

## Primary Care Resource List

### For CareOregon Patients

Please contact your regional care team by calling (503)-416-4100 and providing your name, date of birth, and member ID and asking to speak to your **\*regional care team\***.

You will need to either see your assigned primary care provider, or discuss switching your assigned primary care to the facility of your choosing.

They can also help you get connected to other resources you may need.

### Walk-in/Same-day/ Next-day Services

#### Outside In

1132 SW 13th Ave, Portland  
(503)-535-3860

#### Old Town Clinic

727 W Burnside St, Portland  
(503)-228-4533

#### Blackburn Center

12121 E Burnside St, Portland  
(971)-361-7700

Quick care hours 5-7 PM Tues, Weds

### Integrated Care (Primary Care + Behavioral Health)

#### Quest Center for Integrative Health

2901 E. Burnside, Portland  
(503)-238-5203

#### Cascadia Behavioral Health

Intake Line: (503)-674-7777

- o Woodland Park Health Center  
10373 NE Hancock St, Suite  
200, Portland
- o Garlington Health Center  
3036 NE Martin Luther King, Jr.  
Blvd., Portland
- o Plaza Health Center  
4212 SE Division St., Portland,

### Small Clinics

#### 2BWell

1255 NW 9th Ave Portland, OR  
97209(503)-655-0044

#### Bridge City Medical

Bridge City Family Medical Clinic  
1410 NE 106th Ave, Portland  
(503)-460-0405

#### NUNM Clinics

3025 SW Corbett Avenue, Portland  
\*Note: More locations listed online.  
(503)-552-1551

#### Prism

2236 SE Belmont St, Portland  
(503)-445-7699

### Large Health Systems

#### OHSU Transgender Health Program

Call: (503)-494-7970

Email: [transhealth@ohsu.edu](mailto:transhealth@ohsu.edu)

#### Legacy Gender & Sexual Health Program

Call: (503)-413-5600

Email: [transhealth@lhs.org](mailto:transhealth@lhs.org)

\*Note: This program will also make recommendations to care outside the Legacy network.