

Family Practice & Internal Medicine Reference Guide 2023

FREE
Please Take One



*Family is your best friend, it's who
you trust. We are your family.*



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
Surgery Center
Urology
Wellness
Women's Imaging & Diagnostic
Wound Healing

HOSPITAL BOARD

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TriStateMemorialHospital

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*

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HOW TO ESTABLISH CARE

There are three ways to establish care.

1. Submit an online form at TriStateHospital.org/Family or by scanning the QR code.
2. Submit a completed form, available at TriStateHospital.org/Family, to the

New Patient Coordinator by mail to:

Tri-State Memorial Hospital & Medical Campus

ATTN: New Patient Coordinator

P.O. Box 189

Clarkston, WA 99403

Fax: 509.769.2015

Email: newpatients@tsmh.org



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.

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.

For the most up-to-date Family Practice & Internal Medicine Reference Guide, please visit TriStateHospital.org/Clinics-Services.



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

2 **CLEARWATER MEDICAL**
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



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.



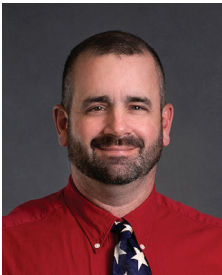
Heather Davis-Remacle, PA-C

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.



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, CMO

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.



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.

**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.

SERVICES PROVIDED

Primary Care services include, but are 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 are not limited to:

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

Lab**Sports Physicals****DOT Physicals****Physical exam programs****On-site flu and wellness clinics****Biometric screenings****Travel vaccines**

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



CLEARWATER MEDICAL



Lacey Byxbe, NP-C

Lacey Byxbe, NP-C, received her Bachelor of Science in Nursing in 2019, and then went on to receive her master's as a Family Nurse Practitioner, both from Purdue University Global in West Lafayette, IN. She has an extensive background in Behavioral Health and has experience providing holistic care to patients through group treatment, de-escalation, patient education, and more. Lacey was born and raised in the Lewis-Clark Valley and is excited to continue providing healthcare services to community members. She enjoys helping people and improving the quality of life of her patients.



Celso Chavez, MD

Celso Chavez, MD, has been practicing in the community as a primary care provider at Tri-State Clearwater Medical, 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, NP-C

Cody Harris, DNP, NP-C, 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.



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. She joined Tri-State Clearwater Medical 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.



Sherry Sweikert-Smith, DNP, NP-C

Sherry Sweikert-Smith, DNP, NP-C, 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. She joined Tri-State Clearwater Medical 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.

**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 Clearwater Medical in June 2002. She has special interests in the prevention of cardiovascular disease and diabetes, asthma/allergies, and depression/anxiety disorders. Christine 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.

SERVICES PROVIDED

Primary Care services include, but are 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

In-House Lab & Radiology

Sports Physicals

DOT Physicals & Screenings

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



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 enjoys being on a team that helps his patients achieve their personal goals in health and wellness.



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.

**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.

SERVICES PROVIDED

Primary Care services include, but are 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

IV Vitamin Therapy

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 are not limited to:

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

DOT Physicals & Screenings**Physical exam programs****On-site flu and wellness clinics****Biometric screenings****Travel vaccines**

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





Not feeling well? Where should you go for care?

Your primary care provider is the best choice for non-life threatening illness or injury. But what if your primary care provider is not available? What if you or loved one experience an illness or injury after hours or on the weekend? When you or a loved one needs medical attention, it's important to know where to go for care. At Tri-State Memorial Hospital, we care about ensuring you know how to make the right choice.



Tri-State Minor Care

Urgent, but not serious? Save time and money and get the care you need for sprains, colds, and stitches, at Tri-State Minor Care.



I Cut My Finger



Headache



I'm Congested



Tri-State Emergency

Urgent and serious! Even if you are unsure of how serious your symptoms are, visit Tri-State Emergency.



I Cut Off My Finger



Head Trauma



I Can't Breathe

Tri-State Emergency is meant for life threatening or serious illness and injury. If you think you are having a heart attack, stroke, or other life-threatening emergency, always call 9-1-1.

Your Health Is Our First Priority!

TriStateHospital.org/WeCare



Tri-State
Memorial Hospital &
Medical Campus