

# Main Medical Care Providers on Vashon

## Primary Care

Primary care is generally the first point of contact for health services. Primary care provides preventive care, such as annual checkups, screenings, and vaccines, as well as treating common illnesses and helping manage long-term conditions like diabetes or high blood pressure. It's usually your first stop for non-emergency health concerns, and these providers help you navigate the healthcare system by coordinating your care and referrals. Primary care supports your overall health, including physical, mental, and some social needs.

Our local primary care providers are **Sea Mar Clinic** and **Vashon Natural Medicine**. Both accept most insurances. Sea Mar offers sliding scale payment.

## Community-Based Care

Community-based care is a model of healthcare and social support that delivers services within an individual's own community rather than in a clinic or hospital setting. Community-based care assists those who have trouble getting regular medical care, those who have mobility and transportation challenges, and those who need extra support. It fills gaps where other services might not reach and collaborates with other healthcare services.

Our local community-based care program through **Vashon Mobile Integrated Health (MIH)** is mobile and designed to support the overall well-being of individuals, particularly vulnerable or underserved populations, including the uninsured, by addressing both their medical and social needs and ensuring ongoing, coordinated support. They provide a broad range of services, including care for minor illness and injury, mental health referrals, social service navigation, home safety and wellness checks, and preventive care—delivered within the patient's own setting.

## Urgent Care

Urgent care is for illnesses or injuries that are not life-threatening but can't wait for a regular doctor's appointment and require prompt medical attention within 24-48 hours. This includes conditions such as lacerations, respiratory infections, sore throats, minor cuts or burns, sprains, and infections. Urgent care is an option when you have an acute injury or illness but don't need to go to the emergency room. Urgent care does not replace your regular doctor for ongoing health needs.

Our local urgent care is mobile and delivered via **DispatchHealth**. A list of in-network insurance providers can be found at [vashonhealthcare.org](http://vashonhealthcare.org). Low-income options are available through the Vashon Health Care District's (VHCD) Compassionate Care Program. Visit the website for details.