

# Family Practice & Internal Medicine Reference Guide



Live life in a better state of health.



**TriState Health**

## 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

## HOSPITAL CLINICS & SERVICES

24-Hour Emergency  
3 Family Practice Clinics  
Behavioral Health Clinic  
Comprehensive Breast Health  
Dialysis Center  
General Surgery Clinic  
Hyperbaric Medicine  
Imaging Center  
Internal Medicine  
Interventional Pain Consultants  
Joint Orthopedics Program  
Minor Care Center  
Nephrology  
Podiatry  
Pulmonology  
Respiratory Therapy  
Rheumatology  
Sleep Lab  
Surgery Center  
Urogynecology  
Urology  
Wellness Clinic  
Wound Healing

## HOSPITAL BOARD

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## EXECUTIVE TEAM

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Jim Heilsberg, Chief Financial Officer  
Joleen Carper, Chief of Clinic Operations  
Deb Carpenter, Chief Information Officer  
Jackie Mossakowski, Chief Nursing Officer  
Carson Seeber, MD, Chief Medical Officer  
Tammi Hernandez, Chief Human Resources Officer



# TriState Health

1221 Highland Avenue, Clarkston, WA 99403  
TSH.org | 509.758.5511

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▶ For the most up-to-date Family Practice & Internal Medicine Reference Guide, please visit [TSH.org/Clinics-Services](https://TSH.org/Clinics-Services).





## 3 Clinics Across 2 States, **All Accepting Patients**

We have three family practice clinics across Washington State and Idaho, all accepting new patients. Our primary care providers offer comprehensive care to all ages. No matter who you choose, we are ready to be a part of your family's entire health care journey. Better healthcare starts with an annual wellness visit from a provider you can trust. At TriState, your story is important to us, and we consider you a part of our family.



**FAMILY PRACTICE & INTERNAL  
MEDICINE, CLARKSTON**  
1119 Highland Avenue, Suite 10,  
Clarkston, WA



**FAMILY PRACTICE,  
CLEARWATER**  
1522 17th Street,  
Lewiston, ID 83501



**FAMILY PRACTICE,  
LEWISTON**  
2841 Juniper Drive,  
Lewiston, ID 83501

## HOW TO ESTABLISH CARE

There are three ways to establish care:

1. Access our online new patient form, complete it, and submit it at [TSH.org/FamilyPractice](https://TSH.org/FamilyPractice)
2. Access our online new patient form, complete it, and submit it by scanning the QR code below
3. Print a paper copy found at [TSH.org/FamilyPractice](https://TSH.org/FamilyPractice) or pick up a paper form at one of our primary care clinics. Submit a completed form to our New Patient Coordinator by either:

Mail: TriState Health  
ATTN: New Patient Coordinator  
P.O. Box 189  
Clarkston, WA 99403

Fax: 509.769.2015

Email: [newpatients@tsmh.org](mailto:newpatients@tsmh.org)

For questions, please call 509.769.2014.

As a new patient, we ask you to complete a few essential forms fully so that we have the information we need to give them the best medical care. Once these forms are processed, our New Patient Coordinator will send you a Welcome Letter with your new provider's name, clinic address, and phone number. Also included with the Welcome Letter is a Release of Information form. Please complete it and forward it to your previous healthcare provider.

- ▶ Not an established patient?  
Scan the QR code below fill out our online new patient form!



## 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. If you need refills, be prepared to allow 72-hours for our staff to process refill requests. Late arrival for your scheduled appointment may result in having it rescheduled. Please arrive on time, as we are committed to adhering to our schedule as closely as possible.

## INSURANCE

If you have preferred in-network commercial insurance, applicable co-pays are due during your visit. If you have out-of-network or non-preferred commercial insurance, your benefits may vary, 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 TriState Health. If you have questions regarding whether your insurance is in-network, please get in touch with 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.

## FINANCIAL ASSISTANCE

Financial Assistance may cover necessary or emergent medical treatment costs. The level of assistance received is based on family income and eligibility criteria provided by The Department of Health and Human Services.

If you require financial assistance, please call Financial Services at 509.254.2727.



## FAMILY PRACTICE & INTERNAL MEDICINE, CLARKSTON

1119 Highland Avenue, Suite 10, Clarkston, WA

Phone: 509.758.1450 | Fax: 509.751.1504



### Tyler Anderson, PA-C

Tyler Anderson, PA-C, joined TriState 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 TriState 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.



### Amanda Lott, PMHNP-BC

Amanda Lott, PMHNP-BC, received her Bachelor of Science in Nursing from Western Governors University in Salt Lake City, Utah, in 2020, and her Master's Degree in Nursing from Frontier Nursing University in Versailles, Kentucky in 2023. Amanda found her passion for mental health during her graduate studies and recently completed specialty training in Behavioral Health. She will provide integrated psychiatry and mental health services to patients in her new capacity at Family Practice & Internal Medicine. Amanda strives to provide quality, individualized, and comprehensive mental health care, using a collaborative and holistic approach to her treatment plans.



### Jeremy Ostermiller, PA-C

Jeremy Ostermiller, PA-C, joined TriState 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.



### Daniel Ryan, MD

Daniel Ryan, MD, received his Bachelor of Science in Microbiology from the University of Idaho in 2013, and his medical doctorate from the University of Washington School of Medicine in 2020. He completed his residency in Internal Medicine at Virginia Mason Medical Center. His specialty is Internal Medicine, with a focus on solving diagnostic problems, managing severe long-term illnesses, and caring for patients that may have complex medical conditions. Dr. Ryan not only loves the art of diagnosis, he also enjoys the culture of teaching and learning that comes with being an Internist, and appreciates that this specialty gives him the opportunity to do this with his patients and their families.



### Carson Seeber, MD, CMO

Carson Seeber, MD, CMO, joined TriState 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.



### 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.



### Stephanie Whitlock, NP, AGPCP

Stephanie Whitlock, NP, AGPCP, attended nursing school at Walla Walla Community College in 2014, went on to receive her master's degree in Nursing from Western Governors University, in 2018, and most recently graduated from Walden University, Minneapolis, Minnesota, as a Nurse Practitioner in August 2024. Stephanie has experience working in a variety of clinical environments, and has been part of the TriState Family since 2021. Stephanie chose primary care as her specialty because she believes in the power of preventive medicine and building lasting relationships with patients.

**STARTING FALL 2024!**



### 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.

## SERVICES PROVIDED

**Primary Care and Internal Medicine** 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

### 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

### Flu & Wellness Clinics

### Biometric Screenings

▶ For the more information please visit [TSH.org/FamilyPractice](https://TSH.org/FamilyPractice).





## FAMILY PRACTICE, CLEARWATER

1522 17th Street, Lewiston, ID 83501

Phone: 208.743.8416 | Fax: 208.743.4642



**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.



**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.



**James Maguire, DO**

James Maguire, DO, received his Bachelor of Science in Zoology from Southern Utah University in Cedar City, Utah, in 1990, and his Doctor of Osteopathy from Western University of Health Services, in Pomona, California, in 1994. He has supervised others and practiced acute and chronic patient care in a variety of settings, including military environments, a men's prison labor camp, emergency, and community and family practice. Dr. Maguire specializes in Family Care, From adults to teens and adolescents. He has practiced locally since 2021, and is focused on improving the community's health and quality of care through innovative and preventative medicine.

**STARTING SUMMER 2024!**



**Lindsey Jolly, FNP-C**

Lindsey Jolly, FNP-C, received her Bachelor of Science in Nursing from Grand Canyon University in Phoenix, Arizona, in 2015, and her master's degree in Nursing for Family Nurse Practitioner, at Simmons University, in Boston, Massachusetts, in 2020. Lindsey has worked in a variety of clinical settings, where she assessed, diagnosed, and treated acute illnesses and managed chronic illness, performed procedures, including punch biopsies, shoulder and knee injections, sutures, incision and drainage treatments, and more. She provides safe, effective, and compassionate care to patients through medication administration, pain management, wound care, and support.



**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 TriState 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.



## SERVICES PROVIDED

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

- Preventative healthcare:
  - Screenings
  - Physicals
  - Immunizations
  - Vaccines
- Acute and chronic illness
- Medication Assisted Treatment (Suboxone) for opioid addiction
- Medicare annual wellness visits

**Women's Health** including:

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

**Pediatrics** services including, but not limited to:

- 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

**Minor Orthopedic Procedures** which include, but are not limited to:

- Joint injections
- Tendon/muscular injections

**In-House Lab & Radiology**

**Sports Physicals**

**DOT Physicals & Screenings**

**Biometric Screenings**

▶ For the more information please visit [TSH.org/FamilyPractice](https://TSH.org/FamilyPractice).





## FAMILY PRACTICE, LEWISTON

2841 Juniper Drive, Lewiston, ID 83501

Phone: 208.848.9001 | Fax: 208.848.9002



### Jennifer Creaser, ARNP

Jennifer Creaser, ARNP, joined TriState 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.



### Ryan Daly, DNP

Ryan Daly, DNP, received his Bachelor of Science in Nursing, from Lewis-Clark State College in 2012, and recently obtained his Doctorate in Nursing Practice from Idaho State University. He provides care to diverse populations and demographics with a particular emphasis on rural medicine and trauma care. Ryan has spent the past six years working as a first responder as a Certified Flight Nurse for the Life Flight Network and previously had several years experience managing trauma incidents in an Intensive Care Unit. Ryan believes that family medicine is like no other discipline, one where you get to know your community through knowing the families within it.



### Alexa Rhea, PA-C

Alexa Rhea, PA-C, joined TriState 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 TriState 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.



### 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 TriState 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.

## 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:

- 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**

**Biometric Screenings**

▶ For the more information please visit [TSH.org/FamilyPractice](https://TSH.org/FamilyPractice).





# Not feeling well? Where should you go for care?

When you or a loved one needs medical attention, it's important to know where to go for care. At TriState Health, we care about ensuring you know how to make the right choice.

## TriState Minor Care

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



I'm Congested



I Cut My Finger



Headache

## TriState Emergency

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



I Can't Breathe



I Cut Off My Finger



Head Trauma

TriState 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.



# TriState Health

509.758.5511 | Visit us online at [TSH.org](https://www.TSH.org)