

UnitedHealthcare Select and Select Plus

Member Resource Guide



Member Resource Guide

Thank you for choosing an Ochsner-affiliated health plan. We've created this member resource guide to provide a handy reference to help you and your family identify the most cost-effective and appropriate level of care for your needs. Note that this information changes frequently, so please call the health center or provider to confirm this information or visit www.ochsner.org for the most up-to-date Ochsner Health Center information.

This is not a complete list of the participating clinics and providers for this network. Please refer to the network's website information on the last page of this resource guide for the complete participating provider information. The health facility where you receive care may be in your network, but some doctors who work there may not be. That means you could pay more. Find out if the doctor you want to provide care is in network at <https://lp.uhc.com/laselect> or call Ochsner's dedicated concierge team at 855-723-8152 Monday through Friday from 8:00 a.m. to 5:30 p.m.

Table of Contents

- Section 1:** **Right Care at the Right Place** – Match your symptoms to the right location for faster care
- Section 2:** **Health Centers** – Summary of the primary care and Ochsner specialty health centers locations sorted alphabetically by location and including the clinic name, phone number, and days and hours of operation
- Section 3:** **Therapy and Wellness** – Summary of the Ochsner affiliated partner physical therapy and wellness locations sorted alphabetically by location including name of the health center, phone number and days and hours of operation
- Section 4:** **Ochsner Healthy Back Program** – A comprehensive treatment approach for individuals with chronic or recurrent neck or back pain
- Section 5:** **Ochsner Hospitals** – Summary of the participating acute care hospitals and free-standing emergency rooms
- Section 6:** **Ochsner Urgent Care Centers** – Summary of the network urgent care centers including address, phone number and days and hours of operation
- Section 7:** **Ochsner Pharmacy and O Bar Locations** - The “Genius Bar” in a healthcare setting serves up good-for-you technology that helps keep patients out of the doctor’s office
- Section 8:** **Member Resources** – General network member resource information

Ochsner's dedicated concierge team is available for questions regarding this information or assistance at 855-723-8152 Monday through Friday from 8:00 a.m. to 5:30 p.m.

Interpreters for Patients with Limited English Proficiency: Patients with Limited English Proficiency (LEP) will receive the same access to care and service as those who are English speaking. To protect the confidentiality of patient information and privacy, the patient will have the option to use an interpreter at no additional charge or rely on a family member or friend for interpretation.

Language services are available 24 hours/day, 7 days per week free of charge. Face-to-face interpreter service is available directly through the International Health Services Department at 504-842-3719 Monday - Friday, from 7:00 a.m. to 5:00 p.m.

Get the Right **Care**, at the Right **Place**.

Match your symptoms to the right location for faster care.



PRIMARY CARE

Comprehensive and Continuous Care

- ✓ Annual checkups
- ✓ Immunizations
- ✓ Chronic disease management
 - High blood pressure
 - High cholesterol
 - High blood sugar
- ✓ Nonlife-threatening allergic reactions
- ✓ Minor burns or injuries
- ✓ Mild asthma
- ✓ Mild to moderate stomach aches
- ✓ Rashes or other skin irritations
- ✓ Back pain
- ✓ Mild to moderate chest pain
- ✓ Headaches

Schedule an appointment by visiting ochsner.org/PC. Extended hours available.



URGENT CARE

Available In Person & Via Virtual Visit
Immediate Medical Attention for
Common Illnesses

- ✓ Sprains, broken bones and fractures needing x-ray
- ✓ Lacerations
- ✓ Abscesses
- ✓ Coughs, colds and sore throats
- ✓ Urinary pain
- ✓ Earaches
- ✓ Minor burns, rashes, sunburns and heat ailments
- ✓ Non life-threatening allergic reactions
- ✓ Fevers or flu-like symptoms
- ✓ Mild to moderate stomach aches
- ✓ Rashes or other skin irritations
- ✓ Select immunizations

Visit ochsner.org/UC to find an Urgent Care Center near you or download the Ochsner Anywhere Care Virtual Visit App at ochsner.org/anywherecare.



EMERGENCY CARE

Treatment for Severe and
Life-Threatening Conditions

- ✓ **Severe** chest pain
- ✓ **Severe** bleeding
- ✓ **Severe** asthma attack/
difficulty breathing
- ✓ **Severe** head trauma
- ✓ Loss of consciousness
- ✓ **Severe** allergic reaction
- ✓ Sudden vision loss or impairment
- ✓ **Severe** abdominal pain
- ✓ **Severe** dehydration

















**For all emergencies, visit your local
Emergency Room or dial 9-1-1.**

Learn more about
virtual visits with Ochsner
Anywhere Care, visit
ochsner.org/anywherecare.



Primary Care Health Centers

















	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
♿	Abbeville General Hospital Clinic (Family Medicine) 337-892-0630	Abbeville	Mon-Fri: 8 a.m. - 5 p.m.	
♿	Abbeville General Pediatric Clinic 337-898-3120	Abbeville	Mon-Fri: 7:30 a.m. - 4 p.m.	
♿	Abbeville General Women's Health of Vermilion (OB/GYN) 337-893-6294	Abbeville	Mon-Wed: 8 a.m. - 5 p.m. Thu: 8 a.m. - 4 p.m. Fri: 8 a.m. - 3 p.m.	
♿	Lahasky Medical Clinic 337-898-1860	Abbeville	Mon-Fri: 8 a.m. - 5 p.m.	
♿	SouthCare Medical 337-422-6240	Abbeville	Mon-Fri: 8 a.m. - 5 p.m.	
♿	Ochsner Health Center - Abita Springs 985-892-0879	Abita Springs	Mon: 6 a.m.-6 p.m. Tue-Fri: 7 a.m. - 4 p.m.	Sat: 7 a.m. - 11 a.m. Every 3rd Saturday
♿	LSU Family Medicine 318-441-1030	Alexandria	Mon-Fri: 8 a.m. - 5 p.m.	
♿	Ochsner Health Center - Algiers 504-371-9323	Algiers	Mon-Fri: 6 a.m. - 4 p.m.	
♿	Associates in Pediatric and Adolescent Medicine 225-928-0867	Baton Rouge	Mon-Fri: 8:30 a.m. - 4:45 p.m.	
♿	Ochsner Health Center - Bluebonnet South 225-761-5200	Baton Rouge	Mon-Fri: 7 a.m. - 4:30 p.m.	
♿	Ochsner Health Center - Central 225-761-5200	Baton Rouge	Mon-Fri: 6 a.m. - 4 p.m.	
♿	Ochsner Health Center - Jefferson Place 225-761-5200	Baton Rouge	Mon/Wed: 6:30 a.m. - 4 p.m. Tue, Thu, Fri: 6 a.m. - 4 p.m.	
♿	Ochsner Health Center - O'Neal 225-761-5200	Baton Rouge	Mon-Fri: 7 a.m. - 6 p.m.	
♿	Ochsner Health Center - Sherwood/McGehee 225-761-5200	Baton Rouge	Mon-Fri: 7 a.m. - 5 p.m.	
♿	Ochsner Medical Complex - The Grove 225-761-5200	Baton Rouge	Mon-Fri: 8 a.m. - 5 p.m.	Mon-Fri: 8 a.m. - 8 p.m. Sat: 9 a.m - 1 p.m.
♿	Ochsner Health Center - Belle Chasse 504-371-9370	Belle Chasse	Mon-Fri: 6 a.m. - 4 p.m.	

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
	Ochsner Health Center – Bogalusa 985-878-2828	Bogalusa	Mon: 8 a.m. - 3 p.m. Wed: 7 a.m. - 4 p.m.	
	Henderson Family Medicine (Family Medicine) 337-454-6280	Breaux Bridge	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	Bunkie General Hospital Rural Health Clinic 318-346-7283	Bunkie	Mon-Fri: 8 a.m. - 5 p.m.	
	Richard B. Feucht II, MD (Family Medicine) 337-896-8422	Carencro	Mon-Thu: 7 a.m. - 5 p.m. Fri: 7 a.m. - 12 p.m.	
	WellSmart Health of Carencro RHC 337-896-9355	Carencro	Sun-Sat: 7 a.m. - 7 p.m.	
	Chalmette Medical Clinic (Family Medicine) 504-662-1435	Chalmette	Mon-Thu: 8 a.m. - 4 p.m. Fri: 8 a.m. - 12:00 p.m.	
	Ochsner Health Center – St. Bernard 504-304-2800	Chalmette	Mon-Fri: 8 a.m. - 5 p.m.	
	Ochsner Specialty Health Center – St. Bernard 504-493-2200	Chalmette	Mon-Fri: 7 a.m. - 4 p.m.	
	Total Access Health (Internal Medicine) 504-278-1414	Chalmette	Mon-Fri: 9 a.m. - 5 p.m.	
	Acadiana Family Medical Center 337-684-9974	Church Point	Mon-Fri: 8 a.m. - 5 p.m.	
	Children’s Medical Center 985-893-2580	Covington	Mon-Fri: 8 a.m. - 5 p.m.	
	DS Family Medicine 985-246-5670	Covington	Mon-Fri: 8 a.m. - 5 p.m.	
	Elizabeth White (Internal Medicine and Pediatrics) 985-871-8681	Covington	Mon-Fri: 8:30 a.m. - 5 p.m.	
	Fairway Pediatrics, LLC 985-871-7337	Covington	Mon-Fri: 8 a.m. - 5 p.m. Sat: 8 a.m. - 12:00 p.m.	
	James M. Robinson, MD (Internal Medicine) 985-809-7171	Covington	24 hours/day 7 days/ week (MD VIP)	
	Jill Gibson, MD (OB/GYN) 985-898-5990	Covington	Mon-Fri: 8 a.m. - 5 p.m.	

Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
♿	Northlake Medicine & Wellness (Internal Medicine) 985-809-6195	Covington	Mon-Fri: 8 a.m. - 5 p.m.	
♿	Ochsner Health Center - Covington 985-875-2828	Covington	Mon-Fri: 7 a.m. - 8 p.m.	Mon-Fri: 7 a.m. - 8 p.m.
♿	Ochsner Health Center for Children - Covington 985-875-2828	Covington	Mon-Fri: 7 a.m. - 8 p.m.	
♿	Ochsner Health Center for Children-Pediatric Subspecialties - Covington 985-898-7400	Covington	Mon-Fri: Varies by specialty	
♿	Ochsner Neurosciences Institute - Covington 985-246-2800	Covington	Mon-Fri: 8:30 a.m. - 5:30 p.m.	
♿	Ochsner Women's Health Center - Covington 985-875-2828	Covington	Mon-Fri: 7 a.m. - 8 p.m.	
♿	Pontchartrain Pediatrics 985-893-8505	Covington	Mon-Thu: 8 a.m. - 7 p.m. Fri: 8 a.m. - 4:30 p.m.	Sat: 8 a.m. - 11 a.m.
♿	Roy C. Sanguiguit, MD (Family Medicine) 985-892-5855	Covington	Mon-Fri: 9 a.m. - 5 p.m.	
♿	St. Tammany Health System Women's Pavillion 985-773-1500	Covington	Mon, Tue, Thu: 8:20 a.m. - 4:30 p.m.	
♿	St. Tammany Pediatrics 985-773-1600	Covington	Mon-Fri: 7:30 a.m. - 5 p.m.	
♿	St. Tammany Physicians Network - Covington 985-898-4001	Covington	Mon-Fri: 8 a.m. - 5 p.m. Mon-Thu: NP 8 a.m. - 6 p.m.	
♿	Schultis, Landry, & Guillory (OB/GYN) 985-898-1940	Covington	Mon-Thu: 8:30 a.m. - 4:30 p.m. Fri: 8:30 a.m. - 12:30 p.m.	
♿	Women's Health & Wellness 985-893-0995	Covington	Mon-Thu: 9 a.m. - 5 p.m. Fri: 8 a.m. - 1 p.m.	
♿	Ochsner Health Center - Cut Off 985-632-1070	Cut Off	Days and times vary by specialty	
♿	Ochsner Health Center - Denham Springs 225-761-5200	Denham Springs	Mon-Fri: 7 a.m. - 4 p.m.	
♿	Ochsner Health Center - Denham Springs South 225-761-5200	Denham Springs	Mon-Fri: 8 a.m. - 8 p.m.	Urgent Care: 9 a.m. - 3 p.m. M-F 8 a.m. - 5 p.m. Sat/Sun
















Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
	Ochsner Health Center - Destrehan 985-764-7669	Destrehan	Mon-Fri: 7 a.m. - 4 p.m.	
	Ochsner Health Center for Children - Destrehan 985-764-6036	Destrehan	Mon-Fri: 8 a.m. - 5 p.m.	
	Abbeville General Erath/Delcambre Community Care Clinic 337-937-5944	Erath	Mon-Fri: 7 a.m. - 5 p.m.	
	Eunice Clinic of Jennings American Legion Hospital (Family Medicine/Pediatrics) 337-550-3740	Eunice	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	WellSmart Health - Rainey Family Medicine 337-466-3938	Eunice	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	St. Tammany Physicians Network - Folsom 985-898-4001	Folsom	Mon-Fri: 8 a.m. - 5 p.m.	
	Ochsner Health Center - Franklinton 985-898-7042	Franklinton	Mon-Fri: 7 a.m. - 7 p.m.	Sat: 9 a.m. - 5 p.m. Sun: 9 a.m. - 3 p.m.
	Bethesda Medical Clinic (Multi-specialty Adult Care) 504-265-8304	Gretna	Mon-Fri: 8 a.m. - 5 p.m.	
	Jefferson Medical Clinic (Family Medicine) 504-392-4114	Gretna	Mon-Fri: 8 a.m. - 4 p.m.	
	Ochsner Health Center - Belle Meade 504-371-9355	Gretna	Mon-Fri: 6 a.m. - 4 p.m.	
	Ochsner Health Center - West Bank 504-371-9355	Gretna	Mon-Fri: 6 a.m. - 4 p.m.	
	Ochsner Health Center - Tangipahoa 985-543-3600	Hammond	Mon-Fri: 6 a.m. - 4 p.m.	
	Ochsner Heart and Vascular Center - Hammond 985-543-3664	Hammond	Mon-Fri: 6 a.m. - 4 p.m.	
	Acorn to Oak Pediatrics 318-949-0539	Haughton	Mon-Fri: 8 a.m. - 5 p.m.	
	Bayou Pediatrics Associates 985-872-6405	Houma	Mon-Thu: 8 a.m.- 8:30 p.m. Fri: 8 a.m. - 5 p.m.	
	Ochsner Health Center for Children Pediatric Subspecialties - Houma 985-805-5116	Houma	Mon-Fri: Varies by specialty	

Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
♿	Ochsner Medical Complex – Iberville 225-761-5200	Iberville	Mon-Fri: 8 a.m. - 5 p.m.	Emergency Care 24/7
♿	Family Medicine Clinic of Jennings American Legion Hospital 337-824-1111	Jennings	Mon-Fri: 8 a.m. - 5 p.m.	
♿	Kaplan Family Medicine 337-285-6033	Kaplan	Mon-Thu: 7 a.m. - 4 p.m. Fri: 7 a.m. - 11 a.m.	
♿	Primary Care Clinic of Kaplan (Family Medicine) 337-643-6219	Kaplan	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
♿	Cypress Pediatrics 504-305-5500	Kenner	Mon-Wed: 8:30 a.m. - 5 p.m. Thu: 10 a.m. - 6 p.m. Fri: 8:30 a.m. - 2 p.m. Sat: Varies	
♿	Kenner Physician Associates (Internal Medicine) 504-712-7000	Kenner	Mon-Fri: 8:30 a.m. - 5 p.m.	
♿	Ochsner Health Center – Driftwood 504-443-9500	Kenner	Mon-Thu: 6 a.m. - 7 p.m. Fri: 6 a.m. - 4 p.m. Sat: 7 a.m. - 11 a.m. Sun: 9 a.m. - 1 p.m.	Mon-Thu: 6 a.m. - 7 p.m. Fri: 6 a.m. - 4 p.m. Sat: 7 a.m. - 11 a.m. Sun: 9 a.m. - 1 p.m.
♿	Ochsner Health Center – Kenner 504-468-8600	Kenner	Mon-Fri: 8 a.m. - 5 p.m.	
♿	Quynh Mai Clinic (Family Medicine) 504-463-2200	Kenner	Mon-Fri: 8 a.m. - 4 p.m.	
♿	Acadiana Family Physicians (Family Medicine) 337-234-1111	Lafayette	Mon-Tue: 7:30 a.m. - 5 p.m. Wed-Thu: 7 a.m. - 5 p.m. Fri: 7 a.m. - 12 p.m.	
♿	Bryan G. Sibley MD (Pediatrics) 337-289-0042	Lafayette	Mon-Thu: 8 a.m.- 5 p.m. Fri: 8 a.m. - 11:45 a.m.	
♿	Charlie Internal Medicine Group 337-484-1091	Lafayette	Mon-Thu: 8 a.m. - 4:30 p.m. Fri: 8 a.m. - 12 p.m.	
♿	David A. Reed MD (Internal Medicine) 337-235-6211	Lafayette	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 11 a.m.	
♿	Elizabeth W. McLain MD Clinic (Family Medicine) 337-289-8478	Lafayette	Mon-Thu: 7:30a.m. - 5p.m. Fri: 8a.m. - 12p.m.	







Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
	FM Fernandez (Family Medicine) 337-269-7494	Lafayette	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	Internal Medicine BRACC 337-289-8816	Lafayette	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12p.m.	
	Internal Medicine of Acadiana 337-289-8717	Lafayette	Mon-Thu: 8:30 a.m. - 4:30 p.m. Fri: 8:30 a.m. - 12 p.m.	
	Jay P. Jaikishen MD (Internal Medicine) 337-232-1171	Lafayette	Mon-Thu: 9 a.m. - 5p.m. Fri: 9 a.m. - 12 p.m.	
	Kenneth McCarron MD (Internal Medicine) 337-261-1919	Lafayette	Mon, Wed, Fri: 8 a.m. - 4 p.m. Tue, Thu: 8 a.m. - 12 p.m.	
	Pillette Orgeron MD Clinic (Family Medicine) 337-534-8964	Lafayette	Mon-Thu: 8:30 a.m. - 4:30 p.m. Fri: 8:30 a.m. - 12 p.m.	
	Peditric Associates of Lafayette, Inc. 337-289-8989	Lafayette	Mon-Fri: 8 a.m. - 5 p.m.	
	Premier Pediatrics of Acadiana 337-237-1252	Lafayette	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 1 p.m.	
	SouthCare Medical 337-706-7700	Lafayette	Mon-Fri: 8 a.m. - 5 p.m.	
	Southside Family Health Physicians 337-456-1642	Lafayette	Mon - Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	Lake Arthur Clinic of Jennings Hospital 337-774-0100	Lake Arthur	Mon - Thu: 7 a.m. - 5 p.m.	
	Ochsner Health Center - LaPlace Medical 985-652-9504	LaPlace	Mon-Fri: 8 a.m. - 5 p.m.	
	Ochsner Health Center - River Parishes 985-652-3500	LaPlace	Mon-Fri: 8 a.m. - 5 p.m.	
	Ochsner Health Center - Lockport 985-532-1620	Lockport	Mon-Fri: 6:30 a.m. - 3:30 p.m.	
	Ochsner Health Center - Luling 985-785-3740	Luling	Mon-Fri: 8 a.m. - 5 p.m.	
	Ochsner Health Center - St. James 225-258-2037	Lutcher	Mon-Fri: 8 a.m. - 5 p.m.	

Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
♿	St. Tammany Physicians Network - Madisonville 985-898-4001	Madisonville	Mon-Fri: 8:30 a.m. - 4:30 p.m.	
♿	LeBlanc Pediatrics 985-674-2227	Mandeville	Mon, Tue, Thu, Fri: 7 a.m. - 5 p.m. Wed: 8 a.m. - 5 p.m.	Sat: 8 a.m. - 11 a.m.
♿	Ochsner Health Center - East Causeway Approach 985-875-2828	Mandeville	Mon-Fri: 6 a.m. - 4 p.m.	
♿	Ochsner Health Center - Mandeville 985-875-2340	Mandeville	Mon-Fri: 7 a.m. - 5 p.m.	
♿	Ochsner Health Center - Mandeville Behavioral Health 985-898-7420	Mandeville	Mon-Fri: 7 a.m. - 5 p.m.	
♿	St- Tammany Physicians Network - Mandeville 985-898-4001	Mandeville	Mon-Fri: 8 a.m. - 4:30 p.m.	
♿	Ahmad Shanableh, MD (Internal Medicine) 504-341-1603	Marrero	Mon-Thu: 8:30 a.m. - 5 p.m. Fri: 8:30 a.m. - noon	
♿	Fisher Pediatric Clinic 504-361-0234	Marrero	Mon-Fri: 9 a.m. - 5 p.m.	
♿	Lindsey York Fantaci, MD (Pediatrics) 504-394-8333	Marrero	Mon-Fri: 8 a.m. - 5 p.m. Sat: 8 a.m. - 12 p.m. (2 Sat./month)	
♿	Ochsner Health Center - Lapalco 504-371-9355	Marrero	Mon-Fri: 7 a.m. - 4 p.m.	
♿	Ochsner Family Doctor Clinic - Mathews 985-537-7575	Mathews	Mon-Wed: 7 a.m. - 6 p.m. Thu-Fri: 7 a.m. - 4 p.m. Sat: 8 a.m. - 11 a.m.	Mon-Wed: 7 a.m. - 6 p.m. Thu-Fri: 7 a.m. - 4 p.m. Sat: 8 a.m. - 11 a.m.
♿	Abbeville General Maurice Community Care Clinic 337-898-9449	Maurice	Mon-Fri: 7 a.m. - 5 p.m.	
♿	Family Medicine and Acupuncture LLC 504-464-4141	Metairie	Mon-Fri: 9 a.m. - 5 p.m.	
♿	Ochsner Health Center - Clearview 504-885-8563	Metairie	Mon-Thu: 7 a.m. - 4 p.m. Fri: 7 a.m. - 2 p.m.	
♿	Ochsner Health Center - Metairie 504-836-9820	Metairie	Mon: 7 a.m. - 8 p.m. Tue-Fri 7 a.m. - 5 p.m.	Sat: 8 a.m. - 11:45 a.m.
♿	Ochsner Health Center - Old Metairie 504-703-7740	Metairie	Mon-Fri: 8:30 a.m. - 5 p.m.	

Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
	Ochsner Health Center for Children - Metairie 504-887-1133	Metairie	Mon-Fri: 8 a.m. - 5 p.m.	Sat: 8 a.m. - noon
	Ochsner Health Center for Children - Monroe 318-323-1100	Monroe	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	Ochsner LSU Health Shreveport - Monroe Medical Center 318-330-7000	Monroe	Mon-Fri: 8 a.m. - 5 p.m.	
	Carl M. Ditch, MD (Internal Medicine) 337-364-1103	New Iberia	Mon, Wed, Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	Joe B. Proctor, MD (Family Medicine) 337-364-0408	New Iberia	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	Keidra Welch-Spencer, MD (Family Medicine) 337-364-7700	New Iberia	Mon, Tue, Thu: 7:30 a.m. - 4:30 p.m. Wed, Fri: 7:30 a.m. - 12 p.m.	
	Lahasky Medical Clinic (Family Medicine) 337-364-4738	New Iberia	Mon, Tue, Thu: 8:30am-5pm; Wed, Fri: 8:30am-12pm	
	Stephen A. Boudreaux, MD (Family Medicine) 337-364-3444	New Iberia	Mon, Tue, Thu: 8 a.m. - 5 p.m. Wed, Fri: 8 a.m. - 12 p.m.	
	Timothy A. Viator (Family Medicine) 337-364-8566	New Iberia	Mon-Fri: 8 a.m. - 5 p.m.	
	David Allen Brown, MD (Internal Medicine) 504-897-2661	New Orleans	Mon-Thu: 8 a.m. - 5 p.m.	
	Hales Pediatrics 504-897-0744	New Orleans	Mon-Fri: 8:30 a.m. - 5 p.m.	
	John Wise, MD (Internal Medicine) 504-324-7600	New Orleans	24 hours/day 7 days/week (MD VIP)	
	Judith Hackett, MD (Family Medicine) 504-865-1539	New Orleans	Mon-Thu: 9 a.m - 4 p.m.	
	Li Pediatrics 504-667-6993	New Orleans	Mon-Fri: 9 a.m. - 5 p.m. Sat: 9 a.m. - noon	
	Ochsner Center for Primary Care and Wellness 504-842-4747	New Orleans	Mon-Fri: 7 a.m. - 7 p.m.	Sat: 8 a.m. - 4:30 p.m.
	Ochsner Community Health Brees Family Center 504-354-4118	New Orleans	Mon-Fri: 8 a.m. - 5 p.m.	

Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
♿	Ochsner Health Center - Baptist Napoleon Medical Plaza 504-894-2022	New Orleans	Mon-Thu: 6 a.m. - 5 p.m. Fri: 6 a.m. - 3 p.m.	
♿	Ochsner Health Center - Elmwood 866-624-7637	New Orleans	Mon-Fri: 8 a.m. - 5 p.m.	
♿	Ochsner Health Center - Lakeview 504-846-9646	New Orleans	Mon-Fri: 8 a.m. - 5 p.m.	
♿	Ochsner Health Center - Lake Terrace 504-846-9646	New Orleans	Mon-Fri: 7 a.m. - 4 p.m.	
♿	Ochsner Health Center - Mid-City 504-842-7400	New Orleans	Mon-Fri: 9 a.m. - 5 p.m.	
♿	Ochsner Health Center - Mid-City at Canal 504703-2755	New Orleans	Mon-Fri: 8 a.m. - 4 p.m.	
♿	Ochsner Health Center - Napoleon at Magnolia 504-842-7444	New Orleans	Mon-Fri: 8 a.m. - 5 p.m.	
♿	Ochsner Health Center - Tchoupitoulas 504-703-3070	New Orleans	Mon-Fri: 7 a.m. - 5 p.m.	
♿	Ochsner Health Center - Uptown 504-842-7444	New Orleans	Mon-Fri: 7 a.m. - 4 p.m.	
♿	Ochsner Health Center for Children - New Orleans 504-842-3900	New Orleans	Mon: 8 a.m. - 5 p.m.	Sat: 8 a.m. - noon
♿	Vigour Pediatrics 504-325-5437	New Orleans	Mon, Tue, Thu, Fri: 8:30 a.m. - 5 p.m. Wed: 8:30 a.m. - 3 p.m.	
♿	Lily Pad Pediatrics 337-942-4453	Opelousas	Mon - Fri: 8 a.m. - 5 p.m.	
♿	Michael Burnell MD (Family Medicine) 337-447-4025	Opelousas	Mon Wed: 9 a.m. - 4:30 p.m. Thu: 8 a.m. - 2:45 p.m.	
♿	WellSmart Health - Internal Medicine Clinic 337-678-4343	Opelousas	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
♿	WellSmart Health of Opelousas - RHC 337-678-4285	Opelousas	Mon - Fri: 8 a.m. - 5 p.m.	
♿	Debra Durham MD Clinic (Internal Medicine) 337-845-4900	Parks	Mon-Thu: 8:30 a.m. - 4 p.m.	
♿	Ochsner Health Center - Pearl River 985-639-3777	Pearl River	Mon-Fri: 8 a.m. - 5 p.m.	

Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
	Anointed Family Medicine 225-687-2828	Plaquemine	Mon, Tue, Thu: 8 a.m. - 5 p.m. Wed: 8 a.m. - 7 p.m. Fri: 8 a.m. - 1 p.m.	
	Ochsner Health Center - Prairieville 225-761-5200	Prairieville	Mon-Fri: 7 a.m. - 6 p.m.	
	Ochsner Health Center - Raceland 985-537-2273	Raceland	Mon-Fri: 6:30 a.m. - 4 p.m.	
	Ochsner Specialty Health Center - Raceland 985-537-2666	Raceland	Mon-Fri: 8 a.m. - 5 p.m.	
	Ochsner Women's Health Center - Raceland 985-537-3211	Raceland	Mon-Fri: 7:45 a.m. - 5 p.m.	
	Ochsner Health Center for Children - River Ridge 504-703-3270	River Ridge	Mon-Fri: 7 a.m. - 4 p.m.	
	St. Martin Community Health Clinic 337-342-2566	St. Martinville	Mon: 8 a.m. - 7 p.m. Tue, Thu, Fri: 8 a.m. - 5 p.m. Wed: 8 a.m. - 2 p.m.	
	St. Martinville Family Medicine 337-342-2706	St. Martinville	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	Mid City Pediatrics 318-221-2225	Shreveport	Mon - Fri: 8 a.m. - 5 p.m.	Sat: 8:30 a.m. - 12 p.m. Sun: 10 a.m. - 11 a.m.
	Ochsner LSU Health Shreveport - Health Center Fern Avenue 318-626-4200	Shreveport	Mon - Fri: 8 a.m. - 5 p.m.	
	Ochsner LSU Health Shreveport - Health Center St. Vincent 318-626-0050	Shreveport	Mon - Fri: 7:30 a.m. - 4:30 p.m.	
	Ochsner LSU Health Shreveport - Internal Medicine & Pediatrics 318-626-0100	Shreveport	Mon - Fri: 8 a.m. - 5 p.m.	
	The Family Doctors 318-797-6661	Shreveport	Mon - Fri: 8 a.m. - 5 p.m.	
	Camellia City Obstetrics and Gynecology 985-781-4848	Slidell	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 2 p.m.	
	Clinton H. Sharp, III, MD (Family Medicine) 985-641-8086	Slidell	Mon, Tue, Thu, Fri: 8 a.m. - 5 p.m. Wed: 8 a.m. - 12 p.m.	

Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
♿	Helen Stevenson, MD (Pediatrics) 985-645-8687	Slidell	Mon-Fri: 8 a.m. - 5 p.m.	
♿	Meredith Hixson, MD (OB/GYN) 985-646-4490	Slidell	Mon-Thu: 8:30 a.m.- 5:30 p.m. Fri: 8:30 a.m. - 12 p.m.	
♿	Ochsner Health Center for Children - Pediatric Specialties - Slidell 504-842-3900	Slidell	Days and times vary by specialty	
♿	Ochsner Health Center for Children - Slidell 985-639-3755	Slidell	Mon-Fri: 7 a.m. - 5 p.m.	
♿	Ochsner Health Center - Slidell 985-639-3777	Slidell	Mon-Fri: 6:30 a.m - 4 p.m.	Sat: 7 a.m. - 11 a.m.
♿	Ochsner Neuroscience Institute - Slidell 985-646-5550	Slidell	Mon-Fri: 8 a.m. - 5 p.m.	
♿	Ochsner Specialty Health Center One - Slidell 985-639-3777	Slidell	Mon-Fri: 8 a.m. - 5 p.m.	
♿	Ochsner Specialty Health Center Two - Slidell 985-639-3777	Slidell	Mon-Fri: 8 a.m. - 5 p.m.	
♿	Ochsner Women's Health Center - Slidell 985-639-3777	Slidell	Mon-Fri: 8 a.m. - 5 p.m.	
♿	Pearl Acres Pediatrics 985-643-7927	Slidell	Mon-Thu: 8:30 a.m. - 4:30 p.m. Fri: 8:30 a.m. - 4 p.m.	Sat: 8:30 a.m. - 11 a.m.
♿	SMH Family Medicine 985-280-8970	Slidell	Mon-Thu: 8 a.m. - 6 p.m. Friday: 8 a.m. - noon	
♿	SMH Northshore Family Medical Center 985-646-1122	Slidell	Mon-Thu: 8 a.m. - 5 p.m. Friday: 8 a.m. - 1 p.m.	
♿	SMH Pediatrics 985-280-7337	Slidell	Mon-Fri: 8 a.m. - 5 p.m.	Sat: 8 a.m. - 1 p.m.
♿	WellSmart Health - Collins Family Clinic 337-678-4160	Sunset	Mon-Thu: 7:30 a.m. - 4:30 p.m. Fri: 7:30 a.m. - 4 p.m.	
♿	Family Health Physicians of Youngsville 337-451-4890	Youngsville	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 11:30 a.m.	
♿	Premier Pediatrics of Acadiana 337-704-7047	Youngsville	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 1 p.m.	
♿	Ochsner Health Center - Zachary 225-761-5200	Zachary	Mon-Fri: 7 a.m. - 5 p.m.	

Therapy & Wellness

Health Center	Location	Same/Next Day Appointments
Ochsner Therapy & Wellness - O'Neal 225-754-5188	Baton Rouge	Mon-Thu: 7 a.m. - 5:30 p.m. Fri: 6 a.m. - 4:30 p.m.
Ochsner Therapy & Wellness - The Grove 225-761-5467	Baton Rouge	Mon-Thu: 6 a.m. - 5:30 p.m. Fri: 6 a.m. - 4:30 p.m.
Ochsner Therapy & Wellness - Covington 985-875-2777	Covington	Mon-Thu: 7 a.m. - 6 p.m. Fri: 7 a.m. - 5 p.m.
St. Tammany Health System Outpatient Therapy & Wellness - YMCA 985-871-5899	Covington	Mon/Wed/Fri: 7:30 a.m. - 6 p.m. Tue/Thu: 8 a.m. - 12:30 p.m.
St. Tammany Health System Outpatient Therapy & Wellness - Covington 985-892-4622	Covington	Mon -Fri: 7 a.m. - 6 p.m.
Ochsner Therapy & Wellness - Destrehan 985-235-5400	Destrehan	Mon-Thu: 7 a.m. - 6 p.m. Fri: 7 a.m. - 5:30 p.m.
Ochsner Therapy & Wellness - Gonzales 225-726-2460	Gonzales	Mon/Wed: 6 a.m. - 3:30 p.m. Tue: 6:30 a.m. - 4 p.m. Thu: 7 a.m. - 4:30 p.m.; Fri: 6:30 a.m. - 11:30 a.m.
Ochsner Therapy & Wellness - Belle Meade 504-371-9314	Gretna	Mon-Fri: 7 a.m. - 5 p.m.
Ochsner Therapy & Wellness - Hammond 985-543-3850	Hammond	Mon/Wed: 8 a.m. - 5:30 p.m. Tue/Thu: 7 a.m. - 4:30 p.m.; Fri: 8 a.m. - 12 p.m.
Ochsner Therapy & Wellness - Driftwood 504-464-8173	Kenner	Mon-Fri: 7 a.m. - 5 p.m.
Ochsner Therapy & Wellness - LaPlace 985-651-1567	LaPlace	Mon-Wed: 8 a.m. - 4:30 p.m. Tue-Thu: 8 a.m. - 6:30 p.m.; Fri: 8 a.m. - 1:30 p.m.
Ochsner Therapy & Wellness - Mandeville 985-898-7230	Mandeville	Mon/Wed: 10 a.m. - 6:30 p.m. Tue/ Fri: 7 a.m. - 3:30 p.m. Thu: 8 a.m. - 4:30 p.m.

Therapy & Wellness

Health Center	Location	Same/Next Day Appointments
Ochsner Therapy & Wellness - Veterans 504-842-4349	Metairie	Mon-Thu: 7 a.m. - 5 p.m. Fri: 7 a.m. - 4 p.m.
Ochsner Therapy & Wellness for Children 504-736-4640	Metairie	Mon, Tue, Thu: 8 a.m. - 6:30 p.m. Wed: 7:15 - 5:30 Fri: 7:15 a.m. - 4:00 p.m.
Ochsner Therapy & Wellness - Elmwood 504-842-4348	New Orleans	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 4 p.m.
Ochsner Therapy & Wellness - Michoud 504-703-8940	New Orleans	Mon-Fri: 6 a.m. - 2:30 p.m.
Ochsner Therapy & Wellness - Ochsner Fitness Center 504-842-4348	New Orleans	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 4 p.m.
Ochsner Therapy & Wellness - Tchoupitoulas 504-842-4348	New Orleans	Mon-Thu: 7 a.m. - 6 p.m. Fri: 7 a.m. - 5 p.m.
Ochsner Therapy & Wellness - Gause 985-875-2370	Slidell	Mon-Thu: 7 a.m. - 5:30 p.m. Fri: 7 a.m. - 2 p.m.
Ochsner Therapy & Wellness - Ochsner Medical Center Northshore 985-646-5921	Slidell	Mon-Fri: 6 a.m. - 5:30 p.m.
Ochsner Therapy & Wellness - Slidell Memorial Hospital 985-280-2717	Slidell	Mon-Fri: 6 a.m. - 4:30 p.m.

Ochsner Healthy Back Program

The Ochsner Healthy Back Program is a comprehensive treatment approach for individuals with chronic or recurrent neck or back pain. The program uses a multidisciplinary and evidence-based approach that focuses on mechanical movements, isolated spinal strengthening and health coaching. Feel stronger, move easier and live a more active life!

This program includes:

Evaluations and Measurements: You will be evaluated by a physician/APP and a physical therapist. Your spinal strength and range of motion will be objectively measured by a physical therapist to track progress.

Integrated Therapy Team: Your therapy team consists of a physician, physical therapists and health coaches who work together to provide comprehensive care.

Specialized Therapy Equipment: The equipment used to test and strengthen isolated spinal musculature and peripheral musculature has over 25 years of medical research supporting their benefit.

Movements and Exercises: A physical therapist will teach you stretches to help you control your back pain independently.

Wellness Program: After completing physical therapy, you will be transitioned to a supervised wellness program to maintain strength and prevent a recurrence.

How to Enroll

Give us a call at **1-877-889-2976**, our Central Scheduling number, to schedule an initial appointment with our Physicians/APPs or Physical Therapists who will complete a thorough examination to determine if you may benefit from this treatment approach.

Locations:

Therapy & Wellness - Covington

1000 Covington Boulevard
Covington, LA 70433
Monday - Thursday: 7 a.m. to 6 p.m.
Friday: 7 a.m. to 5 p.m.
Call: 985-875-2777

Therapy & Wellness - Belle Meade

605 Lapalco Boulevard
Gretna, LA 70056
Monday - Thursday: 7 a.m. to 5 p.m.
Friday: 7 a.m. to 4 p.m.
Call: 504-371-9314

Therapy & Wellness - O'Neal

2077 O'Neal Lane
Baton Rouge, LA 70816
Monday - Thursday: 7 a.m. to 5:30 p.m.
Friday: 7 a.m. to 5 p.m.
Call: 225-754-5188

Baptist Napoleon Medical Plaza, A Campus of Ochsner Medical Center

2820 Napoleon Avenue
New Orleans, LA 70115
Monday - Thursday: 7 a.m. to 6 p.m.
Friday: 7 a.m. to 5 p.m.
Call: 504-894-2002

Tier 1 Ochsner Health Network Hospitals

Iberia Medical Center

2315 Main St.
New Iberia, LA 70560

Jennings American Legion Hospital

1634 Elton Road
Jennings, LA 70546

Kaplan General Hospital

1310 West 7th St.
Kaplan, LA 70548

Leonard J. Chabert

1978 Industrial Blvd.
Houma, LA 70363

Ochsner Acadia General Hospital

1305 Crowley Rayne Hwy.
Crowley, LA 70526

Ochsner Baptist Medical Center

2700 Napoleon Avenue
New Orleans, LA 70115

Ochsner Hospital for Children

1514 Jefferson Highway
New Orleans, LA 70121

Ochsner Hospital for Orthopedics & Sports Medicine

1221 S. Clearview Parkway
New Orleans, LA 70121

Ochsner Lafayette General Medical Center

2390 W. Congress St.
Lafayette, LA 70506

Ochsner LSU Health Monroe Medical Center

4864 Jackson St.
Monroe, LA 71202

Ochsner LSU Health Shreveport - Academic Medical Center

1541 Kings Highway
Shreveport, LA 71103

Ochsner Medical Center

1514 Jefferson Highway
New Orleans, LA 70121

Ochsner Medical Center - Baton Rouge

17000 Medical Center Drive
Baton Rouge, LA 70816

Ochsner Medical Center - Kenner

180 W. Esplanade Avenue
Kenner, LA 70065

Ochsner Medical Center - Northshore

100 Medical Center Drive
Slidell, LA 70461

Ochsner Medical Center - West Bank

2500 Belle Chasse Highway
Gretna, LA 70056

Ochsner Medical Complex - The Grove

10310 The Grove Blvd.
Baton Rouge, LA 70836

Ochsner St. Anne General Hospital

4608 Highway 1
Raceland, LA 70394

Ochsner St. Mary

1125 Marguerite Street
Morgan City, LA 70380

Ochsner University Hospital

121 Audobon Blvd.
Lafayette, LA 70503

Opelousas General Health System

539 E. Prudhomme St.
Opelousas, LA 70570

Slidell Memorial Hospital

1001 Gause Blvd.
Slidell, LA 70458

St. Bernard Parish Hospital

8000 W. Judge Perez Drive
Chalmette, LA 70043

St. Charles Parish Hospital

1057 Paul Maillard Road
Luling, LA 70070

St. Martin Hospital

210 Champagne Blvd.
Breaux Bridge, LA 70517

St. Tammany Parish Hospital

1202 S. Tyler Street
Covington, LA 70433

Terrebonne General Medical Center

8116 Main Street
Houma, LA 70360

Ochsner Urgent Care Centers

Ochsner Lafayette General Urgent Care – River Ranch*

1216 Camellia Blvd. | Lafayette, LA
Ph: 337-769-0069 | Fax: 337-769-0068
Mon-Fri: 8 a.m. - 7p.m.
Sat: 8 a.m. - 6p.m.; Sun: 8a.m. - 4p.m.

Ochsner Lafayette General Urgent Care – Sugar Mill Pond*

2810 Bonin Rd. | Youngsville, LA 70592
Ph: 337-857-5765 | Fax: 337-857-5769
Mon-Fri: 8 a.m. - 7 p.m.
Sat: 8 a.m. - 6 p.m.; Sun: 8 a.m. - 4 p.m.

Ochsner LSU Health – Urgent Care Monroe*

4864 Jackson St. | Monroe, LA 71202
Ph: 318-690-3000 | Fax: 318-692-2192
Mon-Sun: 8 a.m. - 5 p.m.

Ochsner LSU Health Shreveport – Urgent Care, Bossier*

2113 Airline Drive, Suite 300
Bossier City, LA 71111
Ph: 318-626-0038 | Fax: 318-399-6189
Weekdays: 7a.m. - 6:30 p.m.
Weekends: 9 a.m. - 4:30 p.m.

Ochsner LSU Health Shreveport – Urgent Care, Shreveport*

1641 East 70th St., Suite 300
Shreveport, LA 71105
Ph: 318-626-0037 | Fax: 318-399-6188
Weekdays: 7 a.m. - 6:30 p.m.
Weekends: 9 a.m. - 4:30 p.m.

Ochsner Urgent Care & Occupational Health – CBD*

Hancock Whitney Center
(formerly One Shell Square)
New Orleans, LA 70139
Ph: 504-703-1350
Monday-Thursday 6:30 a.m. - 3:30 p.m.
Friday 6:30 a.m. - 12 p.m.

Ochsner Urgent Care & Occupational Health – Covington*

1111 Greengate Dr., Suite B
Covington, LA 70433
Ph: 985-327-6095 | Fax: 985-327-6097
Weekdays 8 a.m. - 7:30 p.m.
Weekends 9 a.m. - 4:30 p.m.

Ochsner Urgent Care – French Quarter*

201 Decatur St.
New Orleans, LA 70130
Ph: 504-609-3833 | Fax: 504-609-3836
Weekdays-Saturday
8 a.m. - 4:30 p.m.
Sunday closed

Ochsner Urgent Care and Occupational Health – Highland Park*

18303 Old Perkins Rd. East, Suite 304
Baton Rouge, LA 70810
Ph: 225-236-5980
Weekdays 8 a.m. - 7:30 p.m.
Weekends 9 a.m. - 4:30 p.m.

Ochsner Urgent Care – Houma*

5922 W Main St., Suite A
Houma, LA 70360
Ph: 985-262-8015 | Fax: 985-772-6828
Weekdays 9 a.m. - 7:30 p.m.
Weekends 9 a.m. - 5:30 p.m.

Ochsner Urgent Care & Occupational Health – Kenner*

3417 Williams Blvd.
Kenner, LA 70065
Ph: 504-461-9660 | Fax: 504-461-8450
Weekdays 9 a.m. - 8:30 p.m.
Weekends 9 a.m. - 6 p.m.

Ochsner Urgent Care – Lagnipape Center*

14601 Airline Hwy., Suite 103
Gonzales, LA 70737
Ph: 225-236-5970
Weekdays 8 a.m. - 7:30 p.m.
Weekends 9 a.m. - 4:30 p.m.

Ochsner Urgent Care – Lakeview*

111C Robert E Lee Blvd.
New Orleans, LA 70124
Ph: 504-286-2004 | Fax: 504-286-2001
Weekdays 9 a.m. - 7:30 p.m.
Weekends 9 a.m. - 5:30 p.m.

Ochsner Urgent Care – Luling*

12895 US Hwy. 90, Suite H
Luling, LA 70070
Ph: 985-331-9400 | Fax: 985-331-9401
Weekdays 9 a.m. - 7:30 p.m.
Weekends 9 a.m. - 5:30 p.m.

Ochsner Urgent Care – Mandeville*

2735 Hwy. 190, Suite D
Mandeville, LA 70471
Ph: 985-778-2510 | Fax: 985-778-2511
Weekdays 8 a.m. - 7:30 p.m.
Weekends 9 a.m. - 4:30 p.m.

Ochsner Urgent Care – Metairie*

2215 Veterans Blvd.
Metairie, LA 70002
Ph: 504-838-3524 | Fax: 504-828-6155
Weekdays 9 a.m. - 8:30 p.m.
Weekends 9 a.m. - 6 p.m.

Ochsner Urgent Care – Mid-City*

4100 Canal St.
New Orleans, LA 70119
Ph: 504-218-4853 | Fax: 504-218-4890
Weekdays 8 a.m. - 7:30 p.m.
Weekends 9 a.m. - 5:30 p.m.

Ochsner Urgent Care – River Ridge*

9605 Jefferson Hwy., Suite G
River Ridge, LA 70123
Ph: 504-739-9494 | Fax: 504-739-9495
Weekdays 8 a.m. - 7:30 p.m.
Weekends 9 a.m. - 4:30 p.m.

Ochsner Urgent Care – Thibodaux*

318 N. Canal Blvd.
Thibodaux, LA 70301
Ph: 985-446-5210 | Fax: 985-446-8327
Weekdays 9 a.m. - 8:30 p.m.
Weekends 9 a.m. - 4 p.m.

Ochsner Urgent Care – Uptown*

4605 Magazine St.
New Orleans, LA 70115
Ph: 504-891-7676 | Fax: 504-891-7677
Weekdays 9 a.m. - 7:30 p.m.
Weekends 9 a.m. - 5:30 p.m.

Ochsner Urgent Care – Warehouse District*

900 Magazine St.
New Orleans, LA 70130
Ph: 504-552-2433 | Fax: 504-552-2433
Weekdays 8 a.m. - 6 p.m.
Weekends 8 a.m. - 4 p.m.

Ochsner Urgent Care & Occupational Health – West Bank*

1625 Barataria Blvd., Suite A
Marrero, LA 70072
Ph: 504-309-5015 | Fax: 504-309-5012
Weekdays 8 a.m. - 7:30 p.m.
Weekends 9 a.m. - 4:30 p.m.

Pelican Urgent Care*

2375 Gause Blvd., Suite E
Slidell, LA 70461
Ph: 985-645-9000 | Fax: 985-645-9064
Weekdays 7 a.m. - 7 p.m.
Weekends 8 a.m. - 4 p.m.

*Urgent care services are billed as a primary care physician visit. Applicable PCP benefits apply.

For up-to-date location information, visit www.ochsner.org/services/urgent-care-services.

Ochsner Pharmacy & Wellness - Covington

1000 Covington Blvd.
Covington, LA 70433
Monday - Friday: 7 a.m. - 4:30 p.m.
985-871-2549

Ochsner Pharmacy & Wellness - The Grove

10310 The Grove Blvd.
Baton Rouge, LA 70836
Monday - Friday: 7 a.m. - 4:30 p.m.
225-761-5905

Ochsner Pharmacy & Wellness - O'Neal

16777 Medical Center Blvd.
Baton Rouge, LA 70816
Monday - Friday: 7 a.m. - 4:30 p.m.
225-754-5160

Ochsner Pharmacy & Wellness - Destrehan

13100 River Rd., Suite 110
Destrehan, LA 70047
Monday - Friday: 7 a.m. - 4:30 p.m.
985-240-4610

Ochsner Pharmacy & Wellness - Kenner

200 West Esplanade Ave., Suite 106
Kenner, LA 70065
Monday - Friday: 7 a.m. - 4:30 p.m.
504-464-8250

Ochsner Pharmacy & Wellness - Baptist

2820 Napoleon Ave., Suite 220
New Orleans, LA 70115
Monday - Friday: 7 a.m. - 4:30 p.m.
504-703-9640

Ochsner Pharmacy & Wellness - Lake Terrace

1532 Robert E. Lee Blvd.
New Orleans, LA 70122
Monday - Friday: 7 a.m. - 4:30 p.m.
504-226-2033

Ochsner Pharmacy & Wellness - New Orleans

1514 Jefferson Hwy.
New Orleans, LA 70121
Monday - Friday: 7 a.m. - 7 p.m.
Saturday - Sunday: 10 a.m. - 4 p.m.
504-842-3205

Ochsner Pharmacy & Wellness - Primary Care

1401 Jefferson Hwy.
New Orleans, LA 70121
Monday - Friday: 7 a.m. - 4:30 p.m.
504-842-8310

Ochsner Pharmacy & Wellness - St. Anne

108 Acadia Park
Raceland, LA 70394
Monday - Friday: 7 a.m. - 4:30 p.m.
985-297-6016

Ochsner Pharmacy & Wellness - Slidell Memorial Hospital

1051 Gause Blvd., Suite 101
Slidell, LA 70458
Monday - Friday: 7 a.m. - 4:30 p.m.
985-639-3726

Ochsner Pharmacy & Wellness - West Bank

2500 Belle Chasse Highway, Suite T1224
Gretna, LA 70056
Monday - Friday: 8 a.m. - 5:30 p.m.
504-595-8180

Ochsner Outpatient and Home Infusion Pharmacy

4115 Jefferson Hwy.
New Orleans, LA 70121
Monday - Friday: 8:30 a.m. - 5 p.m.
504-824-1900

Ochsner Specialty Pharmacy

1405 Jefferson Hwy., Suite A
New Orleans, LA 70121
Monday - Friday: 7 a.m. - 7 p.m.
855-312-4193



Bar LOCATIONS

O Bar - Covington

Located within Ochsner Health Center - Covington

1000 Covington Blvd.
Covington, LA 70433

Monday - Friday:
6:30 a.m. - 11 a.m.
12 p.m. - 3:30 p.m.

985-898-7250

O Bar - The Grove

Located within Ochsner Medical Complex - The Grove

10310 The Grove Blvd.
Baton Rouge, LA 70836

Monday - Friday:
8 a.m. - 12:30 p.m.
1 p.m. - 4:30 p.m.

225-761-5543

O Bar - O'Neal

Located within Ochsner Health Center - O'Neal

16777 Medical Center Blvd.
Baton Rouge, LA 70816

Monday - Friday:
7 a.m. - 11:30 a.m.
12 p.m. - 3:30 p.m.

225-412-5080

O Bar - Ochsner Fitness Center

Located within Ochsner Fitness Center - Harahan

1200 South Clearview Pkwy.
Suite 1200

Harahan, LA 70123
Monday - Friday:
8 a.m. - 12:30 p.m.

1 p.m. - 4:30 p.m.

504-703-9172

O Bar - Baptist

Located within Ochsner Health Center Baptist Napoleon Medical Plaza

2820 Napoleon Ave.
New Orleans, LA 70115

Monday - Friday:
8 a.m. - 12:30 p.m.
1 p.m. - 4:30 p.m.

504-703-8270

O Bar - Benson Cancer Center

1516 Jefferson Highway
New Orleans, LA 70121

Monday - Friday:
8:00 a.m. to 12:30 p.m.
1:00 p.m. to 4:30 p.m.

504-703-1154

O Bar - Primary Care

Located in Ochsner Center for Primary Care and Wellness

1401 Jefferson Hwy.
New Orleans, LA 70121

Monday - Friday:
7 a.m. - 11:30 a.m.
12 p.m. - 4 p.m.

504-842-8566

O Bar - Lapalco

Located in Ochsner Health Center Lapalco

4225 Lapalco Blvd.
Marrero, LA 70072

Monday - Friday:
8 a.m. - 12:30 p.m.
1 p.m. - 4:30 p.m.

504-703-2116

O Bar - Ochsner LSU Shreveport

Located in Ochsner LSU Shreveport Abulatory Care Center

1601 Kings Hwy.
Shreveport, LA 71103

Monday - Friday:
8 a.m. - 12:30 p.m.
1 p.m. - 4:30 p.m.

318-626-0003

Mobile O Bar - Rotates to the following locations:

504-313-8607

Ochsner Health Center - Denham Springs South

139 Veterans Blvd. | Denham Springs, LA 70394

Ochsner Health Center - Belle Meade

605 Lapalco Blvd. | Gretna, LA 70056

Ochsner Health Center - Tangipahoa

41676 Veterans Ave. | Hammond, LA 70403

Ochsner Medical Center - Hancock

149 Drinkwater Blvd. | Bay St. Louis, MS 39520

Ochsner Medical Center - Kenner

180 W. Esplanade Ave. | Kenner, LA 70065

Ochsner Health Center - River Parishes

502 Rue de Sante | LaPlace, LA 70068

Ochsner Health Center - East Mandeville

3235 East Causeway Approach | Mandeville, LA 70048

Ochsner Health Center - Metairie

2005 Veterans Memorial Blvd. | Metairie, LA 70002

Ochsner St. Anne Hospital

4608 Hwy. 1 | Raceland, LA 70394

Ochsner Health Center - Slidell

2750 E. Gause Blvd. | Slidell, LA 70461

Visit for schedule: ochsner.org/mobileOBar/schedule.

Member Resources



Dedicated Concierge Team

Ochsner's Patient Engagement Specialists are ready to assist you with enrollment decisions, selecting a PCP, scheduling appointments, and setting up your MyOchsner account and mobile app. Contact us Monday through Friday, from 8 a.m. to 5:30 p.m., at **855.723.8152** or **connected@ochsner.org**.



Free, 24/7 Nurse Support

Ochsner On Call, a free nurse triage line, **800.231.5257**, is available 24 hours a day, 7 days a week, for help with non-life-threatening illnesses or injuries. Supported by an on-call physician, specially trained nurses will help you find care, book appointments and access health education and advisory services.



Free and Discounted Memberships

Enjoy a 30-day, free membership to any Ochsner Fitness Center or Ochsner Performance Training location that includes: 1 free fitness consultation, Body Analysis, and TRX MAPS assessment. Access to group classes and pools, nutrition information, and discounted membership after initial month. To get more information or enroll, call **504-733-1600**.



Use your personalized online portal to access test results, refill prescriptions, communicate with your physicians and schedule appointments. Download the MyChart mobile app to access these features on the go.

Enroll in Ochsner Digital Medicine

Take control of high blood pressure and/or Type 2 diabetes.

As a UnitedHealthcare Select Tiered plan member 18+ years or older, we are happy to offer this program to you as a covered benefit.*



Program Benefits

Effective Control

Participants Who Achieved Their Blood Pressure Goal After Six Months

79%
HYPERTENSION
DIGITAL MEDICINE

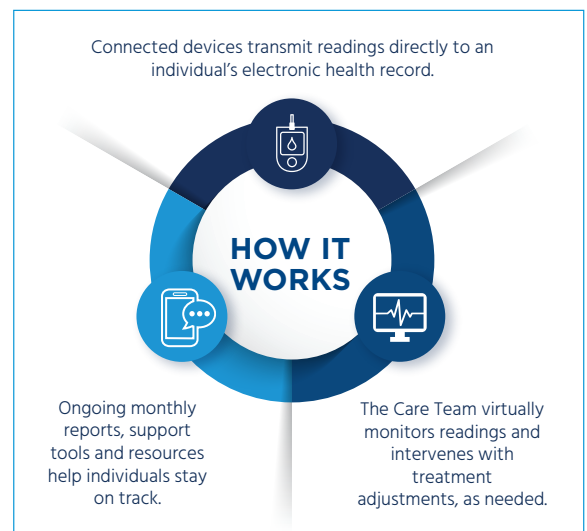
Participants Who Achieved Their A1c Goal After Six Months

81%
DIABETES
DIGITAL MEDICINE

Ochsner Digital Medicine gives eligible plan members** everything they need to manage their high blood pressure and/or Type 2 diabetes from home.

- + A dedicated clinician who monitors blood pressure or blood sugar readings and can adjust medications or treatment over the phone, as needed
- + A personal health coach who calls the patient and helps them take manageable steps towards a healthier lifestyle
- + A blood pressure cuff and/or glucometer that is provided at no additional cost. This device connects to the patient's smartphone and automatically sends readings to their clinician and health coach

** Eligibility is based on clinical criteria including an existing diagnosis of high blood pressure or Type 2 diabetes



“ For anyone who has doubts about joining the program, I would say step out and take the journey. ”
- Lance D., Diabetes Program

Get started today

Schedule a no-cost virtual visit at ochsner.org/digitalmedicine or 855-781-8737

* Subject to applicable patient responsibility amounts.



Virtual Visits:

Save Time and Money with Online Doctor Visits!

Ochsner Anywhere Care lets UnitedHealthcare Select Tiered Plans members have private, secure video visits with a healthcare provider from the convenience of your workplace or home. All you need is a smartphone, tablet or computer to get started.

For urgent care conditions like colds, fever and rashes, you can see a doctor 24/7 with no appointment needed. Several doctors, including Ochsner providers, are available for urgent care visits **for a \$0 copay when UnitedHealthcare Select Tiered Plans members enter Coupon Code: UNITED.*** UnitedHealthcare Select Tiered Plans members can also see a behavioral health provider for conditions like anxiety, depression, eating disorders and others. Behavioral health visits are available by appointment seven days per week and the copays vary from \$85+ depending on the type of provider utilized.

Health Kits Available! An Ochsner Anywhere Care Health Kit lets you send your vitals to virtual visit providers. Health Kits are available for purchase and include a portable device with an exam camera, otoscope, stethoscope, and tongue depressor. They allow you to listen to your heart and lungs, examine your throat, ears and skin, and take your temperature, all from the comfort of home. Adding a physical exam to a virtual visit helps expand the types of conditions that an online provider can treat, such as ear infections, colds, sore throats, fever, cough, congestion and rashes.

Visit ochsner.org/anywherecare to learn more.

*limited time offer; subject to change without notice



Rally Health® provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

Real Appeal is a voluntary weight loss program that is offered to eligible members at no additional cost as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Results, if any, may vary. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

The Sanvello Mobile Application should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained in the Sanvello Mobile Application is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used as a substitute for your provider's care. Please discuss with your doctor how the information provided may be right for you. Available to all UnitedHealthcare members at no additional cost as part of their benefit plan. Participation in the program is voluntary and subject to the terms of use contained in the Application. © Optum 2020. All rights reserved.

The UnitedHealthcare® app is available for download for iPhone® or Android®. iPhone is a registered trademark of Apple, Inc. Android is a registered trademark of Google LLC.

All trademarks are the property of their respective owners.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. Health Plan coverage provided by United HealthCare of Louisiana, Inc.

EI21631550.0 4/21



Updated 9/2021