Learn more

COVID-19 Vaccine

The flu vaccine is now widely available at local pharmacies, ValleyCares.valleymed.org. Learn more.

A yearly flu shot is recommended for most everyone 6 months and older.

CDC—get creative and show your Halloween holiday spirit!

Learn more

Many are pregnant and/or breastfeeding and should only get the COVID-19 vaccine if they have a medical reason to do so.

It’s All in the Delivery—Virtual Birth Center Tour

Takes the Helm as New CEO

An Accomplished Valley Medical Center Leader, Jeannine Grinnell, named Valley Medical Center's new CEO. Read more.

My Child is Healthy—So Why Are Well Child Visits Important?

My Child is Healthy—So Why Are Well Child Visits Important?

Join the Valley Family—Show Your Spirit!

Why it's important to get vaccinated even if you've already had COVID-19

Learn more

Medical Home Recognition

Valley's Primary Care Clinics Receive National Patient-Centered Medical Home Recognition

Valley's 2021 "Top Doc" Providers Recognized

Every year, both Seattle Magazine and Seattle Met magazine publish the results of the peer-selected "Top Docs" and we have several winning physicians, PA-Cs and ARNPs recognized. Congratulations—we are proud to call you part of our VMC family.