.3200 | F 206.763.5225
Monday - Sunday • 24 hours

Boxing Club
9635 Des Moines Dr
Seattle, WA 98108
P 206.992.1276
Monday - Friday • 5:30 p.m. - 7:30 p.m.

Home Care, Latino Sr. I & S, Citizenship
8915 14th Ave S, First floor
Seattle, WA 98108
P 206.764.4700 | F 206.764.0494
Office: Monday - Friday • 8:00 a.m. - 5:00 p.m.
Home Care Visits: Monday - Sunday • 24 hrs

SEATTLE - WHITE CENTER

White Center Medical, Dental & Behavioral Health located at:
9650 15th Ave SW, #100
Seattle, WA 98106
Mary Ybanez: 206.965.1010

White Center Medical Clinic
P 206.965.1000 | F 206.965.1031
Monday - Friday • 8:00 a.m. - 5:00 p.m.

White Center Dental Clinic - children only
P 206.965.1005 | F 206.965.1040
Monday - Saturday • 8:00 a.m. - 5:00 p.m.

White Center Behavioral Health Clinic
P 206.965.1055 | F : 206.965.1032
Monday - Friday • 8:00 a.m. - 5:00 p.m.

FEDERAL WAY

Federal Way Medical, Dental, Behavioral Health & MSS located at:
31405 18th Ave S
Federal Way, WA 98003

Federal Way Medical Clinic
P 253.681.6600 | F 253.681.6645
Monday - Friday • 8:00 a.m. - 5:00 p.m.
Karla Garcia: 253.681.6600

Federal Way Dental Clinic
P 253.681.6620 | F 253.681.6648
Monday - Friday • 8:00 a.m. - 5:00 p.m.

Federal Way Behavioral Health Clinic
P 253.681.6640 | F 253.681.6631
Monday - Friday • 8:00 a.m. - 5:00 p.m.

Federal Way MSS
P 206.212.4510
Monday - Friday • 8:00 a.m. - 5:00 p.m.

SEATTLE - CENTRAL DISTRICT

Cannon House & Turning Point Treatment Center located at:
113 23rd Ave S
Seattle, WA 98144

Cannon House (Assisted Living)
P 206.709.1777 | F 206.860.9846
Monday - Sunday • 24 hours

Turning Point Treatment Center
P 206.219.5980 | F 206.219.5967
24-hours, 7 days a week

BELLEVUE

Bellevue Medical, Dental & Pharmacy located at:
3801 150th Ave SE
Bellevue, WA 98006

Bellevue Medical Clinic
P 425.460.7140 | F 425.460.7161
Monday - Saturday • 8:00 a.m. - 5:00 p.m.
Evelin Ramirez Rodriguez: 425.460.7149

Bellevue Dental Clinic
P 425.998.5980 | F 425.998.5975
Monday - Saturday • 8:00 a.m. - 5:00 p.m.

Bellevue Pharmacy
P 425.998.5990 | F 425.998.5994
Monday - Friday • 8:15 a.m. - 5:00 p.m.

Bellevue Behavioral Health Clinic
12835 Bel-Red Rd
Suite 145, Bldg 100
Bellevue, WA 98005
P 425.460.7114 | F 425.460.7115
Monday - Friday • 8:00 a.m. - 5:00 p.m.

Bellevue Child and Family
1811 156th Ave NE, Ste 2
Bellevue, WA 98007
P 425.460.7125 | F 425.460.7148
Monday - Friday • 8:00 a.m. - 5:00 p.m.

DES MOINES

Des Moines Medical, Dental, Behavioral Health & Pharmacy located at:
2781 South 242nd St
Des Moines, WA 98198
Lizbeth Garcia: 206.212.4500

Des Moines Medical Clinic
P 206.212.4500 | F 206.212.4515
Monday - Friday • 8:00 a.m. - 5:00 p.m.

Des Moines Dental Clinic
P 206.212.4520 | F 206.212.4525
Monday - Saturday • 8:00 a.m. - 5:00 p.m.

Des Moines Behavioral Health
P 206.212.4500 | F 206.212.4515
Monday - Friday • 8:00 a.m. - 5:00 p.m.

Des Moines Pharmacy
P 206.212.4530 | F 206.212.4535
Monday - Friday • 8:15 a.m. - 5:00 p.m.

Des Moines MSS
2781 S 242nd St
Des Moines, WA 98198
P 206.212.4510
Monday - Friday • 8:00 a.m. - 5:00 p.m.

Des Moines Family Housing
2741 S. 242nd St
Des Moines, WA 98198
P 206.788.3293

BURIEN

Burien Medical Clinic
14434 Ambaum Blvd SW, Ste 5
Burien, WA 98166
P 206.812.6140 | F 206.812.2466
Monday - Saturday • 8:00 a.m. - 5:00 p.m.
Jane Speleers: 206.812.6151

Puget Sound Skills Center Dental Clinic
18010 8th Ave S, Ste 416
Burien, WA 98148
P 206.631.7316 | F 206.631.7339
Monday - Friday • 8:00 a.m. - 5:00 p.m.

Burien WIC & MSS located at:
14434 Ambaum Blvd SW
Burien, WA 98166

Burien WIC
P 206.812.9173 | F 206.812.9174
Monday - Friday • 8:00 a.m. - 5:00 p.m.
Wednesday • 8:00 a.m. - 7:00 p.m.
(Closed first Wednesday of every month)

Burien MSS
P 206.812.9190 | F 206.812.9174
Monday - Friday • 8:00 a.m. - 5:00 p.m.

KENT

Kent Medical Clinic
233 2nd Ave S
Kent, WA 98032
P 206.436.6380 | F 206.436.6368
Monday and Wednesday • 8:00 a.m. - 8:00 p.m.
Tuesday, Thursday, Friday • 8:00 a.m. - 5:00 p.m.
Emily Vargas: 206.436.6369

Kent Behavioral Health Clinic
1601 W Meeker St, Ste 201
Kent, WA 98032
P 206.764.8019 | F 253.480.2937
Monday and Wednesday • 8:00 a.m. - 5:00 p.m.
Tuesday, Thursday, Friday • 8:00 a.m. - 6:30 p.m.

Kent Mercy Housing
25818 26th Place S
Kent, WA 98032
P 206.436.6380 | F 206.436.6384
Every other Wednesday • 4:30 p.m. - 8:30 p.m.

*Find contact information of more Sea Mar King County services at www.seamar.org.

ABERDEEN

Aberdeen Medical Clinic
1813 Sumner Ave
Aberdeen, WA 98520
P 360.538.1293 | F 360.538.3908
Monday - Thursday 8:00 a.m. - 7:00 p.m.
Friday 8:00 a.m. - 5:00 p.m.
Angelina Nunez: 360.537.4203
Tanya Rondon: 360.537.4203

Aberdeen Dental Clinic
1813 Sumner Ave
Aberdeen, WA 98520
P 360.538.1463 | F 360.537.4218
Monday - Saturday 8:00 a.m. - 5:00 p.m.
Saturdays children only

Aberdeen Behavioral Health Clinic
1813 Sumner Ave
Aberdeen, WA 98520
P 360.538.1461 | F 360.537.4202
Monday - Thursday 8:00 a.m. - 8:00 p.m.
Friday 8:00 a.m. - 6:30 p.m.

Aberdeen MSS
1813 Sumner Avenue
Aberdeen, WA 98520
P 360.861.8710 | F 360.861.8717
By appointment only

ELMA

Elma Medical Clinic
515 W Main St
Elma, WA 98541
P 360.861.8700 | F 360.861.8711
Monday - Thursday 8:00 a.m. - 5:00 p.m.
Angelina Nunez (Wed, Thurs.)
By appointment call: 360.537.4203

Elma WIC
1510 W Main St
Elma, WA 98541
P 360.482.4510 | F 360.482.4513
Monday, Wednesday, Thursday, Friday
8:00 a.m. - 5:00 p.m.

Elma MSS
1510 W Main St
Elma, WA 98541
P 360.861.8710 | F 360.861.8717
Monday, Wednesday, Thursday, Friday
8:00 a.m. - 5:00 p.m.

OCEAN SHORES

Ocean Shores Medical
597 Point Brown Ave NW
Ocean Shores, WA 98569
P 360.289.2427 | F 360.289.9982
Monday, Wednesday and Friday
8:00 a.m. - 5:00 p.m.
Tuesday and Thursday 8:00 a.m. - 7:00 p.m.
Tanya Rondon (Mon, Tues.)
By appointment call: 360.537.4203

Ocean Shores Dental
597 Point Brown Ave NW
Ocean Shores, WA 98569
P 360.289.2415 | F 360.289.2843
Monday - Friday 8:00 a.m. - 5:00 p.m.

Ocean Shores WIC
597 Point Brown Ave NW
Ocean Shores, WA 98569
P 360.289.2239
First three Tuesdays of the month
8:00 a.m. - 3:00 p.m.

PORT ANGELES

Port Angeles Dental Clinic
228 W First St, Stes K&L
Port Angeles, WA 98362
P 360.406.5260 | F 360.406.5275
Monday - Saturday 8:00 a.m. - 5:00 p.m.

TACOMA

Tacoma Medical, Dental & Pharmacy located at:
1112 S. Cushman Ave
Tacoma, WA 98405

Tacoma Medical Clinic
P 253.593.2144 | F 253.280.9881
Monday - Friday • 8:00 a.m. – 5:00 p.m.
Elizabeth Herrera 253.280.9802

Tacoma Dental Clinic
P 253.280.9770 | F 253.246.6822
Monday - Saturday • 8:00 a.m. – 5:00 p.m.

Tacoma Pharmacy
P 253.246.6830 | F 253.246.6838
Monday - Friday • 8:15 a.m. – 5:00 p.m.

Tacoma Dental Clinic - 11th Street
1215 S 11th St
Tacoma, WA 98405
P 253.280.9840 | F 253.272.1952
Monday - Saturday • 8:00 a.m. – 5:00 p.m.
Saturday children only

Tacoma Health Care for the Homeless - Dental
3712 S Cedar St
Tacoma, WA 98409
P 253.682.2190 | F 253.682.2191
Monday - Friday • 8:00 a.m. – 5:00 p.m.

Tacoma Health Care for the Homeless - Medical
1307 S 11th St
Tacoma, WA 98405
P 253.682.2180 | F 253.682.2181
Monday - Friday • 8:00 a.m. – 5:00 p.m.

Tacoma Behavioral Health Clinic
2121 S 19th St
Tacoma, WA 98405
P 253.396.1634 | F 253.396.1663
Monday - Friday • 8:00 a.m. – 5:00 p.m.

Tacoma Treatment Center - adults, ages 18+
1415 Center St
Tacoma, WA 98409
P 253.280.9860 | F 253.280.9870
Monday - Friday • 8:00 a.m. – 5:00 p.m.

Tacoma Chemical Dependency
1119 Tacoma Ave S
Tacoma, WA 98402
P 253.246.6820 | F 253.246.6839
Monday - Friday • 9:00 a.m. – 6:00 p.m.

Tacoma WIC & MSS
1516 S 11th St
Tacoma, WA 98405
WIC: P 253.280.9851 | F 253.280.9853
MSS: P 253.280.9836 | F 253.280.9811
Monday - Friday • 8:00 a.m. – 5:00 p.m.

UNIVERSITY PLACE

WIC - University Place
3560 Bridgeport Way W, Ste 1-A
University Place, WA 98466
P 253.343.6050 | F 253.343.6069
Monday - Thursday • 8:00 a.m. – 7:00 p.m.
Friday • 8:00 a.m. – 5:00 p.m.

MILTON

WIC - Milton Community Center
1400 15th Ave
Milton, WA 98354
P 253.922.3888 | F 253.922.3887
2nd Friday of the month • 8:30 a.m. – 11:45 a.m.

LAKEWOOD

Tillicum Medical & WIC located at:
14916 Washington Ave SW
Lakewood, WA 98498

Tillicum Medical Clinic
P 253.280.9890 | F 253.582.0273
Monday - Friday • 8:00 a.m. – 5:00 p.m.
By appointment call 253.280.9802

Tillicum WIC
P 253.582.6252 | F 253.289.0865
Friday • 8:00 a.m. – 5:00 p.m.

PUYALLUP

Puyallup Medical & Dental located at:
10217 125th St, Ct E
Puyallup, WA 98374

Puyallup Medical Clinic
P 253.864.4550 | F 253.864.4765
Monday - Saturday • 8:00 a.m. – 5:00 p.m.
Veronica Gonzalez 253.864.4546

Puyallup Dental Clinic - children only
P 253.864.4760 | F 253.864.4766
Monday - Saturday • 8:00 a.m. – 5:00 p.m.

Puyallup Behavioral Health Clinic
12812 101st Ave, Ct E #202
Puyallup, WA 98373
P 253.864.4770 | F 253.864.4771
Monday - Friday • 8:00 a.m. – 5:00 p.m.

GIG HARBOR

Gig Harbor Behavioral Health Clinic
6659 Kimball Dr, Ste C 301
Gig Harbor, WA 98335
P 253.280.9888 | F 253.432.4959
Monday - Friday • 8:00 a.m. – 5:00 p.m.

FIFE

WIC - Fife Community Center
2111 54th Ave E
Fife, WA 98424
P 253.926.8767 | F 253.926.5509
Monday - Friday • 8:00 a.m. – 5:00 p.m.
Closed second Friday of the month

MOUNT VERNON

Mt. Vernon Medical Clinic
1400 N LaVenture Rd
Mt. Vernon, WA 98273
P 360.428.4075 | F 360.542.8796
Monday - Saturday • 8:00 a.m. – 5:00 p.m.
Raquel Rincon/Norma Rios 360.428.4075

Mt. Vernon - Skagit Valley Women's Clinic
125 N 18th St, Ste A
Mt. Vernon, WA 98273
P 360.588.5570 | F 360.588.5562
Monday - Friday • 8:00 a.m. – 5:00 p.m.

Mt. Vernon Pharmacy
1400 N LaVenture Rd
Mt. Vernon, WA 98273
P 360.542.8800 | F 360.542.8797
Monday - Friday • 8:15 a.m. – 5:00 p.m.

Mt. Vernon Dental Clinic
1400 N LaVenture Rd
Mt. Vernon, WA 98273
P 360.542.8901 | F 360.542.8790
Monday - Saturday • 8:00 a.m. – 5:00 p.m.
Saturday children only

Mt. Vernon Behavioral Health Clinic
1010 E College Way
Mt. Vernon, WA 98273
P 360.542.8920 | F 360.542.8930
Monday - Wednesday • 8:00 a.m. – 7:00 p.m.
Thursday • 8:00 a.m. – 6:00 p.m.
Friday • 8:00 a.m. – 5:00 p.m.

Homeless Health Care Assistance Program
1010 E College Way
Mt. Vernon, WA 98273
P 360.542.8899 | F 360.424.5822
Monday - Friday • 8:00 a.m. – 5:00 p.m.

Migrant & Seasonal Farmworker Promotores Program
125 N 18th St, Ste A
Mt. Vernon, WA 98273
P 360.542.8898 or 360.926.5708
Monday - Friday • 8:00 a.m. – 5:00 p.m.

OAK HARBOR

Oak Harbor Dental Clinic
31775 State Rte 20, Ste A-3
Oak Harbor, WA 98277
P 360.679.9216 | F 360.679.9239
Tuesday - Saturday • 8:00 a.m. – 5:00 p.m.

Oak Harbor Behavioral Health Clinic
31640 State Rte 20, Ste 1
Oak Harbor, WA 98277
P 360.679.7676 | F 360.682.5947
Monday - Friday • 8:00 a.m. – 5:00 p.m.

CONCRETE

Concrete Medical Clinic
7438 S D Ave
Concrete, WA 98237
P 360.853.8183 | F 360.853.7211
Monday, Wednesday, Thursday, Friday
8:00 a.m. – 5:00 p.m.
Tuesday • 9:00 a.m. – 6:00 p.m.
By Appointment Call 253.457.7360
Vicki Massingale: 360.853.8183

Concrete Pharmacy
7438 S D Ave
Concrete, WA 98237
P 360.853.8109 | F 360.853.8350
Monday - Friday • 8:15 a.m. – 5:00 p.m.

ANACORTES

Anacortes Behavioral Health Clinic
1004 M Ave
Anacortes, WA 98221
P 360.293.8007 | F 360.293.7541
Monday - Friday • 8:00 a.m. – 5:00 p.m.

MARYSVILLE

Marysville Medical Clinic and MSS
located at:
9710 State Ave
Marysville, WA 98270

Marysville Medical Clinic
P 360.653.1742 | F 360.657.3092
Monday, Wednesday – Saturday
8:00 a.m. – 5:00 p.m.
Tuesday • 8:00 a.m. – 9:00 p.m.
Jessica Aguilar 360.657.3054

Marysville MSS
P 360.657.3078
Monday, Wednesday – Friday
8:00 a.m. – 5:00 p.m.
Tuesday • 8:00 a.m. – 8:00 p.m.

Marysville Dental Clinic
4922 Grove St NE
Marysville, WA 98270
P 360.657.3091 | F 360.657.5732
Monday – Saturday • 8:00 a.m. – 5:00 p.m.
Saturday children only

LYNNWOOD

Lynnwood Behavioral Health Clinic
4111 Alderwood Mall Blvd
Lynnwood, WA 98036
P 425.977.2560 | F 425.977.2561
Monday – Friday • 8:00 a.m. – 7:00 p.m.

MONROE

Monroe Medical Clinic
17707 W Main St
Monroe, WA 98272
P 360.282.3885 | F 360.512.2026
Monday – Saturday • 8:00 a.m. – 5:00 p.m.
Gladys Rivas 360.282.3891

Monroe Dental Clinic
17707 W Main St
Monroe, WA 98272
P 360.282.3900 | F 360.282.3907
Monday – Saturday • 8:00 a.m. – 5:00 p.m.

Monroe Behavioral Health Clinic*
14090 Fryelands Blvd SE, Ste 347
Monroe, WA 98272
P 360.805.3122 | F 360.805.9180
Monday – Friday • 8:00 a.m. – 5:00 p.m.

Monroe MSS
909 W Main St
Monroe, WA 98272
P 360.282.3896 | F 360.512.2026
Monday – Saturday • 8:00 a.m. – 5:00 p.m.

EVERETT

Everett Medical Clinic and MSS located at:
1920 100th St SE, Bdg B
Everett, WA 98208

Everett Medical Clinic
T 425.312.0202 | F 425.312.0263
Monday, Tuesday, Wednesday and Friday
8:00 a.m. – 5:00 p.m.
Thursday
8:00 a.m. – 9:00 p.m.
Sara Gregorio 425.312.0192

Everett MSS
T 425.312.0204
Monday, Tuesday, Wednesday and Friday
8:00 a.m. – 5:00 p.m.
Thursday • 8:00 a.m. – 8:00 p.m.

Everett Pharmacy
1920 100th St SE, Bldg B
Everett, WA 98208
P 425.312.0190 | F 425.312.0198
Monday – Friday • 8:15 a.m. – 5:00 p.m.

Everett Dental Clinic
1920 100th St, Ste C2
Everett, WA 98208
P 425.249.0770 | F 425.249.0771
Monday – Saturday • 8:00 a.m. – 5:00 p.m.

Everett Behavioral Health Clinic
5007 Claremont Way
Everett, WA 98203
P 425.609.5505 | F 425.609.5506
Monday – Friday • 8:00 a.m. – 5:00 p.m.

Everett Intensive Outpatient Clinic*
1920 100th St SE, Ste C-3
Everett, WA 98208
P 425.312.0201 | F 425.312.0230
Monday – Friday • 8:00 a.m. – 7:00 p.m.

* Child and family behavioral health programs available at these locations.

OLYMPIA

Olympia Medical & Pharmacy located at:
3030 Limited Ln NW
Olympia, WA 98502

Olympia Medical Clinic
P 360.491.1399 | F 360.704.2914
Monday - Friday • 8:00 a.m. - 5:00 p.m.
Josue Ferrer 360.704.7581

Olympia Pharmacy
P 360.704.7575 | F 360.704.7579
Monday - Friday • 8:15 a.m. - 5:00 p.m.

Thurston Co. Walk-In Clinic
205 Lilly Rd. NE, Ste A1
Olympia, WA 98506
P 360.742.5000 | F 360.742.5019
Sunday - Saturday • 11:00 a.m. - 10:00 p.m.

Olympia WIC
905 24th Way SW, Ste B-3
Olympia, WA 98502
P 360.754.2936 | F 360.528.3329
Monday, Tuesday and Thursday
8:00 a.m. - 7:00 p.m.
Wednesday and Friday • 8:00 a.m. - 5:00 p.m.

LACEY

Lacey Medical & Dental located at:
669 Woodland Square Loop SE
Lacey, WA 98503

Lacey Medical Clinic
P 360.359.4840 | F 360.359.4850
Monday - Friday • 8:00 a.m. - 5:00 p.m.
Ana Hinojosa 360.359.4840

Lacey Dental Clinic
P 360.359.4860 | F 360.359.4861
Monday - Saturday • 8:00 a.m. - 5:00 p.m.
Saturday ortho only - Children and Adults

ROCHESTER

Rochester WIC
18543 Albany St SW
Rochester, WA 98579
P 360.754.2936
First Wednesday • 9:00 a.m. - 4:00 p.m.

TENINO

Tenino WIC
125 Central St E
Tenino, WA 98589
P 360.754.2936 | F 360.528.3329
Third Wednesday • 9:00 a.m. - 4:00 p.m.

TUMWATER

Tumwater Dental Clinic
409 Custer Way, Ste C
Tumwater, WA 98501
P 360.570.8016 | F 360.570.8275
Monday - Saturday • 8:00 a.m. - 5:00 p.m.

Tumwater Behavioral Health Clinic
6334 Littlerock Rd SW
Tumwater, WA 98512
P 360.704.7590 | F 360.705.7591
Monday - Friday • 8:00 a.m. - 5:00 p.m.

Tumwater Child and Family
6336 Littlerock Rd SW
Tumwater, WA 98512
P 360.704.7590 | F 360.704.7564
Monday - Friday • 8:00 a.m. - 5:00 p.m.

YELM

Yelm Medical, Dental, Behavioral Health, WIC & MSS located at:
202 Cullens St NW
Yelm, WA 98597

Yelm Medical Clinic
P 360.400.4800 | F 360.400.4821
Monday - Friday • 8:00 a.m. - 5:00 p.m.
Cindy Mendoza 360.400.4800

Yelm Dental Clinic
P 360.400.4840 | F 360.400.4841
Monday - Saturday • 8:00 a.m. - 5:00 p.m.

Yelm Behavioral Health Clinic
P 360.400.4860 | F 360.400.4861
Monday - Friday • 8:00 a.m. - 5:00 p.m.

Yelm WIC
P 360.400.4830 | F 360.528.3329
Monday, Tuesday and Thursday
8:00 a.m. - 5:00 p.m.

Yelm MSS
P 360.754.2936 | F 360.528.3329
Monday - Friday • 8:00 a.m. - 5:00 p.m.

BELLINGHAM

Bellingham Medical Clinic

4455 Cordata Pkwy
Bellingham, WA 98226
P 360.671.3225 | F 360.671.0000

Monday • 8:00 a.m. - 9:00 p.m.
Tuesday - Saturday • 8:00 a.m. - 5:00 p.m.

Rafael Ayala 360.671.3225
Claudia Martinez Veliz 360.671.3225

Bellingham Mercy Housing

512 Sterling Dr
Bellingham, WA 98226
P 360.788.7110 | F 360.671.3255

Every other Tuesday • 5:30 p.m. - 8:30 p.m.

Bellingham Dental Clinic

4455 Cordata Pkwy
Bellingham, WA 98226
P 360.788.7101 | F 360.788.7131

Monday - Saturday • 8:00 a.m. - 5:00 p.m.
Saturdays children only

Bellingham Behavioral Health Clinic

3350 Airport Dr
Bellingham, WA 98226
P 360.734.5458 | F 360.734.5298

Monday - Friday • 8:00 a.m. - 5:00 p.m.

Visions Youth Treatment Center

1603 E Illinois St
Bellingham, WA 98226
P 360.647.4266 | F 360.788.7181

Office: Monday - Friday 8:00 a.m. - 5:00 p.m.
Facility: Monday - Saturday • 24 hrs
Female Youth - ages 18 and under

Bellingham Child and Family

3350 Airport Dr, Second Floor
Bellingham, WA 98226
P 360.398.5444 | F 360.398.5435

Monday - Friday • 8:00 a.m. - 5:00 p.m.

Bellingham WIC & MSS

4455 Cordata Pkwy
Bellingham, WA 98226
WIC: P 360.788.7150 | F 360.715.8302

Monday - Friday • 8:00 a.m. - 5:00 p.m.
MSS: P 360.788.7149 | F 360.715.8302

Monday • 8:00 a.m. - 8:00 p.m.
Tuesday - Friday • 8:00 a.m. - 5:00 p.m.

Migrant and Seasonal Farmworker

Promotores Program

4455 Cordata Pkwy
Bellingham, WA 98226
P 360.788.7143

Monday - Friday • 8:00 a.m. - 5:00 p.m.

Homeless Health Care Assistance Program

4455 Cordata Pkwy
Bellingham, WA 98226
P 360.788.7155 | F 360.671.0000

Monday - Friday • 8:00 a.m. - 5:00 p.m.

EVERSON

Everson Medical Clinic

6884 Hannegan Rd
Everson, WA 98247
P 360.354.0766 | F 360.722.7765

Monday - Wednesday, Friday •
8:00 a.m. - 5:00 p.m.

Thursday • 8:00 a.m. - 9:00 p.m.

Rafael Ayala 360.354.0766
(Wednesday only)



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- Request your records and X-rays

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For more information ask a Sea Mar care team member at your local Sea Mar Dental Clinic.



Helping The Homeless

Services and resources including:

- Medical Services
- Dental Screenings
- Health Insurance Enrollments
- Shower Service
- Washer & Dryer Service
- Employment Building Services
- Free Hair Cuts
- Free Hygiene Products
- Other Community Resources



The Sea Mar Tacoma Healthcare for the Homeless clinic is tailored to providing exceptional health care and resources to those experiencing homelessness.

BRING YOUR CHILD IN FOR THEIR CHECK UP & VACCINES

Getting all of your immunizations is the best way to protect your child against diseases!

WELL CHILD CHECK SCHEDULE	RECOMMENDED IMMUNIZATIONS
Birth	Hepatitis B #1
2 Months	DTaP #1 (diphtheria, tetanus, pertussis/whooping cough), Hib #1 (haemophilus influenzae type b), Polio #1, Pneumococcal #1, Rotavirus #1 and Hepatitis B #2
4 Months	DTaP #2, Hib #2, Polio #2, Pneumococcal #2 and Rotavirus#2
6 Months	DTaP #3, Hib #3, Polio #3, Pneumococcal #3, Rotavirus #3, Hepatitis B #3 and Flu #1 (A second dose of the Flu vaccine is needed 4 weeks later)
*Follow up nurse visit 1 month after	Flu #2 (YEARLY FLU SHOTS RECOMMENDED AFTER THIS)
9 Months	No immunizations needed unless patient is behind on vaccines
12 Months	Hib #4, Pneumococcal #4, Hepatitis A #1, MMR #1(measles, mumps, rubella) and Varicella #1
15 Months	DTaP #4
18 Months	Hepatitis A #2
24 Months	No immunizations needed unless patient is behind on vaccines (YEARLY WCC APPOINTMENTS RECOMMENDED UNTIL 18 YEARS OLD, NO VACCINES NEEDED UNTIL 4 YRS IF UP TO DATE)
4 Years	DTaP #5, Polio #4, MMR #2 and Varicella #2 (NO VACCINES NEEDED UNTIL 11 YRS IF UP TO DATE)
11 Years	Tdap (tetanus, diphtheria, pertussis/whooping cough), Meningococcal #1, HPV #1(human papillomavirus) (A second dose of HPV is needed 6 months later)
*Follow up nurse visit 6 months after	HPV #2
16 Years	MCV#2

Did you know all of the health plans have rewards programs for their members for keeping their children healthy? To find more, contact your assigned health plan or contact Sea Mar's Patient Contact Center at **1.855.289.4503** for more details.

Amerigroup 1.855.323.4688
Coordinated Care 1.877.644.4613
United Healthcare 1.844.296.4345

CHPW 1.800.440.1561
Molina 1.800.869.7165