

It is important to be prepared for your clinic visit.

When you call for an appointment, please tell us the reason you want to come in. This information will help your Care Team get ready for your visit.

- Please put all of your medicine bottles in a bag and bring them to your appointment.
- Also, if you can, bring in your health records from other clinics, including vaccination (shots) records.

If you cannot make it to your appointment:

Please call to cancel if you are not able to come to your appointment.

You don't have to be sick to come to the clinic!

Yearly check-ups are called preventive care because they can help prevent a serious disease.

- Pap smears
- Physical exams
- Cancer screenings
- Immunizations
- Lab work

It is important to have these check-ups even if you don't feel like anything is wrong.



Welcome to the Public Health Clinic at Navos

We work closely with mental health providers at Navos to ensure you get the best possible care. ***
Our clinic services include:

- Care when you are sick, including same day and walk in appointments
- Birth Control Methods
- Check-ups when you are healthy
- Care for ongoing health problems and long term illnesses such as diabetes, high blood pressure, and asthma, including case management with the public health nurse.
- Help to quit smoking
- Medication for opioid use disorder—suboxone and vivitrol
- Referrals to specialty care and hospitals
- Help with signing up for free or low cost health insurance

And so much more!

Men over 35

Have your cholesterol checked

Men over 50

Get a colon cancer test

Women 21-64

Get a pap test (for cervical cancer)

Women over 45

Have your cholesterol checked

Women over 50

Get a colon cancer test

*** You do not need to be a patient of Navos mental health services to be a patient here.

When you come to the Public Health Clinic, you may choose a Primary Care Provider.

Heather Flynn, MD Family medicine and Addiction medicine

Meredith Kriebel, Advanced registered nurse practitioner

Shay Martinez, MD Internist

Elise Duggan, MD Family medicine

Pamelyn Saari, ARNP Family Medicine and Addiction medicine

We encourage you to see the same provider each time you visit. Your provider will get to know you personally and can give you the best kind of care.

Your Primary Care Provider (PCP) is:

The Care Team

Your provider works with a medical assistant, registered nurse, and other clinic staff. This group of people is your Care Team. They will work with you to get well and stay healthy.

Get all your care in one place:

You can get care for your mental and physical health in one place. Our medical and mental health providers work together to care for our clients.

When you want to see your provider:

Please call the clinic to schedule an appointment.

The phone number is **206-257-6870**

If you have a question, you may ask to speak with the nurse.



If you are sick and you need to see your provider the same day:

Please call the clinic.

We offer same day appointments and walk-ins. The clinic is closed on Saturdays and Sundays.

When the clinic is closed and you need care now:

Sometimes you will have a problem that is serious and you cannot wait until the clinic opens.

Please call the regular clinic phone number **206-257-6870**. Your call will go to the 24-hour nurse.

The nurse will give you advice or call the provider. This call is free to you.

For **emergencies** please dial 9-1-1.

Hours of operation:

Monday: 9:00 AM - 6:00 PM

Tuesday - Friday: 9:00 AM - 5:00 PM

Location:

1210 SW 136th Street

Burien, WA 98166

The Clinic is on the 3rd Floor

