



ABOUT THE FAMILY CARE NETWORK

Most services provided by the Family Care Network, including their Urgent Care Clinics, are **FREE** for employees and dependents enrolled in Bellingham Cold Storage health benefits.

These clinics offer primary care services, doctor's office visits, physicals and sports physicals, urgent care, treatment of muscle strains or sprains, cough, flu or cold symptoms, acute injuries, some immunizations, urinary complaints, dermatological complaints, routine laboratory tests and on demand Telemedicine appointments.

To schedule your first appointment with a doctor at any Family Care Network clinic call:

360-318-8800 x1259

Clinic Hours

Family Care Network Clinics

Monday-Friday 8am-5pm

Family Care Network Urgent Care

Mon.-Fri. 1pm-9pm

Sat.-Sun. 9am-5pm

FCN Urgent Care Clinics:

Bellingham (360) 671-4509

Lynden (360) 354-4567

Mt. Vernon (360) 395-2938

WHEN TO USE THE ER

The emergency room shouldn't be your first choice unless there's a serious or life-threatening condition that requires immediate attention or treatment that is only available at a hospital.

WHEN TO USE URGENT CARE

Urgent care is for serious symptoms, pain, or conditions that require immediate medical attention but are not severe or life-threatening and do not require use of a hospital or ER. Urgent care conditions include, but are not limited to earache, sore throat, rashes, sprains, flu, or a fever up to 104°F.

PREVENTIVE OR DIAGNOSTIC?

Preventive care is intended to prevent or detect illness before you notice symptoms. Diagnostic care treats or diagnoses a problem after you experience symptoms. Be sure to ask your doctor why a test or service is ordered. Many preventive services are covered at no out-of-pocket cost to you. The same test or service can be preventive, diagnostic, or for routine care of a chronic health condition. The reason for the test may change your share of the cost.

