At Valley Medical Center, we witness the remarkable power of life in everything we do. It’s humbling, it’s inspiring and serves as a constant reminder of why we are here—to care for people. From the comprehensive wellness check to extraordinary critical care, it is our goal to keep you and your family healthy, living pain free and leading a better life. We are proud to offer convenient, neighborhood clinics, walk-in urgent care and telehealth seven days a week. We’re also there for the unexpected, with 24-hour trauma and emergency services, experienced surgeons, medical specialists and state-of-the-art imaging, robotic and diagnostic technologies.

Specialty Care

Descriptions of each specialty care service begin on page 9.

- Anticoagulation
- Birth, OB/GYN, Midwives, Maternal Fetal Medicine, Genetic Testing & Neonatal Intensive Care Unit
- Breast Cancer Multidisciplinary Care
- Breast Center & Bone Mineral Density Testing
- Cancer Services (Oncology): Screening, Genetic Testing, Treatment & Support
- Cardiology (Heart)
- Clinical Research
- Dermatology (Skin)
- Diabetes & Thyroid (Endocrinology)
- Diabetes Education & Nutrition Counseling
- Digestive Health (Gastrointestinal, Colorectal & Endoscopy)
- Ear, Nose & Throat (ENT-Otolaryngology)
- Emergency Services & Level III Trauma Center
- Eye Care (Ophthalmology)
- Family Medicine (Primary Care)
- Foot & Ankle Care (Podiatry)
- Gastrointestinal, Colorectal, Endoscopy (Digestive Health)
- Heart (Cardiology) & Vascular
- Hematology (Blood & Marrow)
- High Risk Screening & Genetics
- Imaging Services (Radiology)
- Infectious Disease
- Infusion & Immunotherapy
- Internal Medicine
- Kidney (Nephrology)
- LGBTQ+ Care
- Lifestyle Medicine & Fitness Centers
- Lung (Pulmonary)
- Nephrology (Kidney)
- Adult & Pediatric Neurology, Epilepsy, Headache, Neuro Oncology, Neuropsychology, Stroke & Spine
- Neurosurgery
- Obstetrics, Gynecology & Midwives (Birth & Women’s Health)
- Occupational Health Services
- Oncology (Cancer Services)
- Ophthalmology (Eye Care)
- Orthopedic Services
- Outpatient Therapy Services (Physical, Occupational & Speech Therapy)
- Palliative & Supportive Care
- Pediatric Services
- Podiatry (Foot & Ankle)
- Psychiatry & Counseling
- Pulmonary (Lung)
- Radiology (Imaging)
- Rheumatology
- Senior (Geriatric) Care
- Skin (Dermatology)
- Sleep Medicine (Adult & Pediatric)
- Sports Medicine
- Surgery (General & Specialty)
- Urogynecology
- Urology
- Vascular Surgery & Services
- Women’s Health
- Wound Care
VMC’s Clinic Network Gives You the Convenience of First-Rate Medical Services Close to Home

**Primary Care**

**Your medical home for health and wellness**

Choosing a primary care partner is an important step in ongoing wellness. Valley’s primary care teams serve as personal health advocates for you and your family. Your primary care team will work with you to monitor and improve your health through all life’s stages, while coordinating care with specialty physicians as needed. Our focus on your health concerns, preventive care, living well with chronic conditions, and adhering to hundreds of quality standards translates into achieving the highest level of recognition from the National Committee for Quality Assurance as Patient-Centered Medical Homes. PCMH is a patient-focused, evidence-based model of care proven to improve quality and the patient experience, while reducing healthcare costs. Find a primary care provider at [valleymed.org/find-a-provider](http://valleymed.org/find-a-provider) or 425.690.3411.

**Urgent Care**

**Immediate medical services**

When a surprise illness or health concern can’t wait for your regular doctor, VMC’s urgent care clinics eliminate the wait of the Emergency Department. Enjoy walk-in treatment, telehealth visits, and after-hours care for acute illness, minor injuries, pregnancy tests, muscle sprains, x-rays and other services. Get in line online at [valleymed.org/wait-times](http://valleymed.org/wait-times).

**Specialty Care**

**Extensive network of specialists**

VMC offers a comprehensive network of board certified specialists to meet all your family’s healthcare needs. From digital mammograms to sleep studies, and ophthalmology to neurology, we’ve got you covered. Valley is recognized as a national leader in care for birth, cancer, cardiac, epilepsy, joint replacement, palliative care, spine surgery and stroke, as well as LGBTQ Healthcare Equality. Discover more at [valleymed.org/awards](http://valleymed.org/awards).
Auburn
- Valley Women’s Healthcare Clinic
  - Obstetrics, Gynecology & Midwives

Covington
- Covington Clinic South | Primary Care
  - Behavioral Health Integration Program
  - Pediatrics
- Covington Clinic South | Urgent Care
  - Podiatry
- Covington Clinic North | Specialty Care
  - Anticoagulation
  - Breast Center
  - Cardiology
  - Dermatology
  - Diabetes, Thyroid & Endocrinology
  - Ear, Nose & Throat
- Lifestyle Medicine & Fitness Center
  - Diabetes Education & Nutrition

Kent
- Kent Clinic | Primary Care
  - Behavioral Health Integration Program
  - Nephrology
- Kent Station Clinic | Primary Care
  - Diabetology, Thyroid & Endocrinology

Maple Valley
- Lake Sawyer Clinic | Primary Care
- Maple Valley Clinic | Primary Care
  - Sports Medicine Clinic
- Maple Valley Clinic | Urgent Care
- Lifestyle Medicine & Fitness Center
  - Diabetes Education & Nutrition

Newcastle
- Newcastle Clinic | Primary Care
  - Behavioral Health Integration Program
  - Dermatology

Renton
- Cascade Clinic | Primary Care
  - Behavioral Health Integration Program
  - Sports Medicine Clinic
- Internal Medicine Clinic | Primary Care
- Senior Care Clinic | Primary Care
- Valley Family Medicine Clinic
- Fairwood Clinic | Primary Care
  - Behavioral Health Integration Program
- Highlands Clinic | Primary Care
  - Behavioral Health Integration Program
  - Diabetes Education & Nutrition
- Renton Landing Clinic | Urgent Care
  - Acute Care Surgical Clinic
  - Anticoagulation Clinic
  - Breast Center & Multidisciplinary Clinic
  - Cardiology Clinic
  - Clinical Research
  - Colorectal Surgery Clinic
  - Dermatology Clinic
  - Diabetes Education & Nutrition Counseling
  - Diabetes, Thyroid & Endocrinology Clinic
  - Ear, Nose & Throat Clinic
  - Endoscopy Center
  - Eye Clinic
  - Gastrointestinal Clinic
  - General & Specialty Surgery Clinic
  - High Risk Screening & Genetics Clinic
  - Imaging Services
  - Infectious Disease Clinic
  - Infusion & Immunotherapy Center
  - Lifestyle Medicine & Fitness Center
  - Diabetes Education & Nutrition
  - Cardiac Rehabilitation
  - Physical Therapy
  - Pulmonary Rehabilitation
- Maternal Fetal Medicine Clinic
- Neuroscience Institute
  - Adult & Pediatric Neurology
  - Epilepsy
  - Headache
  - Movement Disorder
  - Multiple Sclerosis
  - Neuro Oncology
- Outpatient Therapy Services
  - Breast Cancer Rehabilitation
  - Hand Therapy
  - Lymphedema Services
  - Occupational Therapy
  - Pelvic Floor Rehabilitation
  - Physical Therapy
  - Speech and Language Therapy
  - Stroke Rehabilitation
  - Vestibular Rehabilitation
- Podiatry
- Psychiatry & Counseling Clinic
- Pulmonary & Sleep Disorder Clinic
- Radiation Oncology
- Rheumatology
- Supportive Care Clinic
- Sports Medicine Clinic
- Urology Clinic
- Valley Women’s Healthcare Clinics
  - Obstetrics, Gynecology & Midwives
- Vascular Surgery Clinic
- Wound Care Clinic

Current as of June 28, 2023
## Primary Care Locations

Telehealth appointments available.

<table>
<thead>
<tr>
<th>Clinic</th>
<th>Address</th>
<th>Tel Numbers</th>
<th>Clinic Hours</th>
<th>Urgent Care: see info on page 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cascade Clinic</strong></td>
<td>3915 Talbot Road S, Suite 200</td>
<td>425.690.3400, 7 AM – 5 PM</td>
<td>Mon – Fri 7 AM – 6 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Kent Station Clinic</strong></td>
<td>521 2nd Place North, Suite 11-103</td>
<td>425.690.3491, 7 AM – 5 PM</td>
<td>7 AM – 5 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Covington Clinic South</strong></td>
<td>27500 168th Pl SE, Covington, WA 98042</td>
<td>425.690.3430, 7 AM – 5 PM</td>
<td>Mon – Thurs 7 AM – 6 PM Fri 7 AM – 5 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Lake Sawyer Clinic</strong></td>
<td>27203 216th Ave. SE, Suite D</td>
<td>425.690.3425, 7 AM – 5 PM</td>
<td>Mon – Fri 7:15 AM – 5:15 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Maple Valley Clinic</strong></td>
<td>26458 Maple Valley</td>
<td>425.690.3460, 7 AM – 5 PM</td>
<td>Mon – Fri 7:15 AM – 5:30 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Newcastle Clinic</strong></td>
<td>7203 129th Avenue SE, Suite 100</td>
<td>425.690.3455, 7 AM – 5 PM</td>
<td>Mon – Fri 7 AM – 5 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Senior Care Clinic</strong></td>
<td>4033 Talbot Road S, Suite 570</td>
<td>425.690.3489, 7 AM – 5 PM</td>
<td>Mon – Fri 8 AM – 6 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Valley Family Medicine Clinic</strong></td>
<td>3915 Talbot Road S, Suite 401</td>
<td>425.690.3445, 7 AM – 5 PM</td>
<td>Mon – Fri 8:30 AM – 5 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Fairwood Clinic</strong></td>
<td>14410 SE Petrovitsky, Suite 104</td>
<td>425.690.3405, 7 AM – 5 PM</td>
<td>Mon – Fri 7 AM – 5:30 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Highlands Clinic</strong></td>
<td>3901 NE 4th Street, Suite 105</td>
<td>425.690.3410, 7 AM – 5 PM</td>
<td>Mon – Fri 7:30 AM – 5:30 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Internal Medicine Clinic</strong></td>
<td>4033 Talbot Road S, Suite 570</td>
<td>425.690.3490, 8 AM – 5 PM</td>
<td>Mon – Fri 8 AM – 6 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Kent Clinic</strong></td>
<td>24920 104th Ave. SE, Kent, WA 98030</td>
<td>425.690.3420, 7 AM – 5 PM</td>
<td>Mon – Fri 7:15 AM – 5:15 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Kent Station Clinic</strong></td>
<td>521 2nd Place North, Suite 11-103</td>
<td>425.690.3491, 7 AM – 5 PM</td>
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<td></td>
</tr>
<tr>
<td><strong>Senior Care Clinic</strong></td>
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<td><strong>Valley Family Medicine Clinic</strong></td>
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<td>425.690.3445, 7 AM – 5 PM</td>
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<td></td>
</tr>
</tbody>
</table>

Current as of June 28, 2023
Choose walk-in care with no appointment needed or skip the wait. Telehealth appointments available.

Grab your spot online!
Visit valleymed.org and click WAIT TIMES.

**CLINIC HOURS**
- **Mon – Fri:** 8 AM – 8 PM
- **Sat – Sun:** 8 AM – 4 PM
- **Holidays:** 8 AM – 4 PM

*Except Thanksgiving & Christmas

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**Covington Clinic South**
27500 168th Place SE
Covington, WA 98042
Tel: 425.690.3435

**Maple Valley Clinic**
26458 Maple Valley
Black Diamond Rd SE
Maple Valley, WA 98038
Tel: 425.690.3465

**Renton Landing Clinic**
1205 N 10th Street, Suite A
Renton, WA 98057
Tel: 425.690.3475

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**URGENT CARE OR EMERGENCY ROOM?**
Get answers by visiting valleymed.org/where2go or reading lists on page 8.
When the unexpected happens, choose the care you need

<table>
<thead>
<tr>
<th>URGENT CARE</th>
<th>EMERGENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minor broken bones with no skin penetration</td>
<td>Asthma attack (severe)</td>
</tr>
<tr>
<td>Allergies</td>
<td>Broken bones (where bone is visible)</td>
</tr>
<tr>
<td>Asthma attack (mild or moderate)</td>
<td>Burns or electrical shock (severe)</td>
</tr>
<tr>
<td>Burns (minor)</td>
<td>Difficulty breathing</td>
</tr>
<tr>
<td>Earaches and eye or skin infections</td>
<td>Coughing or vomiting blood</td>
</tr>
<tr>
<td></td>
<td>Poison ingestion</td>
</tr>
<tr>
<td></td>
<td>Severe diarrhea or dehydration</td>
</tr>
<tr>
<td></td>
<td>Shock</td>
</tr>
<tr>
<td>Adult flu shots</td>
<td>Trauma or serious head injury</td>
</tr>
<tr>
<td>Insect bites or rashes</td>
<td>Uncontrollable bleeding or amputation</td>
</tr>
<tr>
<td>Migraines</td>
<td>Vaginal bleeding during pregnancy</td>
</tr>
<tr>
<td>Upper respiratory infections—coughs, congestion, fever, flu or COVID-19 symptoms, sinus problems, sore throat, bronchitis</td>
<td></td>
</tr>
<tr>
<td>Minor cuts/wounds/stitches</td>
<td></td>
</tr>
<tr>
<td>Minor head injuries</td>
<td></td>
</tr>
<tr>
<td>Nausea, vomiting and diarrhea</td>
<td></td>
</tr>
<tr>
<td>Pregnancy tests</td>
<td></td>
</tr>
<tr>
<td>Sprains, strains or deep bruises</td>
<td></td>
</tr>
<tr>
<td>Bladder infections</td>
<td></td>
</tr>
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<td>Adult flu shots</td>
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<td>Sprains, strains or deep bruises</td>
<td></td>
</tr>
<tr>
<td>Bladder infections</td>
<td></td>
</tr>
</tbody>
</table>

Call 911 when life-threatening emergency is suspected, including:

- **Drug overdose:** Rapid heartbeat, dilated pupils, aggression, confusion, dizziness, vomiting, gurgling sound from airway obstruction, unconsciousness, blue fingers or lips, stopped breathing
- **Severe abdominal pain**
- **Seizure**
- **Heart attack:** Chest pain with pressure sensation or pain radiating into jaw, teeth, shoulder or back; or palpitations with dizziness; or shortness of breath, sweating and/or nausea or vomiting
- **Stoke:** Sudden dizziness, numbness or paralysis, difficulty seeing or speaking, or loss of consciousness
**Anticoagulation**

The Anticoagulation Clinic allows patients taking blood thinners to have their blood assessed with a simple test on the finger. Results are available immediately, eliminating painful blood work and the long wait for results from the lab and the doctor’s office. During a patient visit, our pharmacists are available to make dosage adjustments and answer questions. Physician referral required.

Anticoagulation Clinic (Covington & Renton) **425.690.3533**

**Birth Services & Support, Neonatal Intensive Care Unit & Pediatrics**

In addition to Valley Women’s Healthcare Clinic OB/GYN and midwives’ services, Valley Family Medicine clinic provides obstetric care, as well as postpartum and lifetime primary care for the baby and entire family. With genetic testing, maternal fetal medicine for complicated pregnancies, birth preparation classes, prenatal fitness, a full range of pain management options during labor including massage, narcotic-free nitrous oxide and epidural anesthesia, breastfeeding help, advice about parenting, and post-delivery medical care, VMC provides expert care before, during and after delivery.

Every year more than 3,000 babies get their start at The Birth Center, VMC’s state-of-the-art, family-oriented center with an exceptional, experienced care team. An obstetric specialist is on duty at all times, ensuring that a physician is always available in the event of an obstetric emergency, including Caesarean deliveries. In the unlikely event a baby requires intensive care, VMC partners with Seattle Children’s and UW Medicine to deliver expert neonatal specialty services around the clock in the Neonatal ICU. VMC offers a dedicated pediatric unit with 24-hour inpatient care, as well as a range of specialty pediatric services. Pediatric primary care is available at Covington Clinic South.

Valley Women’s Healthcare Clinic (Auburn & Covington) **425.690.3480**  
Valley Women’s Healthcare Clinic (Renton) **425.690.3479**  
Valley Women’s Healthcare Clinic (Time Square–Renton) **425.690.3481**  
Valley Family Medicine Clinic (obstetric & primary care) **425.690.3445**  
Maternal Fetal Medicine, Genetic Testing & Fetal Echocardiography **425.690.3477**  
Lactation services **425.228.3440, ext. 2526**  
Childbirth education & tours [valleymed.org/birthclass](http://valleymed.org/birthclass)  
Covington Clinic South (pediatric primary care) **425.690.3430**  
Pitter Patter health & wellness program for expecting parents and young families [valleymed.org/valleybaby](http://valleymed.org/valleybaby)
Breast Health

The Breast Center is proud to provide patients 3D mammography which allows doctors to examine breast tissue layer by layer. 2D mammography is also available. Breast cancer is one of the most treatable forms of cancer when detected early. Regular screening mammography has been shown to reduce breast cancer deaths by up to 44%, as mammography can often detect breast cancer long before it can be felt. Should you require additional care, our nurse care navigator guides you through any next steps, which may include an appointment at our Breast Cancer Multidisciplinary Clinic. The Breast Center also offers bone mineral density (BMD) scans for men and women at risk of osteoporosis.

Breast Center (Covington & Renton) 425.690.3688
High Risk Screening & Genetics Clinic 425.690.3677
Breast Cancer Multidisciplinary Clinic (by referral)

Cancer Services (Oncology): Screening, Genetic Testing, Treatment & Support

VMC is proudly accredited with commendation by the Commission on Cancer as a Comprehensive Cancer Program, placing Valley's program among the top 10% in the nation.

At Valley's Cancer Center, our patients are at the center of our dedicated, expert cancer team. Committed to providing comprehensive, compassionate care, our services are delivered close to home so our patients and their loved ones can make the most of every single day. Working together in a multidisciplinary approach, our care team uses state-of-the-art technologies and evidence-informed supportive therapies to create a treatment plan tailored specifically for you. Patients and their multidisciplinary team of care providers meet in private, care conference suites.

RN navigators, oncology financial coordinators and medical social workers guide and advocate for patients and their caregivers. During the cancer journey, VMC's survivorship program helps guide the transition from active treatment to restoring well-being after treatment.

VMC's research facilities accommodate an array of clinical trials related to cancer prevention, screening, treatment, symptom management, and post-treatment observation.

**Breast Center** offers 3D mammography services and more in a soothing environment. (Covington & Renton) 425.690.3688

**Endoscopy Center** offers convenient colonoscopy appointments you can schedule yourself with no office visit or additional co-pay if you meet medical criteria. 425.690.3636

**General & Specialty Surgery Clinic** services are provided by compassionate surgeons committed to excellent communication, as well as expert skills, the latest technology and minimally-invasive techniques for faster healing with less pain. 425.690.3433

**High Risk Screening & Genetics Clinic** services include personal and family history gathering, risk assessment, counseling, and discussion of appropriate testing. 425.690.3677
Oncology & Hematology Clinic medical oncologists work collaboratively to ensure best-in-class care and treatment. 425.690.3409

Infusion & Immunotherapy Center features a fast-track room for quick treatments; choice of treatment sessions with group, private room or bed; free WiFi, heated blankets, snacks, room service and interpreter services, and space for the support of friends and family. 425.656.4037

Radiation Oncology features precision high-dose treatments while minimizing radiation exposure, reducing complications, and ensuring faster recovery times. 425.690.3565

Outpatient Therapy Services provides physical, occupational and speech therapy, and lymphedema management to help recovery and symptoms related to cancer treatment. 425.690.3650

The Supportive Care Clinic can help with pain and stress relief, understanding care options, setting goals, and documenting wishes. 425.690.3422

Lifestyle Medicine & Fitness Centers are medically-based fitness facilities offering programs, classes, physical therapy, therapeutic massage, prescriptive exercise, medical nutrition therapy to help guide you to your goals. (Covington, Maple Valley & Renton) 425.690.3520

Free programs include workshops on nutrition, hair loss, skin care; wig, hat and turban bank; yoga and movement classes, pet therapy sessions; and a 24-hour resource hotline.
- Cancer Resource Center 425.690.3507
- Cancer Lifeline 800.255.5505

Cardiology (see Heart & Vascular)

Dermatology (see Skin)

Diabetes & Thyroid (Endocrinology)

The treatment and management of diabetes and thyroid disorders are closely managed by the Diabetes, Thyroid & Endocrinology Clinic’s providers, who ensure patients receive appropriate and comprehensive care to improve quality of life while effectively managing their disease. Our endocrinologists can help diagnose and restore the normal balance of hormones for other conditions including: metabolic and adrenal disorders, over- or under-production of hormones, menopause, osteoporosis, high blood pressure, cholesterol (lipid) disorders, infertility, lack of growth (short stature), and cancers of the endocrine glands.

Diabetes, Thyroid & Endocrinology Clinic (Covington & Renton) 425.690.3485
Diabetes Education & Nutrition Clinic 425.690.3520
Diabetes Education & Nutrition

At the Diabetes Education & Nutrition Clinic, you will receive expert nutrition care from one of our experienced registered dietitians. As part of your care team, our registered dietitians provide you with information about which foods can help you and most importantly, how to create a plan of action to help you reach your health goals. Nutrition counseling is provided for conditions such as: diabetes, gestational diabetes, high cholesterol, polycystic ovarian syndrome, metabolic syndrome, child and adolescent nutrition, hypertension and gluten intolerance.

If you’ve been diagnosed with diabetes, the Diabetes Education & Nutrition Clinic will give you the opportunity to build a partnership with a caring professional who can help you manage the hurdles and challenges that come with the condition. Our highly-trained certified diabetes educators and registered dietitians lead a variety of classes and meet with patients during individual consultations.

Diabetes Education & Nutrition Clinic (Covington, Maple Valley & Renton)
425.690.3520

Digestive Health Services (Gastrointestinal, Colorectal & Endoscopy)

Valley's gastroenterologists treat a wide range of diseases affecting the digestive tract. Our providers diagnose and treat viral hepatitis, irritable bowel syndrome (IBS), inflammatory bowel disease (IBD, Crohn’s disease and ulcerative colitis), diverticulitis, diverticulosis, ischemic bowel disease, and colorectal cancer—including determining whether you have a genetic risk. We provide diagnosis, treatment and management of celiac disease and food intolerances, heartburn and GERD, chronic vomiting, gastroparesis and functional illness such as constipation, diarrhea, vomiting, belching and flatulence. Our specialists can also help you manage and treat peptic ulcer disease and helicobacter pylori, acute and chronic pancreatitis, gallbladder disease, abdominal pain, appendicitis, nutritional deficiencies, obesity, nonalcoholic fatty liver disease, cirrhosis, and GI infections caused by viruses, bacteria, fungi and protozoa.

Through minimally invasive and robotic surgery, Valley’s colorectal surgeons provide treatment for hemorrhoids, fistulas and fissures, colorectal cancer, fecal incontinence, inflammatory bowel disease and rectal prolapse.

Time for a colonoscopy? Valley's Endoscopy Center offers convenient colonoscopy appointments you can schedule yourself. No office visit required and no additional co-pay when you meet medical criteria.

Colorectal Surgery Clinic 425.690.3401
Gastrointestinal Clinic (Renton) 425.690.3488
Endoscopy Center 425.690.3636
Ear, Nose & Throat (ENT-Otolaryngology)

Committed to providing thorough, compassionate, state-of-the-art treatment, the Ear Nose & Throat Clinic provides adult and pediatric ear, nose and throat care. Commonly referred to as ENT doctors, our otolaryngologists are specially trained to diagnose and medically and surgically treat disorders of the ear, nose, throat and related structures of the head and neck in both children and adults.

Ear, Nose & Throat Clinic (Covington & Renton) 425.690.3602

Emergency Services & Trauma

VMC operates the most comprehensive emergency facility in South King County. VMC’s Emergency Department is also a Trauma Center and one of the busiest EDs in Washington state, providing services for more than 80,000 visits annually. VMC’s Emergency Services South Tower offers 55 treatment rooms; state-of-the art technology; underground parking with direct access to the emergency room and a commitment to treat patients as quickly as possible upon arrival. As a state-designated Trauma Center, VMC serves as back-up to Harborview in the event of a regional disaster.

Emergency Department & Trauma Center 425.690.1000
Crisis Counselors 425.690.6466

Endocrinology (see Diabetes & Thyroid)

Eye Care (Ophthalmology)

The Eye Clinic’s skilled ophthalmologists and optometrists bring the best, most technologically advanced care to you and your eyes—from comprehensive ophthalmic examinations to state-of-the-art medical and surgical eye procedures for cataracts, macular degeneration, glaucoma, intraocular lens implants and vision-threatening diabetic retinopathy.

Eye Clinic 425.690.3415

Family Medicine (Primary Care)

Most Valley primary care providers specialize in family medicine, providing continuing and comprehensive healthcare for everyone in the family: babies, toddlers, teens, adults and senior adults. Family medicine practitioners with obstetrics at Valley Family Medicine Clinic have additional training to care for those who are pregnant.

See primary care locations at the beginning of this brochure.

Valley Family Medicine Clinic 425.690.3445
Foot & Ankle Care (Podiatry)

From check-ups to treatments, orthotics and surgery, the Podiatry Clinic is skilled in handling the foot and ankle needs of adults and children. We provide services for a wide range of foot and ankle conditions including Achilles tendon, ankle sprains, fractures of both the foot and ankle, crush injuries, sports injuries and over-use symptoms. Our expert physicians also diagnose and treat many chronic problems such as arthritis, metatarsalgia, neuromas, plantar fasciitis, hammer toes and heel spurs. We offer advanced, specialized foot care for those managing chronic conditions like arthritis, diabetes, autoimmune diseases, spinal cord injuries, kidney disease and cancer, and work with other VMC specialists to offer a wide range of treatment options to maintain mobility.

Podiatry Clinic (Covington & Renton) 425.690.3510

Gastrointestinal, Colorectal & Endoscopy
(see Digestive Health Services)

Heart (Cardiology) and Vascular Surgery Services

Valley’s heart and vascular specialists offer a full continuum of diagnosis and treatment options, including: cardiology services to diagnose and medically manage a heart condition; interventional cardiology services to assess heart health and clear blockages; electrophysiology to measure and treat irregular heart rhythms; device implantation to regulate heart rhythms, including pacemakers and AICDs; peripheral vascular and endovascular services to treat blood flow conditions in the arteries and veins; aneurysm diagnosis and treatment; access to specialists in open heart surgery and other major heart surgeries; and cardiac rehabilitation, our ground-breaking, medically-supervised and individualized exercise programs for people who have had a major heart event or condition.

Cardiology Clinic (Covington & Renton) 425.690.3482
Cardiopulmonary Diagnostic Services 425.690.3541
Cardiac Rehabilitation 425.690.3516
Vascular Surgery Clinic 425.690.3498
Critical Care Unit 425.251.5196

Hematology

The Oncology and Hematology Clinic is staffed by skilled, experienced medical oncologists and hematologists who work collaboratively to ensure best-in-class care and treatment for all types of cancer, blood-related disorders, blood and marrow disorders such as leukemia, lymphoma and multiple myeloma, and bleeding and coagulation disorders. Their expertise includes treating iron deficient anemia, sickle cell anemia, hemoglobinopathy, myeloproliferative disorders, myelodysplasia and idiopathic thrombocytopenia.

Oncology & Hematology Clinic 425.690.3409
**High Risk Screening & Genetics**

Patients who may be considered for cancer genetic services include those with:
- Personal or family history of premenopausal breast cancer
- Personal or family history of ovarian cancer at any age
- Personal or family history of colon cancer prior to age 50

Initial appointments are 60 minutes and include thorough personal and family history gathering, risk assessment, counseling, and discussion of appropriate testing. If patients choose to have testing, they will have a follow up appointment for in-person results disclosure. All patients will be provided with a personalized risk assessment and recommendations for follow up.

High Risk Screening & Genetics Clinic **425.690.3677**

**Imaging Services (Radiology)**

Providing expert care like no other imaging center in our community, VMC offers world-class routine diagnostic imaging, as well as a comprehensive array of advanced specialty imaging services and procedures from trauma and head injury to stroke and heart attack. And because we are affiliated with UW Medicine, you’ll have access to expert subspecialists who can provide additional treatment, support and image interpretation. Your VMC medical records are housed in one location so you can rest assured that no matter what area of the health system you use—ER, urgent care, inpatient care, surgery, etc.—your high-quality images will be available to your physician in real-time with the simple click of a button.

The Breast Center (Covington & Renton) **425.690.3688**
Urgent Care Clinics [valleymed.org/urgent-care](http://valleymed.org/urgent-care)
Valley Diagnostic Imaging Services: Medical Arts Center **425.690.3655**
Valley Diagnostic Imaging Services: Olympic Building **425.656.5550**
Valley Medical Center, Hospital Diagnostic Imaging **425.251.5183**
Valley Interventional Radiology Services **253.661.4661**

**Infectious Disease**

Valley’s internal medicine physicians at the Infectious Disease Clinic treat a wide range of diseases caused by viruses, bacteria, fungus and parasites, including respiratory infections like pneumonia. Our ID specialists have expertise in sinus infection and infections of the heart, brain, lungs, urinary tract, bowel, bones and pelvic organs, with particular insight into antibiotic use and their potential adverse effects. We treat hepatitis C, HIV and other illnesses of the immunocompromised and prescribe pre-exposure prophylaxis (PrEP). We have additional training in how the body fights infection, how infections spread and infection control. Our ID specialists often follow up with patients until they feel confident that the infection will not recur.

Infectious Disease Clinic **425.690.3487**
**Infusion & Immunotherapy**

The Infusion and Immunotherapy Center offers a wide variety of treatments for cancer, rheumatoid arthritis, multiple sclerosis, migraine headaches and other conditions requiring infusion therapy. The center provides a fast-track room for quick treatments; choice of treatment sessions with group, private room or bed; free WiFi, heated blankets, snacks, room service, interpreter services, and space for the support of friends and family.

Infusion & Immunotherapy Center 425.656.4037

**Internal Medicine**

Valley's doctors of internal medicine provide primary care for adults 18 years and older. Our internists are trained to care for the health and wellness of adults, as well as complex illness. Our focus is to maintain optimal health regardless of underlying medical conditions. When other medical specialists are involved, our internists help coordinate their patient's care. Our on-site clinical pharmacist works with patients and providers to optimize medication selection, dosing and monitoring for conditions such as hypertension, diabetes and more. The office is conveniently located in the Medical Arts Center building, with imaging and lab services on-site.

Internal Medicine Clinic 425.690.3490

**Kidney (Nephrology)**

Valley Medical Center’s nephrology physician team is board certified in both nephrology and internal medicine. We provide diagnosis and treatment for patients with kidney (renal) disease, including acute and chronic renal failure, kidney transplantation, nephrotic syndrome, glomerulonephritis, hematuria (blood in the urine), proteinuria (large amounts of protein in the urine), serum electrolytes and metabolic disorders affecting the kidneys. We also specialize in hypertension management.

Nephrology Clinic 425.690.3544

**LGBTQIA+ Care**

Valley's caregivers actively demonstrate their support for the health and wellness of people in the LGBTQIA+ communities. Our services include: primary care and preventive screenings; women's health services; confidential sexual and reproductive services, including adolescents; trans health care including hormone therapy and urogynecology; sexual health screening and treatment, including HIV treatment; smoking cessation assistance; behavioral health assessments, counseling and psychiatric care; geriatric care; specialty care; insurance counseling and payment plans; interpreter services (available 24/7). Valley is a nationally-recognized leader in healthcare equality since 2011.

Visit valleymed.org/lgbtqia
**Lifestyle Medicine & Fitness Centers**

Valley Lifestyle Medicine & Fitness Centers are medically-based fitness facilities applying an evidence-based, therapeutic approach to prevent, treat and reverse lifestyle-related chronic diseases. Through programs, classes, physical therapy and prescriptive exercise, Valley Lifestyle Medicine promotes a healthy lifestyle, using a proactive approach to preventing injury, disease, and guiding our members to their goals.

Lifestyle Medicine & Fitness Centers (Covington, Maple Valley & Renton)  
**425.690.3520**  
Cardiac Rehabilitation  **425.690.3516**  
Diabetes Education & Nutrition Counseling **425.690.3520**  
Pulmonary Rehabilitation  **425.690.3517**

**Lung (Pulmonary & Sleep)**

Valley’s pulmonary specialists provide diagnostic and treatment options for a variety of pulmonary diseases including chronic obstructive pulmonary disease (COPD), emphysema, bronchitis, pneumonia, asthma, tuberculosis, pulmonary embolism, interstitial lung disease and lung cancer.

Our specially-trained pulmonologists also work to identify and treat the causes of various sleep disorders in patients of all ages.

Pulmonary & Sleep Disorder Clinic (Covington & Renton)  **425.690.3484**  
Pulmonary Rehabilitation **425.690.3517**  
The Sleep Center  **425.690.3543**  
Pediatric Sleep Center (Pediatric Neurology) **425.690.3585**  
Cardiopulmonary Diagnostic Services  **425.690.3541**

**Neurology: Adult, Pediatric, General, EMG, Epilepsy, Headache, Movement Disorders, Multiple Sclerosis, Neuromuscular, Neuropsychology, Stroke**

The Neuroscience Institute provides regional, pioneering care in the field of neuroscience, encompassing a vast array of neurosurgical and neurological specialties. The NI’s adult neurologists, pediatric neurologists and neuropsychologists bring decades of experience in epilepsy, headache, stroke, movement disorders, neuromuscular disorders, multiple sclerosis, dementia and general neurology, as well as pediatric sleep disorders, epilepsy, headache and general child neurology. The NI provides a variety of treatments, as well as community and education opportunities. Many of our providers participate in research studies and we are an active teaching institute.

Neuroscience Institute **425.690.3585**  
Press Option 1: Adult & Pediatric Neurology Clinics
Neurosurgery: Brain, Neuro Oncology, Spine

Valley’s neurosurgeons offer state-of-the-art image-guided surgery, minimizing time and trauma in the operating room with specialized artificial disc replacement for both cervical and lumbar spine, treatment of brain tumors, blood vessel illnesses, epilepsy, movement disorders, trauma, infection, problems with peripheral nerves, including release of compression, removal of nerve tumors, and nerve biopsy for the diagnosis of complex peripheral nerve disorders.

Neuroscience Institute 425.690.3585
Press Option 2: Neurosurgery Clinic

Obstetrics, Gynecology & Midwives (see Birth & Women’s Health)

Occupational Health Services

Offering prompt, comprehensive, high quality, medical services to employees, Occupational Health Services (OHS) helps employers manage and reduce healthcare costs associated with at-work accidents and injuries. OHS assists employers with regulation compliance and maintaining a healthier, more productive workforce through drug screening, vaccination programs, additional education and training. On-the-job injuries are treated on a walk-in basis, no appointment is needed. The OHS Clinic is open from 8 AM – 5 PM Monday through Friday. After hours care is available at Valley Medical Center.

Occupational Health Services 425.690.3555

Oncology (see Cancer Services)

Ophthalmology (see Eye Care)

Orthopedic Services

The Joint Center was the first dedicated joint replacement center in the Pacific Northwest and is one of the most highly rated. The nursing staff, physical and occupational therapists, and physician assistants have special training and experience in the care and treatment of joint replacement patients. The Joint Center specializes in the latest technology and standards of care in this rapidly changing area of medicine. The Spine Center is one of the few medical centers in the Seattle area to offer cervical disc replacement as an alternative to spinal fusion. The Spine Center also specializes in surgical treatment for stenosis, herniated discs, compression, deformities, revisions to previous spinal surgeries and other spinal problems. The experienced nursing staff and therapists are highly-skilled and trained in the latest methods for assisting patients in recovery from spinal surgery.

Find an orthopedic specialist valleymed.org/find-a-provider

Outpatient Therapy Services (see Therapy Services)
**Palliative & Supportive Care**

Supportive care is specialized care for people with serious illnesses with the goal to improve quality of life for both patients and families. Using a team approach, supportive care can offer an assessment to help patients communicate their goals of care to their medical team. Guided by these goals, the supportive care team can also make recommendations for treatment of symptoms, pain and stress related to serious illness. Supportive care is appropriate at any stage or any age in a serious illness to provide comfort and relief from suffering. Supportive care may also be combined with other medical treatments.

Supportive Care Clinic **425.690.3422**

**Pediatric Services**

Valley Medical Center offers the only dedicated pediatric unit between Seattle and Tacoma, as well as a Neonatal Intensive Care Unit staffed by the region’s most highly respected neonatal specialists from Seattle Children’s and UW Medicine Neonatology. In addition to 24-hour inpatient pediatric care, VMC offers specialized pediatric services for ear, nose and throat (ENT) problems, endocrinology, neurology, respiratory care, sleep disorders, sports medicine and surgery. Pediatric primary care is available at Covington Clinic South. Most Valley primary care providers specialize in family medicine, caring for everyone in the family including babies, toddlers, teens and people who are pregnant.

Covington Clinic South (pediatric primary care) **425.690.3430**  
Ear, Nose & Throat Clinic **425.690.3602**  
Pediatric Neurology Clinic & Pediatric Sleep Center **425.690.3585**  
Sports Medicine **425.690.3423**  
Find a Family Medicine primary care physician [valleymed.org/find-a-provider](http://valleymed.org/find-a-provider)

**Podiatry (see Foot & Ankle Care)**

**Psychiatry & Counseling**

VMC provides professional assistance with mental health concerns for adults of all ages. To offer the best treatment plan for our patients, our staff of psychiatrists, psychologists and psychotherapists provide a collaborative, team approach to patient care. The Psychiatry & Counseling Clinic is one of the largest providers of adult mental health services in the area.

Psychiatry & Counseling Clinic **425.690.3414**

**Pulmonary (see Lung)**

**Radiology (see Imaging Services)**
Rheumatology

The Rheumatology Clinic diagnoses and treats inflammatory arthritis and other autoimmune disorders affecting the joints, muscles and bones, including rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, lupus, scleroderma, myositis, Sjogren’s syndrome and polymyalgia rheumatica, as well as other autoimmune diseases. Patients are seen upon referral from a primary care physician.

Rheumatology Clinic 425.690.3495 (Renton)
Rheumatology Clinic 425.690.3494 (Covington)

Senior Care

Valley’s Senior Care clinic offers a supportive approach to caring for those 70 years and better. We focus on coordinated, comprehensive care with an emphasis on prevention and wellness, as well as chronic disease management and feature longer appointment times with your provider. Our on-site clinical pharmacist works with patients and providers to optimize medication selection, dosing and monitoring for conditions such as hypertension, diabetes and more. We also assess and consult for memory loss by referral. Our office is conveniently located in the Medical Arts Center building, with imaging and lab services on-site.

Senior Care Clinic 425.690.3489

Skin (Dermatology)

Providing comprehensive screening, diagnosis and treatment of skin cancers, melanomas, moles and other tumors of the skin, Valley’s Dermatology Clinic physicians also help manage contact dermatitis, psoriasis and other inflammatory skin disorders. Our dermatologists treat nail and hair disorders and provide diagnosis and treatment for skin symptoms from systemic and infectious diseases.

Dermatology Clinic (Covington) 425.690.3581
Dermatology Clinic (Newcastle) 425.690.3439
Dermatology Clinic (Renton) 425.690.3483
**Sleep Medicine**

Valley’s sleep disorder specialists work to identify and treat the causes of various sleep disorders in patients of all ages. Sleep disorders, including obstructive sleep apnea (OSA) and insomnia, affect many Americans. OSA is a risk factor for high blood pressure, arrhythmia, stroke and heart failure.

Valley’s Sleep Center is a special medical facility designed to evaluate adults and children with sleep disorders and sleep-related problems. The center includes private rooms designed to feel like a home away from home for even our youngest patients. The Sleep Center is fully accredited by the American Academy of Sleep Medicine and is staffed by those specially trained to study and evaluate sleep patterns.

Pulmonary & Sleep Disorder Clinic 425.690.3484  
The Sleep Center 425.690.3543  
Pediatric Sleep Center (Pediatric Neurology) 425.690.3585

**Sports Medicine**

Our sports medicine physicians offer a proactive approach for both adults and children in treating activity-related injuries—proper diagnosis, treatment and sport-specific rehabilitation. And for those seeking to improve their ongoing sports performance or train for a specific athletic event, our physicians will create personalized training plans to avoid injury and maximize performance. Our goal is to keep you in the game, doing what you love.

Sports Medicine Clinic (Maple Valley & Renton) 425.690.3423

**Surgery (General & Specialty)**

Valley Medical Center’s surgeons operate in a state-of-the-art surgery center, equipped for minimally invasive and single-port laparoscopic surgery, and includes robotic surgery. Our surgeons offer a wide range of surgical services including neurosurgery, orthopedic surgery, plastic and reconstructive surgery, vascular and endovascular surgery, as well as treatment of abdominal aortic aneurysms, non-surgical and surgical treatment of esophageal and reflux disorders, cancer, breast disease and urologic disorders, gynecologic surgery, prostate surgery and colon and rectal surgery.

Breast Cancer Multidisciplinary Clinic (by referral)  
Colorectal Surgery Clinic 425.690.3401  
Diabetes, Thyroid & Endocrinology Clinic (Covington & Renton) 425.690.3485  
Ear, Nose & Throat Clinic 425.690.3602  
Eye Clinic 425.690.3415  
General & Specialty Surgery Clinic 425.690.3433  
Neurosurgery Clinic 425.690.3586  
Podiatry Clinic (Covington & Renton) 425.690.3510  
Urogynecology: Valley Women’s Healthcare Clinic (Renton) 425.690.3479  
Urology Clinic 425.690.3493  
Vascular Surgery Clinic 425.690.3498  
Find an orthopedic surgeon valleymed.org/find-a-provider
Therapy Services

The Outpatient Therapy Services’ team of physical therapists, occupational therapists and speech-language pathologists provide patient-centered diagnosis, evaluation, therapy and management to people with physical and/or cognitive disabling conditions and diseases—for stroke, arthritis, carpal tunnel syndrome, developmental delay, neuromuscular injuries, orthopedic injuries, post-cancer, vestibular disorders, lymphedema, pelvic floor dysfunction, sports and recreation injuries, work injuries, and speech and cognitive problems.

Outpatient Therapy Services 425.690.3650

Urogynecology (see Women’s Health)

Urology

Urology Clinic physicians see male and female patients, diagnosing and offering treatment for kidney stones, low testosterone and erectile dysfunction, methods for managing, controlling or curing problems related to urinary frequency and urgency, recurrent urinary tract infections, prostate problems, difficulty urinating, leakage or incontinence and overactive bladder. Our physicians also offer minimally invasive treatment for the management of benign and malignant urologic disease and are specialists in endoscopic, laparoscopic and da Vinci® robotic surgery.

Urology Clinic 425.690.3493
Men’s Health Clinic 425.690.3493
Urogynecology: Valley Women’s Healthcare Clinic (Renton) 425.690.3479

Vascular Services (see Heart and Vascular Surgery Services)

Women’s Health

To maintain and manage overall health, primary care, including routine gynecologic exams, is available at all Valley Medical Center’s primary clinic locations. Valley Women’s Healthcare Clinic provides comprehensive, obstetric, gynecologic and urogynecologic care for all ages. Through WHC clinics, certified nurse-midwives offer highly personalized care through all stages of pregnancy and birth, as well as access to state-of-the-art technology and pain management options. The Urology Clinic offers treatment for recurrent urinary tract infections, as well as other urinary and bladder disorders. Our Breast Cancer Multidisciplinary Clinic brings specialists and a nurse care manager together to offer a coordinated care program. Valley Family Medicine Clinic, through its residency program, offers complete obstetric and post-partum care, in addition to primary care entire families. The Birth Center and Breast Center provide programs and services including childbirth education, maternal fetal medicine, diagnostic testing, mammograms and bone density screenings. We also provide referrals to excellent physicians to meet your healthcare needs. GLOW, VMC’s free health and wellness community education program, empowers those of all ages to make healthy decisions for themselves and their loved ones.
Valley Women’s Healthcare Clinic (Auburn & Covington) 425.690.3480
Valley Women’s Healthcare Clinic (Renton) 425.690.3479
Valley Women’s Healthcare Clinic (Time Square–Renton) 425.690.3481
Valley Family Medicine Clinic 425.690.3445
Maternal Fetal Medicine, Genetic Testing & Fetal Echocardiography 425.690.3477
Lactation services 425.228.3440, ext. 2526
Childbirth education and tours valleymed.org/birthclass
High Risk Screening & Genetics Clinic 425.690.3677
Breast Center (Covington & Renton) 425.690.3688
Breast Cancer Multidisciplinary Clinic (by referral)
Urogynecology: Valley Women’s Healthcare Clinic (Renton) 425.690.3479
Urology Clinic 425.690.3493
Oncology & Hematology Clinic (gynecologic oncology) 425.690.3409
Find a Family Medicine physician, obstetrician, gynecologist, midwife or other specialist valleymed.org/find-a-provider
GLOW health & wellness program valleymed.org/glow

Wound Care

Staffed by physicians and nurse practitioners specializing in wound care, the Wound Care Clinic provides individualized evaluations and care plans for patients with non-healing wounds. Partnering with primary and other specialty care providers, the Wound Care Clinic team treats chronic wounds (3 weeks+ without healing), ischemic ulcers, neuropathic diabetic ulcers, venous insufficiency ulcers, pressure ulcers, traumatic wounds, post-operative wounds, and provides ostomy care. Our vigilant treatment planning includes the latest therapeutic procedures, dressings and surgical interventions to provide optimal healing. Patients and their caregivers are also provided with education and instructions to enhance healing through self-care.

Wound Care Clinic 425.690.3650
Pharmacy Services

VMC’s two pharmacies are conveniently located and ready to serve your needs for new and refill prescriptions, over-the-counter remedies, durable medical equipment and medication counseling.

Prescription Pad North Campus
- Valley Professional Center
- Drive-up window service
3915 Talbot Road S #201, Renton
425.690.3551
Monday – Friday 8 AM – 6 PM (closed holidays)

Prescription Pad South Campus
- Adjacent to the Emergency Department & main hospital entrance
- Extended hours, open weekends & holidays
400 S 43rd Street, Renton
425.690.3552
7 days/week: 8 AM – 2 AM

Resources to Manage Your Health

Get vital info to help you and your family get healthy and stay healthy through our health library, newsletters and digests, support groups, classes, seminars and events. Visit valleymed.org/healthinfo.

Why Sign Up for Valley’s MyChart?

Get secure, 24/7 access from your phone or computer to:
- Ask for an urgent care video appointment
- Schedule or cancel an appointment
- View upcoming & past appointments
- Send & receive messages with your care team
- Renew prescriptions
- Review current medications, test results, health issues & health history
- Share your record with other providers, organizations, friends & family
- Ver MyChart en español
- Receive & view paperless billing
- Pay your co-pays & bills

Sign up at valleymed.org/mychart.

Keep Health Info at Your Fingertips

Download MyChart Epic Systems app to your phone from Apple Store or Android Market.