



Care as Individual as You

What's Inside?

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Do You Suffer From Allergies?

We can help you find allergy relief!



Did You Know?

Effectively treating these allergies has proven to decrease childhood asthma cases by 47%!

Studies have shown nasal allergies affect about **50 million people** in the United States with as many as **30% of adults and 40% of children**. Allergic conditions are the most common health issues affecting children today.



Allergy Testing and Immunotherapy Treatment Services

Customized Immunotherapy is the **ONLY treatment protocol proven** to alter the underlying disease process, effectively treating the disease.

Patients who have taken Immunotherapy as directed have reported as much as **85% desensitization**.

Our allergy program is unique in that you can conveniently administer the majority of your therapy at home with only 6 office visits scheduled per year. Our nurse will give you all the tools and education needed to safely complete our treatment protocol, instead of going into an Allergist's office several times a week for a much longer and delayed treatment regimen.



Looking for Relief?

Call (503) 316-2088

-or-

Let your Primary Care Provider know that you would like to be referred for allergy testing. One of our Clinical Lab Specialists will call, answer any questions you may have, and get you scheduled.

Why is preventive care important?

Seven out of ten U.S. deaths are caused by chronic diseases.*

Half of the U.S. population lives with a chronic disease, many of which are preventable.

*According to the CDC

Preventive services that we offer include:

- Blood pressure screening
- Comprehensive blood work
- Preventative cancer screening
- Vaccinations
- Counseling and advocating healthy lifestyle (Weight loss, mental health, smoking cessation, etc.)



WE ARE OFFERING A NEW SERVICE

Chronic Care Management

Our nurses are here to help you manage your care

This Program Provides You With:

- ✓ Your own phone-based nurse care manager
- ✓ Direct answers to your medical questions
- ✓ Better coordination of care among all your providers
- ✓ Help navigating the healthcare system
- ✓ Medication advice
- ✓ Assistance with symptom management

Program Goals

- ✓ Help you achieve health and wellness goals
- ✓ Help keep you healthy, independent and out of the hospital
- ✓ Educate you on your health conditions and how to best manage them

How do I enroll?



Our Nurse Will Call You By Phone If You Qualify

Or reach out to our enrollment specialists for more information

(503) 200-5330

What are the Costs?

- Your insurance will be billed.
- Services are subject to deductible and coinsurance.
- This service is voluntary and you may opt out at any time.

Know Where to Get Care

Our mission is to improve the health and well-being of our community, and providing outstanding and compassionate care. View the information below to determine the best place to seek care based on what you are experiencing.



Primary Care

For non-emergency and preventative services, visit your primary care physician.

- Routine Checkups
- Immunizations
- Minor Illnesses
- Minor Injuries
- Mental Health services



Urgent Care

For urgent but not life threatening conditions, or when your PCP is unavailable, visit your nearest urgent care.

- Sprains
- Minor broken bones
- Minor burns
- Minor Infections
- Strep Throat
- Earache
- Diarrhea and vomiting




Emergency Room

For emergency and life threatening conditions, visit the emergency room.

- Heavy bleeding
- Chest Pain
- Major burns
- Difficulty breathing
- Seizures
- Head injuries
- Major broken bones


Find a Location Near You!


Pacific Medical Group - Beaverton

 4510 SW Hall Blvd
Beaverton, OR 97005


 (503) 644-1171


Pacific Medical Group - Canby

 1185 S Elm St.
Canby, OR 97013


 (503) 723-4660


Pacific Medical Group - N. Portland

 6445 N Greeley Ave.
Portland, OR 97217


 (503) 285-6607


Pacific Medical Group - Oregon City

 1001 Molalla Ave, Suite 100
Oregon City, OR 97045

 (503) 656-5273

Pacific Medical Group - Tigard

 13200 SW Pacific Hwy
Tigard, OR 97223

 (503) 598-2000