



NISQUALLY TRIBAL HEALTH & WELLNESS CENTER

4840 Journey St SE
Olympia, WA 98513
(360) 459-5312 (Main)
(360) 456-1557 (Fax)

Direct Services Provided to Nisqually Tribal Members

NTHWC Medical Program

Nisqually Tribal Health & Wellness Center offers family practice outpatient medical care along with behavioral health, dental, pharmacy, and traditional healing services. We provide a full range of traditional and Western medical care throughout the patient life cycle.

Direct Services:

- Primary care for individuals and families, including acute illnesses, chronic health conditions, and disease management (e.g., diabetes, hypertension, asthma)
- Pediatric services (well child exams, sports physicals, and comprehensive care for infants, children, and adolescents)
- Nurse triage and care management
- COVID-19 testing and vaccinations (routine and seasonal immunizations for all ages)
- Maternal and infant health services, including prenatal care and family planning
- Diabetes care and education, including podiatry and nutrition counseling
- Cancer screenings (breast, cervical, colorectal, and others)
- Long- and short-acting contraception options and women's wellness services (Pap smears, breast exams, preventive and reproductive health)
- Gender-affirming care
- Sexual health services
- Medications for treatment of opioid and alcohol use disorders, including Medication for Opioid Use Disorder (MOUD) and Medication-Assisted Treatment (MAT)
- Coordinated care with Behavioral Health.
- Referrals to specialty care and diagnostic imaging
- Lab services for on-site testing and diagnosis.
- Community Health Representative (CHR) services, including medical transport, outreach, advocacy, and health education
- Care coordination post-hospital discharge with home visits and coordination of medical appointments
- Support Services for Tribal Members:
 - Hote stays, gas cards for out-of-town medical travel, and occasional food cards to assist tribal members facing food insecurity and wellness challenges

Contact Information:

4840 Journey Street SE, Olympia, WA 98513

Phone: (360) 459-5312, Option 1

For serious or life-threatening emergencies, always dial 911.

Medical Clinic Manager: LaVita Plumage (lavita.tessay-plumage@nisquallyhealth.org)