

Treatment options:

In Emergency Situations...Call 911

For minor injuries: treatment of 1st aid or less (approximate 30 minute wait)

MedExpress: is a first aid treatment service which gives 4J staff an option for a [Cascade Health Solution's](#) EMT or Paramedic to provide on-site treatment for a minor on the job injury. When contacted, MedExpress goes to an on the job injury where they:

- Assess the severity of an on the job injury on-site OR over the phone
 - The injured worker does not need to drive to get treated
 - Treat on the job injury, up to first aid
 - If the injured worker does not seek/receive further treatment by a doctor, there is NO claim
 - Transport the injured worker to a physician, if recommended AND injured worker agrees
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For injuries wanting/needing treatment by a doctor

1. **[Cascade Health Solutions](#)** – On the job injury - Medical treatment beyond 1st aid
260 Suzanne Way
541-228-3000
 - 4J recommends Cascade Health Solutions because they specialize in treating on-the-job injuries and their staff are familiar with the workers compensation process.
2. **Private Doctor**
 - If you want to go to your private doctor, it is recommended you contact their office first to see if they can treat on-the-job injuries prior to going there.
3. **[Urgent Care](#) or After Hours Clinic**
 - a. **[Peace Health](#) - Urgent Care locations:**
 - U of O: 598 E 13th Ave, (541) 636-3473 – 9am to 9pm
 - 2710 Willamette St, (541) 735-3161 – 9am to 7pm
 - 1800 Coburg Rd, (541) 345-8760 – 9am to 7pm
 - 3321 W 11th Ave, 541) 222-7200 – 9am to 7pm
 - 1400 Valley River Dr Suite 110, (541) 222-7375, 9am to 7pm
 - 860 Beltline Rd, Springfield, (541) 222-6005 – 8am to 7pm
 - b. **[Oregon Medical Group](#) - After Hour Clinics:**
 - 11 Willamette St, (541) 465-2380 – 8am to 8pm
 - 2830 Crescent Ave, (541) 686-9000 – 8am to 8pm
 - 600 Country Club Rd, (541) 345-0600 – 8am to 5:30pm
 - 1835 Pearl St, (541) 687-1668 – 8am to 5pm
4. **Emergency Rooms:**
 - [U of O: PeaceHealth](#) Sacred Heart, 1255 Hilyard St, (541) 686-6931
 - [Springfield: PeaceHealth](#) Sacred Heart, 3333 Riverbend Dr, (541) 686-6931
 - [McKenzie-Willamette](#) Medical Center, 1460 G st, Springfield, 541-726-4400

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The 4J Wellness Clinic does NOT treat on-the-job injuries