



Tri-State
Memorial Hospital &
Medical Campus

**FAMILY PRACTICE &
INTERNAL MEDICINE
REFERENCE GUIDE
2021**





Tri-State
Memorial Hospital &
Medical Campus

1221 Highland Avenue, Clarkston, WA
509.758.5511 | TriStateHospital.org

HOSPITAL CLINICS & SERVICES

24-Hour Emergency
Behavioral Health
Community Education
Day/Outpatient Surgery
Diabetes Care Management
Diagnostic Imaging
General Surgery
Interventional Pain Consultants
Kidney & Hypertension
Minor Care Center
Orthopedic Education
Podiatry
Pulmonology
Renal Dialysis
Respiratory Therapy
Rheumatology
Sleep Lab
Urology
Weight Management, an HMR® Program
Wellness
Women's Imaging & Diagnostic
Wound Healing

HOSPITAL BOARD

Steve Claassen, *President*
Mike Martin, *Vice President*
Scott Arnone
Debra Ausman
Kimberley Blewett, DO
Wayne Day, MD
Dick Flerchinger
Dave Hagen
Paul Jelinek
Dan Klaveano
Don McQuary
John Rudolph, DO
Rick Wasem

OUR MISSION

YOUR HEALTH IS OUR FIRST PRIORITY!

OUR VISION

We place the healthcare needs of our community first by partnering to bring care beyond our walls through innovative technology and collaboration. We are a regional healthcare leader and employer of choice, delivering the highest quality of care to facilitate health, healing, and well-being throughout our community and those we touch.

OUR VALUES

Quality, Compassion, Collaboration,
Innovation, and Respect

*Your Community Owned &
Operated Hospital Since 1955*



TriStateMemorialHospital

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HOW TO ESTABLISH CARE

If you would like to be seen by one of our primary care providers and have not yet registered, please fill out the New Patient Form and submit a completed form to the New Patient Coordinator. For your convenience, you can also complete this form over the phone by calling 509.769.2014.

New patients are asked to fully complete a few very important forms so that we have the information we need to give you the best medical care. Once this form has been processed, our staff will send you a welcome packet to complete with the date and time of your appointment. We know your time is valuable; if you would prefer, we will contact you at a convenient time for you by filling out the New Patient Form on pages 5-7 and returning to the New Patient Coordinator by:

- Mail: Tri-State Memorial Hospital
ATTN: New Patient Coordinator
P.O. Box 189
Clarkston, WA 99403
- Fax: 509.769.2015
- Email: newpatients@tsmh.org

ADULT AND PEDIATRIC PRIMARY CARE

Our primary care providers care for patients of all ages, focusing on disease prevention, health maintenance and promotion, counseling, education, and the diagnosis and treatment of acute and chronic illnesses.

YOUR FIRST APPOINTMENT

Please bring your medications in the original bottles with you to your first appointment as well. If you need refills, please be prepared to allow 72-hours for our staff to process refill requests. Late arrival for your scheduled appointment may result in having your appointment rescheduled. Please arrive on time as we are committed to adhering to our schedule as closely as possible.

INSURANCE

All commercial insurances will be billed for you, applicable co-pays are due at the time of your visit. If we are not in your insurance company's preferred network, your insurance benefits may not pay us as they would an in-network provider, and you will be responsible for the difference. If you are a self-pay patient, payment is due at the time of service. We accept most types of insurance at Tri-State Memorial Hospital. If you have questions regarding whether one of our providers is "in-network" for your health insurance plan, please contact your insurance company directly or you may contact one of our Patient Access Representatives at 509.254.2716.

PRESCRIPTION REFILL POLICY

If you need a refill on a previously prescribed medication, please contact your pharmacist one week before needing your refill. Your pharmacist will fax us your request along with the current dosages and medications for your healthcare provider's approval. For your safety, you may be asked to make an appointment with your healthcare provider before refilling your medication. Please remember to allow 72-hours for your refill request to be processed.

MAIL-ORDER PHARMACIES

If you choose mail-order prescription service, your health care provider will be glad to produce written prescriptions for you to mail. Please call to let us know when prescriptions are needed and if you prefer the scripts to be mailed to you or placed at the front desk for you to pick up. Remember to allow two weeks to receive your medications in the mail.



NEW PATIENT FORM

Patient Name _____ Date ____/____/____

Tri-State Family Practice

Which location do you prefer to be seen in? Clarkston Lewiston Any Provider: _____
 Clearwater Clinic Suboxone Only

Patient Information (as it appears on insurance card)

Patient Name _____ Date of Birth ____/____/____ Male _____ Female _____
Mailing Address _____ City _____ State _____ Zip _____
Phone # _____ Phone Type _____ Alt Phone # _____ Phone Type _____
Email _____ Social Security # _____
Preferred Language _____
Race African American Alaska Native American Indian Caucasian Hispanic or Latino Native American Other _____
Guarantor (Full Name) _____ Guarantor Date of Birth ____/____/____

Emergency Contact Information

Name _____ Phone # _____ Phone Type _____
Relationship to Patient _____

Insurance Information

Primary Insurance _____ Subscriber Name _____ Date of Birth ____/____/____
Insurance ID # _____ Group # _____
Secondary Insurance _____ Subscriber Name _____ Date of Birth ____/____/____
Insurance ID # _____ Group # _____
Subscriber # _____ Policy # _____

Employer Information

Employer Name _____ Phone # _____ City _____ State _____

Reason for Visit/Establishing Care - Current/Past Medical Problems

Accident Related? Yes No Previous Primary Care Provider _____

Allergies - Please list any allergy or intolerance you have to medications or environment (i.e. dust, nuts, animals)

Medication or Environmental Issue	Reaction

Current Medications - Include all prescription and non-prescription (over-the-counter) medications

Medication Name	Dose (mg, mcg, %)	How Often?	Managed By

If you are not currently taking any medications (prescription or over-the-counter), check here



NEW PATIENT FORM

Patient Name _____ Date ____/____/____

Past Medical History

Women: Age when menses began _____ If post-menopausal, when was your last period? _____
At what age did you have your first child? _____ Total number of pregnancies _____ Miscarriages? _____

Health Conditions/Concerns

Past Surgeries/Procedures - List Type

Year

Past Surgeries/Procedures - List Type	Year

Where were your previous vaccines or immunizations completed?

Family History - List which relative (i.e. mother, father, brother, sister, aunt, uncle, maternal/paternal grandparent, etc.)

Illness	Family Members (please list)	If grandparent, maternal or paternal?
Cancer - Type?		
Dementia		
Diabetes - Type?		
High Blood Pressure		

Social History

Marital Status (please choose) Single Married Separated Divorced Widowed
Do you use tobacco products? Yes No Frequency? _____ Did you use tobacco products in the past? Yes No
Type of tobacco products Cigarette Vape Smokeless Chewing tobacco
How many years did you use tobacco products? _____ When did you quit using tobacco products? _____
Do you drink alcohol? Yes No How much/frequency? _____
Do you use recreational drugs? Yes No Type _____ How much/frequency? _____

My Health Portal

My Health Portal is a secure online website that gives patients convenient 24-hour access to personal health information from anywhere with an internet connection. Using a secure username and password, patients can view health information such as, recent doctor visits, discharge summaries, medications, immunizations, allergies, lab results, upcoming radiology appointments, and more.

Pharmacy Preference

Pharmacy Name _____ City _____ State _____



NEW PATIENT FORM

Patient Name _____ Date ____/____/____

Additional Comments: _____

Please complete this form and send to:

MAIL: Tri-State Memorial Hospital
ATTN: New Patient Coordinator
P.O.Box 189
Clarkston, WA 99403

FAX: 509.769.2015

EMAIL: newpatients@tsmh.org

Questions? Please contact the New Patient Coordinator at 509.769.2014 or newpatients@tsmh.org



1 **FAMILY PRACTICE & INTERNAL MEDICINE**
 CLARKSTON
 1119 HIGHLAND AVENUE, SUITE 10, CLARKSTON, WA 99403
 PHONE: 509.758.1450 | FAX: 509.751.1504

2 **FAMILY PRACTICE**
 CLEARWATER
 1522 17TH STREET, LEWISTON, ID 83501
 PHONE: 208.743.8416 | FAX: 208.743.4642

3 **FAMILY PRACTICE**
 LEWISTON
 2841 JUNIPER DRIVE, SUITE 2, LEWISTON, ID 83501
 PHONE: 208.848.9001 | FAX: 208.848.9002

FAMILY PRACTICE & INTERNAL MEDICINE CLARKSTON PROVIDERS



Tyler Anderson, PA-C

Tyler Anderson, PA-C, joined Tri-State Family Practice in August 2010. He graduated from the University of Iowa Physician Assistant Program in 1996 and is a board certified Physician Assistant specializing in family medicine.



Heather Davis-Remacle, PA-C

Heather Davis-Remacle, PA-C, joined Tri-State Family Practice & Internal Medicine in June 2018. She received her Bachelor's degree in Zoology, Pre-Med from Washington State University, and her Master's degree in Clinical Health Science & Physician Assistant Program from the University of Washington. She is part of the American Academy of Physician Assistants and she specializes in providing primary care for patients of all ages. She loves taking care of children, adolescents, young adults, and caring for families throughout all stages of life. Heather grew up in the Lewis-Clark Valley and enjoys spending as much quality time at home with her family.



Nolan Derr, MD

Nolan Derr, MD, received his Doctorate of Medicine from the American University of the Caribbean located in St. Maarten, in 2017. He went on to complete his residency in Internal Medicine at Kettering Medical Center in Kettering, Ohio, in 2020. While in residency, he served as an Assistant Clinical Professor of Medicine at Wright State University in Ohio. He enjoys being outdoors, spending time with family, and is a big soccer fan! Dr. Derr is excited to be a part of a team where it is evident that the quality of care is a priority.



John Merrill, DO

John Merrill, DO, received a Doctorate of Osteopathic Medicine from Western University of Health Sciences. He is a member of the American Academy of Family Physicians. He completed his Family Medicine Residency at Community Memorial Health Systems in Ventura, CA. He has a special interest in preventative medicine. Dr. Merrill enjoys spending time with his wife and kids, playing sports, and being outdoors.



Jeremy Ostermiller, PA-C

Jeremy Ostermiller, PA-C, joined Tri-State Family Practice & Internal Medicine in August 2014. He was most recently with Lewiston Orthopedic Associates as a Physician Assistant from February 2003 to July 2014. Jeremy received his PA training with the U.S. Army and completed his Master of Physician Assistant Studies through the University of Nebraska. He also holds a Bachelor of Science in Sports Medicine from Boise State University. Jeremy retired from the Idaho National Guard and served a one year tour of duty in Iraq with the 116th Cavalry. He is licensed and certified as a PA-C in Washington and Idaho.



Carson Seeber, MD

Carson Seeber, MD, joined Tri-State Family Practice & Internal Medicine in August 2015. He completed his residency through Michigan State University at Genesys Regional Medical Center in Grand Blanc, Michigan, and is board certified in Family Medicine. He graduated from Ross University School of Medicine in Dominica, West Indies, with his Medical Doctorate in 2011. He received his Bachelor of Science in Kinesiology from the University of New Brunswick in Fredericton, N.B., Canada, in 2001. Dr. Seeber enjoys spending time with his family, golf, competitive soccer, ice hockey, downhill skiing, and long-distance running.



Luke Megna, MD, FAAFP

Luke Megna, MD, FAAFP, received his Medical Doctorate from St. George's School of Medicine in 1987. Dr. Megna was previously employed with Leslie Canyon Family Medicine where he provided care for diseases such as diabetes, hypertension, and chronic obstructive pulmonary disease. He has a diverse background of knowledge in a variety of health care topics including pediatrics, geriatrics and sports medicine. As team physician for the Tri-Cities American Hockey Club, he also has considerable experience with musculoskeletal problems. Dr. Megna is certified in Sports Medicine from the American Association of Sports Physicians and is a fellow of the American Academy of Family Physicians.



Joel Woodruff, MD

Joel Woodruff, MD, received his Doctorate of Medicine from Ross University School of Medicine in Portsmouth, Dominica, West Indies, in 2016. He went on to complete his family medicine residency at the University of North Dakota in Minot, North Dakota, in 2020. He is a member of the American Academy of Family Physicians. He enjoys being outdoors and trying new activities, spending time with his family, and exploring new places. Dr. Woodruff is passionate about the quality of patient care and not the quantity. He looks forward to being a part of a team that shares this same dedication.

SERVICES PROVIDED

Primary Care services including, but not limited to:

- Preventative healthcare:
 - Screenings
 - Physicals
 - Immunizations
 - Vaccines
- Acute and chronic illness

Women's Health including:

- Screenings (cervical cancer, mammograms)
- Physicals and general care
- Birth control
- STD testing
- Menopause
- Bone density screening

Pediatrics services including, but not limited to:

- Newborn circumcisions
- Well-child visits
 - Performing a physical exams
 - Giving necessary shots (immunizations or vaccinations)
 - Tracking how a child is growing and developing
 - Discussing illness prevention, diet and physical fitness, and health and safety issues
 - Discussing how to handle emergencies and sudden illness

Internal Medicine

Bio-Identical Hormone Replacement

Minor Orthopedic Procedures which include, but not limited to:

- Treatment of plantar fasciitis, tendonitis, and shin splints
- Joint injections
- Tendon/muscular injections

Lab

Sports Physicals

DOT Physicals which include:

- Physical exam programs
- On-site flu and wellness clinics
- Biometric screenings
- Travel vaccines

To learn more about these services please visit www.TriStateHospital.org.

FAMILY PRACTICE CLEARWATER PROVIDERS



Celso Chavez, MD

Celso Chavez, MD, has been practicing in the community as a primary care provider at Tri-State Family Practice, located in the Clearwater Clinic, for over 20 years. His primary focus of care has been devoted to a holistic approach of mind, body, and spirit. He is certified by the American Academy of Addiction Psychology.



Cody Harris, DNP

Cody Harris, DNP, has a variety of healthcare experience and has worked in the field for over ten years. He worked in family practice for three years in South Dakota and seven years as a Pediatric Home Health Nurse. He specializes in family practice, acute and chronic care, and loves to treat patients of all ages. He received his Bachelor of Science in Nursing from Weber State University and his Doctorate in Nursing from the University of Utah. He is certified by the American Academy of Nurse Practitioners.



Robin Hight, NP-C

Robin Hight, NP-C, has 30 years' experience in the healthcare field. After 15 years in hospital nursing in Critical Care and as a Nursing Supervisor, she continued her education to improve her ability to care for individuals in the community setting. She joined Tri-State Family Practice, located in the Clearwater Clinic, in 1998, and enjoys the one-on-one patient contact in family practice. She is interested in all aspects of family care, including but not limited to wellness care, women's health, cardiovascular health, and diabetes management. Robin received her Bachelor of Science in Nursing from Lewis Clark State College and her Master of Science in Nursing from Idaho State University. She is certified by the American Academy of Nurse Practitioners and the American Academy of Addiction Psychology.



Christine Norwood, ARNP

Christine Norwood, ARNP, has over 28 years of experience in the medical field. Her expertise includes all aspects of family practice, women's health, and family planning. She joined Tri-State Family Practice, located at the Clearwater Clinic, in June 2002. She has special interests in the prevention of cardiovascular disease and diabetes, asthma/allergies, and depression/anxiety disorders. Christy received her Associates in Nursing and Bachelor of Science in Nursing from Lewis Clark State College and her Master of Science in Nursing from Idaho State University. She is certified with the American Academy of Nurse Practitioners.



Jessica Six, FNP-BC

Jessica Six, FNP-BC, was born and raised in Lewiston and has nursing experience in medical/oncology, family practice, and insurance throughout the Lewis-Clark Valley. Before joining Tri-State Family Practice, located in the Clearwater Clinic, she was also a nursing supervisor and hepatitis case manager. She has treated patients of all ages and has special interests in preventive medicine and pediatrics. She received her Bachelor of Science in Nursing from Boise State University, and her master's in Nursing from Gonzaga University.



Theresa Smith, NP-C

Theresa Smith, NP-C, has over 24 years of service in the healthcare industry. She worked for 10 years at St. Joseph Regional Medical Center 5 years of which were in the minor care department as a Nurse Practitioner. Theresa joined Tri-State Family Practice, located in the Clearwater Clinic, in 2004. She enjoys treating patients of all ages, from pediatrics to geriatrics, women's health, wellness, illness, dermatology, and various diseases. She received her Associates in Nursing and Bachelor of Science in Nursing from Lewis Clark State College. She then went on to receive her Master's in Nursing from Idaho State University. She is certified by the American Academy of Nurse Practitioners.



Cheryl Loetscher, NP-C

Cheryl Loetscher, NP-C, has over 20 years of experience in the healthcare industry. In addition to Primary Care, she specializes in Medical Aesthetics. Cheryl has completed education in aesthetics Medicine including certification for cosmetic injectables through Allergan™ Medical Institute, Laser certification through Syneron™, micro-needling certification through Eclipse Micropen®, and PCA Skin Certification. She received her Associates in Nursing and Bachelor in Nursing from Lewis-Clark State College and her Master's degree from Gonzaga University. She is certified by the American Academy of Nurse Practitioners and the American Academy of Addiction Psychology. Cheryl enjoys spending time with her family, traveling, exercising, and staying healthy.



Sherry Sweikert-Smith, DNP

Sherry Sweikert-Smith, DNP, has a variety of healthcare experience and has worked in the field for over 17 years. Sherry's experiences include primary care, public and community health, rural health, and urgent care. She attended Walla Walla Community College for her LPN in 2004, and RN in 2005. She obtained her Bachelor of Nursing at Lewis-Clark State College in 2013 and received her Doctor of Nurse Practice in 2018. Sherry joined Tri-State Family Practice in 2018. She chose this profession based on the need for family practice in the Lewis-Clark Valley. She enjoys the small-town atmosphere, treating families, and assisting them with their health care needs. Sherry enjoys the outdoors, camping, and attending her son's football games and 4H projects.

SERVICES PROVIDED

Primary Care services including, but not limited to:

- Preventative healthcare:
 - Screenings
 - Physicals
 - Immunizations
 - Vaccines
- Acute and chronic illness
- Suboxone for Opioid Addiction Program

Women's Health including:

- Screenings (cervical cancer, mammograms)
- Physicals and general care
- Birth control
- STD testing
- Menopause
- Bone density screening

Pediatrics services including, but not limited to:

- Newborn circumcisions
- Well-child visits
 - Performing a physical exams
 - Giving necessary shots (immunizations or vaccinations)
 - Tracking how a child is growing and developing
 - Discussing illness prevention, diet and physical fitness, and health and safety issues
 - Discussing how to handle emergencies and sudden illness

HMR Weight Management

In-House Lab & Radiology

Sports Physicals

DOT Physicals & Screenings which include:

- Physical exam programs
- On-site flu and wellness clinics
- Biometric screenings
- Travel vaccines
- Drug and alcohol testing

To learn more about these services please visit www.TriStateHospital.org.

FAMILY PRACTICE LEWISTON PROVIDERS



Jennifer Creaser, ARNP

Jennifer Creaser, ARNP, joined Tri-State Family Practice Lewiston as a Family Nurse Practitioner in February 2015. She received her Bachelor of Science in Nursing from Lewis-Clark State College and her Master of Nursing from the University of Washington. As a certified Family Nurse Practitioner, she has many years of experience treating patients of all ages. She has special interests in women's health and the evaluation of attention-deficit issues in children and adults. When she is not working, she enjoys spending time with her husband and two children.



Mary Crowell, DO

Mary Crowell, DO, attended both North Idaho College and Lewis-Clark State College, where she received her Bachelor of Science in Nursing in 2006. She worked as a Registered Nurse in the Lewis-Clark Valley and Arizona until deciding to continue her education at the University of North Texas, Health Science Center. She received her Doctorate of Osteopathic Medicine in 2013 and completed her Family Medicine residency at CHS Blue Ridge in North Carolina. Dr. Crowell enjoys hiking, backpacking, biking, gardening, bird watching, and travel.



Garrett Mockler, MD

Garrett Mockler, MD, received his Doctorate of Medicine from the Trinity School of Medicine in St. Vincent and the Grenadines, in 2016. He completed his residency at the University of Nebraska Medical Center in rural family medicine, where he spent time in Omaha and North Platte, Nebraska. Before attending medical school, he spent the first part of his career as a professional ballet dancer and achieved a Bachelor and Master of Fine Arts in ballet from the University of Utah. Upon arrival at Tri-State Memorial Hospital, Dr. Mockler will start a hybrid fellowship program in Integrative Medicine. Integrative Medicine uses both western and eastern medical treatments to care for the whole patient in a uniquely catered way. He enjoys hiking, book writing, woodworking, and photography. Dr. Mockler views medicine as a team sport, and he is looking forward to being on a team that helps his patients achieve their personal goals in health and wellness.



Alexa Rhea, PA-C

Alexa Rhea, PA-C, joined Tri-State Family Practice Lewiston in September 2018. She received her Bachelor of Science in Biological Sciences from Illinois State University. She completed her Physician Assistant Program from Southern Illinois University. In 2017, Alexa moved to Washington State and had been working as a provider in the Tri-State Emergency Department. She enjoys building relationships with her patients and providing care for them throughout all stages of their lives and has been a member of the American Association of Physician Assistants since 2014. She also enjoys spending time with her husband and two daughters.



John Rudolph, DO

John Rudolph, DO, finished his residency at Providence Family Medicine in Spokane, WA, and is a Doctor of Osteopathic Medicine. He received his Bachelor of Science in Biology and Bachelor of Arts in Chemistry and Theology from Whitworth University in Spokane in 2008. He then graduated from A.T. Still University School of Osteopathic Medicine in Mesa, Arizona, in 2013. Dr. Rudolph has special interests in general family medicine, pediatric medicine, gynecology, including contraceptive implants, and sports medicine. He enjoys running Spartan races, community engagement, and coaching children's sports.

SERVICES PROVIDED

Primary Care services including, but not limited to:

- Preventative healthcare:
 - Screenings
 - Physicals
 - Immunizations
 - Vaccines
- Acute and chronic illness

Women's Health including:

- Colposcopy
- Screenings (cervical cancer, mammograms)
- Physicals and general care
- Birth control
- STD testing
- Menopause
- Bone density screening

Pediatrics services including, but not limited to:

- Newborn circumcisions
- Well-child visits
 - Performing a physical exams
 - Giving necessary shots (immunizations or vaccinations)
 - Tracking how a child is growing and developing
 - Discussing illness prevention, diet and physical fitness, and health and safety issues
 - Discussing how to handle emergencies and sudden illness

Lab & X-Ray

Sports Physicals

Minor Orthopedic Procedures which include, but not limited to:

- Trigger point injections
- Lesion removal
- Toenail removals and trimmings

DOT Physicals & Screenings which include:

- Physical exam programs
- On-site flu and wellness clinics
- Biometric screenings
- Travel vaccines

To learn more about these services please visit www.TriStateHospital.org.

