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 Cobourg 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

***In Emergency Situations…Call 911***

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