

Occupational Health Service Center

During regular business hours, contact the Occupational Health Service Center to schedule appointments. We can direct you to the nearest participating medical office with Occupational Health services.

Hours: 8:00 a.m.–5 p.m., Monday–Friday.

Portland 503-249-3531

All other areas... 1-888-414-3531 (toll free)

PORTLAND AREA

Beaverton Medical Office

4855 SW Western Ave., Beaverton, OR 97005

After-hours urgent care: 10 a.m.–5:30 p.m., weekends/holidays.

To make an appointment, call

Portland 503-249-3531

All other areas... 1-888-414-3531 (toll free)

For workers' compensation claims information, call

503-249-3396

Interstate Medical Office Central

3600 N Interstate Ave., Portland, OR 97227

After-hours urgent care at Interstate Medical Office South, 3500 N Interstate Ave.:

6 p.m.–8:30 p.m., Monday–Friday;

7 a.m.–8:30 p.m., weekends/holidays.

To make an appointment, call

Portland 503-249-3531

All other areas... 1-888-414-3531 (toll free)

For workers' compensation claims information, call

503-249-3398

Mt. Talbert Medical Office

10100 SE Sunnyside Road, Clackamas, OR 97015

After-hours urgent care at Mt. Scott Medical Office, 9800 SE Sunnyside Road:
10 a.m.–5:30 p.m., weekends/holidays.

To make an appointment, call

Portland 503-249-3531

All other areas... 1-888-414-3531 (toll free)

For workers' compensation claims information, call

(last name starting with A–K) 503-571-4236

(last name starting with L–Z) 503-571-4230

Rockwood Medical Office

19500 SE Stark St., Portland, OR 97233

To make an appointment, call

Portland 503-249-3531

All other areas... 1-888-414-3531 (toll free)

For workers' compensation claims information, call

503-249-3396

SOUTHWEST WASHINGTON

Cascade Park Medical Office

12607 SE Mill Plain Blvd., Vancouver, WA 98684

After-hours urgent care: 10 a.m.–5:30 p.m., weekends and holidays.

To make an appointment, call

Portland 503-249-3531

All other areas... 1-888-414-3531 (toll free)

For workers' compensation claims information, call

(last name starting with A–K) 360-735-5268

(last name starting with L–Z) 360-735-5269

Longview-Kelso Medical Office

1230 Seventh Ave., Longview, WA 98632

After-hours urgent care: 5–7:30 p.m., Monday–Friday; 10 a.m.–5:30 p.m., Saturdays/holidays (closed on Thanksgiving and Christmas).

To make an appointment, call

Portland 503-249-3531

All other areas... 1-888-414-3531 (toll free)

For workers' compensation claims information, call

360-636-6244

Vancouver Medical Office

2211 E Mill Plain Blvd., Vancouver, WA 98661

After-hours urgent care at Cascade Park Medical Office, 12607 SE Mill Plain Blvd.: 10 a.m.–5:30 p.m., weekends/holidays.

To make an appointment, call

Portland 503-249-3531

All other areas... 1-888-414-3531 (toll free)

For workers' compensation claims information, call

(last name starting with A–K) 360-735-5268

(last name starting with L–Z) 360-735-5269

METRO PORTLAND/SOUTHWEST WASHINGTON



Kaiser On-the-Job®

WHAT TO DO

FOR WORK-RELATED ILLNESS OR INJURY



All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Ste. 100, Portland, OR 97232
5KOJ-09/8-09



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5KOJ-09/8-09

Kaiser On-the-Job[®]

the experts in
occupational health

We started out caring for workers building Washington's Grand Coulee Dam in the 1930s. For 70 years, we've helped workers get back on their feet so they could earn a living for themselves and their families.



What to do when you need care

- **Care during business hours**
Contact the Occupational Health Service Center to schedule appointments during normal business hours. We can direct you to the nearest Occupational Health location.
Hours: 8:00 a.m.–5 p.m., Monday–Friday.
Portland 503-249-3531
All other areas 1-888-414-3531 (toll free)
- **After-hours care**
See the list on the back of this flyer for Occupational Health locations with after-hours urgent care. After 5 p.m. and on weekends and holidays, call:
Portland 503-813-2000
All other areas 1-800-813-2000
- **In a medical emergency**
Call 911 or go to the nearest hospital emergency department.

All workers welcome

You don't need one of our health plans to get medical care through Kaiser On-the-Job. We can treat anyone for work-related injuries or illness. Just let the receptionist know that you need care for a work-related condition. (If you're not sure whether the condition is work-related, tell us that, too.)

If you are a member, we'll already have your medical history on file.

Paperwork and billing

If your condition is determined to be work-related, we'll help you fill out the proper medical claim forms.

You'll also need to report the injury or illness to your employer. Your employer will have you fill out a workers' compensation claim form.

We'll send any bills directly to your employer's workers' compensation insurance. You and your employer will get copies of bills for your information.

Treatment and rehabilitation

Kaiser On-the-Job is more than first aid. We're equipped to provide all the care you need to get back to work.

We'll devise a treatment plan. We have doctors who specialize in all fields of medicine, including surgery. We have our own X-ray departments, laboratories, physical therapists, and pharmacies. Often, you'll find all the services you need at a single medical office. That means no driving from appointment to appointment to get treatment.

After each visit, you'll receive a summary that includes your work status. It will explain whether you're unable to work, able to return to work on a limited duty basis, or able to return to work on full duty status.

Our goal is the same as yours: to help you return to work as soon as medically appropriate.

We'll keep you informed

Peace of mind is an important part of getting better. Feel free to ask your doctor, therapist, or any other care provider about your treatment at any time.

We're also happy to answer questions about work status and work restrictions. From Portland, call us at 503-249-3531. From Vancouver, call 1-888-414-3531 (toll free). From Longview, call 360-636-6243.