

Our Services



In Person and Virtual Care (for adults and children)

Provider Access (typical availability or response time)

Doctor's office appointments: Same- or next-day for urgent needs
Email consults (through Everside Health portal): Within one business day

Phone consults: Within two hours during business hours/within 45 minutes outside of business hours

Primary & Preventive Care

- Basic vision screening (color & near vision)
- Blood pressure screening
- Chronic condition management
- Comprehensive personal evaluation
- Coordination with other providers
- Fitness & nutrition coaching
- Health risk assessment
- Hearing screening (audiometry)
- Lifestyle & risk-reduction coaching
- Sports physicals
- Well-child visits

Treatments & Procedures

- Basic splinting
- Basic wound care
- Ear wax removal
- EKG
- Incision & drainage of abscesses
- Ingrown toenail removal
- Joint & bursa injection/aspiration
- Lung function screening (spirometry)
- Nebulizer treatment
- PAP smear
- Peak flow testing
- Skin biopsy (lab not included)
- Skin cyst removal
- Skin tag & wart removal (cryo)
- Stitches
- Suture/staple removal

Labs for Everside Health Members

- Blood draws & sample collection
- Hemoglobin A1C
- Pregnancy test
- Standard annual labs
- Stool blood test (FOBT)
- Strep throat test

Immunizations

Immunizations administered that will be submitted to the patient's insurance plan for payment:

- Flu vaccine
- Hepatitis A series
- Hepatitis B series
- Meningococcal
- MMR (measles, mumps, rubella)
- Varicella (chicken pox)
- Td (tetanus, diphtheria)
- Tdap (tetanus, diphtheria, pertussis)
- Pneumovax

Health Portal

Visit paladinahealth.com/portal to get access.

- Available 24/7
- Make and manage prescriptions from your doctor
- Request refills and view prescriptions
- Email your doctor securely
- Download your personal health record
- Manage your membership

The following list provides an overview of the broad scope of diagnoses, procedures, and services that may be rendered in our health centers (not a complete list). Our onsite clinicians make all treatment decisions with the health, well-being, and best interest of the patient as the foremost goal.

Don't see a specific treatment or procedure?
Contact your Paladina Health doctor's office to get more information.

Prescription Drugs & Medications

Some doctor's offices have a supply of common, generic medications. Generic versions of the items below are frequently available to members for a low fee, similar to what they might pay at a nearby pharmacy.

The generic equivalent of the following medications may be available. Exact medications offered are at the discretion of the provider and are subject to change.

- Aloprim
- Amoxicillin
- Augmentin
- Bactrim
- Celexa
- Cipro
- Claritin
- Cortaid
- Cozaar
- Ditropan
- Elavil
- Ferrous Sulfate
- Flagyl
- Flexeril
- Flonase
- Gentamycin
- Glucophage
- Glucotrol
- Hydrochlorothiazide
- Imitrex
- Keflex
- Lasix
- Levaquin
- Lipitor
- Lopressor
- Lotrimin
- Naprosyn
- Norvasc
- Penicillin
- Phenergan
- Prednisone
- Prilosec
- Proventil
- Trazodone
- Triamcinolone
- Ultram
- Ventolin
- Vitamin D
- Z-Pak
- Zantac
- Zestril
- Zithromax
- Zocor
- Zofran
- Zolof
- Zovirax
- Zyrtec

Certain prescriptions and procedures, and tests sent to outside labs will be charged to your insurance. For those contributing to an HSA, some fees may be required for non-preventive services and acute/non-preventive services are provided, on average, at a lower cost than other providers. Care delivered by phone or email is no additional cost.