

# Blue Cross and Blue Shield of Louisiana Blue Connect Member Resource Guide

Blue Connect =  Louisiana +  **Ochsner**  
Health Network

Blue Connect plans are products of HMO Louisiana, Inc., a subsidiary of Blue Cross and Blue Shield of Louisiana. Both companies are independent licensees of the Blue Cross and Blue Shield Association. Blue Cross and Blue Shield of Louisiana is incorporated as Louisiana Health Service & Indemnity Company. Ochsner Health is an independent company that offers health services to members of Blue Cross and Blue Shield of Louisiana and its subsidiaries.

# 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](http://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 select network. Please refer to the select network 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 [www.bcbsla.com](http://www.bcbsla.com) 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: Primary Care Health Centers** – Summary of primary care and Ochsner specialty health centers that participate with an affiliated clinically integrated network 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: Blue Connect Hospitals** – Summary of the participating acute care hospitals and free-standing emergency rooms
- Section 6: Blue Connect Urgent Care Centers** – Summary of the select 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: Ochsner Anywhere Care and Digital Medicine** – Virtual urgent care visits and digital medicine information for members diagnosed with high blood pressure and Type 2 diabetes
- Section 9: Blue Connect Member Resources** – General select 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](https://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
- ✓ Nonlife-threatening allergic reactions
- ✓ Fevers or flu-like symptoms
- ✓ Mild to moderate stomach aches
- ✓ Rashes or other skin irritations
- ✓ Select immunizations

Visit [ochsner.org/UC](https://ochsner.org/UC) to find an Urgent Care Center near you or download the Ochsner Anywhere Care Virtual Visit App at [ochsner.org/anywherecare](https://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](https://ochsner.org/anywherecare).



















# Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
	<b>Abbeville General Hospital Clinic (Family Medicine)</b> 337-892-0630	Abbeville	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Abbeville General Pediatric Clinic</b> 337-898-3120	Abbeville	Mon-Fri: 7:30 a.m. - 4 p.m.	
	<b>Abbeville General Women's Health of Vermilion (OB/GYN)</b> 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.	
	<b>Lahasky Medical Clinic</b> 337-898-1860	Abbeville	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>SouthCare Medical</b> 337-422-6240	Abbeville	Mon-Fri: 8a.m. - 5p.m.	
	<b>Ochsner Health Center - Abita Springs</b> 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
	<b>LSU Family Medicine</b> 318-441-1030	Alexandria	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Ochsner Health Center - Algiers</b> 504-371-9323	Algiers	Mon-Fri: 6 a.m. - 4 p.m.	
	<b>Associates in Pediatric and Adolescent Medicine</b> 225-928-0867	Baton Rouge	Mon-Fri: 8:30 a.m. - 4:45 p.m.	
	<b>Ochsner Health Center - Bluebonnet South</b> 225-761-5200	Baton Rouge	Mon-Fri: 7 a.m. - 4:30 p.m.	
	<b>Ochsner Health Center - Central</b> 225-761-5200	Baton Rouge	Mon-Fri: 6 a.m. - 4 p.m.	
	<b>Ochsner Health Center - Jefferson Place</b> 225-761-5200	Baton Rouge	Mon/Wed: 6:30 a.m. - 4 p.m. Tue/Thu/Fri: 6 a.m. - 4 p.m.	
	<b>Ochsner Health Center - O'Neal</b> 225-761-5200	Baton Rouge	Mon-Fri: 7 a.m. - 6 p.m.	
	<b>Ochsner Health Center - Sherwood/McGehee</b> 225-761-5200	Baton Rouge	Mon-Fri: 7 a.m. - 5 p.m.	
	<b>Ochsner Medical Complex - The Grove</b> 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.
	<b>Ochsner Health Center - Belle Chasse</b> 504-371-9370	Belle Chasse	Mon-Fri: 6 a.m. - 4 p.m.	
	<b>Ochsner Health Center - Bogalusa</b> 985-878-2828	Bogalusa	Mon: 8 a.m. - 3 p.m.; Wed: 7 a.m. - 4 p.m.	









# Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
	<b>Henderson Family Medicine (Family Medicine)</b> 337-454-6280	Breaux Bridge	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>Jahanyar Khorsandi, MD (Family Medicine)</b> 337-332-0200	Breaux Bridge	Mon-Thu: 8 a.m. - 4 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>Jamie Cordova, MD (Internal Medicine)</b> 337-332-2428	Breaux Bridge	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Richard B. Feucht II, MD (Family Medicine)</b> 337-896-8422	Carencro	Mon-Thu: 7 a.m. - 5 p.m. Fri: 7 a.m. - 12 p.m.	
	<b>WellSmart Health of Carencro RHC</b> 337-896-9355	Carencro	Sun-Sat: 7 a.m. - 7 p.m.	
	<b>Chalmette Medical Clinic (Family Medicine)</b> 504-662-1435	Chalmette	Mon-Thu: 8 a.m. - 4 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>Ochsner Health Center – St. Bernard</b> 504-304-2800	Chalmette	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Ochsner Specialty Health Center – St. Bernard</b> 504-493-2200	Chalmette	Mon-Fri: 7 a.m. - 4 p.m.	
	<b>Total Access Health (Internal Medicine)</b> 504-278-1414	Chalmette	Mon-Fri: 9 a.m. - 5 p.m.	
	<b>Acadiana Family Medical Center</b> 337-684-9974	Church Point	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Children’s Medical Center</b> 985-893-2580	Covington	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>DS Family Medicine</b> 985-246-5670	Covington	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Elizabeth White (Internal Medicine and Pediatrics)</b> 985-871-8681	Covington	Mon-Fri: 8:30 a.m. - 5 p.m.	
	<b>Fairway Pediatrics, LLC</b> 985-871-7337	Covington	Mon-Fri: 8 a.m. - 5 p.m. Sat: 8 a.m. - 12:00 p.m.	
	<b>James M. Robinson, MD (Internal Medicine)</b> 985-809-7171	Covington	24 hours/day 7 days/ week (MD VIP)	
	<b>Jill Gibson, MD (OB/GYN)</b> 985-898-5990	Covington	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Northlake Medicine &amp; Wellness (Internal Medicine)</b> 985-809-6195	Covington	Mon-Fri: 8 a.m. - 5 p.m.	

# Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
	<b>Ochsner Health Center – Covington</b> 985-875-2828	Covington	Mon-Fri: 7 a.m. - 8 p.m.	Mon-Fri: 7 a.m. - 8 p.m.
	<b>Ochsner Health Center for Children – Covington</b> 985-875-2828	Covington	Mon-Fri: 7 a.m. - 8 p.m.	
	<b>Ochsner Health Center for Children – Pediatric Subspecialties – Covington</b> 985-898-7400	Covington	Mon-Fri: Varies by specialty	
	<b>Ochsner Neurosciences Institute – Covington</b> 985-246-2800	Covington	Mon-Fri: 8:30 a.m. - 5:30 p.m.	
	<b>Ochsner Women’s Health Center – Covington</b> 985-875-2828	Covington	Mon-Fri: 7 a.m. - 8 p.m.	
	<b>Pontchartrain Pediatrics</b> 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.
	<b>Roy C. Sanguiguit, MD</b> 985-892-5855	Covington	Mon-Fri: 9 a.m. - 5 p.m.	
	<b>St. Tammany Health System Women’s Pavillion</b> 985-773-1500	Covington	Mon/Tue/Thu: 8:20 a.m. - 4:30 p.m.	
	<b>St. Tammany Pediatrics</b> 985-773-1600	Covington	Mon-Fri: 7:30 a.m. - 5 p.m.	
	<b>St. Tammany Physicians Network – Covington</b> 985-898-4001	Covington	Mon-Fri: 8 a.m. - 5 p.m. Mon-Thu: NP 8 a.m. - 6 p.m.	
	<b>Schultis, Landry, &amp; Guillory (OB/GYN)</b> 985-898-1940	Covington	Mon-Thu: 8:30 a.m. - 4:30 p.m. Fri: 8:30 a.m. - 12:30 p.m.	
	<b>Women’s Health &amp; Wellness</b> 985-893-0995	Covington	Mon-Thu: 9 a.m. - 5 p.m. Fri: 8 a.m. - 1 p.m.	
	<b>Crowley Child &amp; Adolescent Clinic</b> 337-783-6857	Crowley	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>Crowley Primary Care</b> 337-783-4043	Crowley	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 4:30 p.m.	
	<b>The Family Clinic of Crowley</b> 337-783-7004	Crowley	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Ochsner Health Center – Cut Off</b> 985-632-1070	Cut Off	Days and times vary by specialty	

# Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
	<b>Ochsner Health Center – Denham Springs</b> 225-761-5200	Denham Springs	Mon-Fri: 7 a.m. - 4 p.m.	
	<b>Ochsner Health Center – Denham Springs South</b> 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
	<b>Ochsner Health Center – Destrehan</b> 985-764-7669	Destrehan	Mon-Fri: 7 a.m. - 4 p.m.	
	<b>Ochsner Health Center for Children – Destrehan</b> 985-764-6036	Destrehan	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Abbeville General Erath/Delcambre Community Care Clinic</b> 337-937-5944	Erath	Mon-Fri: 7 a.m. - 5 p.m.	
	<b>Eunice Clinic of Jennings American Legion Hospital (Family Medicine/Pediatrics)</b> 337-550-3740	Eunice	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>Savoy Family Care (Family Medicine)</b> 337-457-3114	Eunice	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 2:30 p.m.	
	<b>WellSmart Health - Rainey Family Medicine</b> 337-466-3938	Eunice	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>Zebediah A. Stearns, MD (Family Medicine)</b> 337-546-6646	Eunice	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>St. Tammany Physicians Network – Folsom</b> 985-898-4001	Folsom	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Teche Action Clinic</b> 337-828-2550	Franklin	Mon-Fri: 7:30 a.m. - 7:30 p.m.	Sat: 7:30 a.m. - 7:30 p.m.
	<b>Ochsner Health Center – Franklinton</b> 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.
	<b>Bethesda Medical Clinic (Multi-specialty Adult Care)</b> 504-265-8304	Gretna	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Jefferson Medical Clinic (Family Medicine)</b> 504-392-4114	Gretna	Mon-Fri: 8 a.m. - 4 p.m.	
	<b>Ochsner Health Center – Belle Meade</b> 504-371-9355	Gretna	Mon-Fri: 6 a.m. - 4 p.m.	
	<b>Ochsner Health Center – West Bank</b> 504-371-9355	Gretna	Mon-Fri: 6 a.m. - 4 p.m.	
	<b>Ochsner Health Center – Tangipahoa</b> 985-543-3600	Hammond	Mon-Fri: 6 a.m. - 4 p.m.	












# Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
	<b>Ochsner Heart and Vascular Center - Hammond</b> 985-543-3664	Hammond	Mon-Fri: 6 a.m. - 4 p.m.	
	<b>Acorn to Oak Pediatrics</b> 318-949-0539	Haughton	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Bayou Pediatrics Associates</b> 985-872-6405	Houma	Mon-Thu: 8 a.m. - 8:30 p.m. Fri: 8 a.m. - 5 p.m.	
	<b>Ochsner Health Center for Children Pediatric Subspecialties - Houma</b> 985-805-5116	Houma	Mon-Fri: Varies by specialty	
	<b>Ochsner Medical Complex - Iberville</b> 225-761-5200	Iberville	Mon-Fri: 8 a.m. - 5 p.m.	Emergency Care 24/7
	<b>Bourgeois Family Medicine Clinic</b> 337-276-6018	Jeanerette	Mon-Thu: 8 a.m. - 5 p.m.	
	<b>Family Medicine Clinic of Jennings American Legion Hospital</b> 337-824-1111	Jennings	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Kaplan Family Medicine</b> 337-285-6033	Kaplan	Mon-Thu: 7 a.m. - 4 p.m. Fri: 7 a.m. - 11 a.m.	
	<b>Primary Care Clinic of Kaplan (Family Medicine)</b> 337-643-6219	Kaplan	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>Randall J. Faulk, MD (Family Medicine)</b> 337-643-3800	Kaplan	Mon/Tue/Thu/Fri: 8 a.m. - 4:30 p.m. Wed: 8 a.m. - 12 p.m.	
	<b>Cypress Pediatrics</b> 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
	<b>Kenner Physician Associates (Internal Medicine)</b> 504-712-7000	Kenner	Mon-Fri: 8:30 a.m. - 5 p.m.	
	<b>Ochsner Health Center - Driftwood</b> 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.
	<b>Ochsner Health Center - Kenner</b> 504-468-8600	Kenner	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Quynh Mai Clinic (Family Medicine)</b> 504-463-2200	Kenner	Mon-Fri: 8 a.m. - 4 p.m.	
	<b>Acadiana Family Physicians (Family Medicine)</b> 337-234-1111	Lafayette	Mon-Tue: 7:30 a.m. - 5 p.m. Wed-Fri: 7 a.m. - 12 p.m.	

# Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
	<b>Bryan G. Sibley MD (Pediatrics)</b> 337-289-0042	Lafayette	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 11:45 a.m.	
	<b>Charlie Internal Medicine Group</b> 337-484-1091	Lafayette	Mon-Thu: 8 a.m. - 4:30 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>David A. Reed MD (Internal Medicine)</b> 337-235-6211	Lafayette	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 11 a.m.	
	<b>Elizabeth W. McLain MD Clinic (Family Medicine)</b> 337-289-8478	Lafayette	Mon-Thu: 7:30 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>FM Fernandez (Family Medicine)</b> 337-269-7494	Lafayette	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>Internal Medicine BRACC</b> 337-289-8816	Lafayette	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>Internal Medicine of Acadiana</b> 337-289-8717	Lafayette	Mon-Thu: 8:30 a.m. - 4:30 p.m. Fri: 8:30 a.m. - 12 p.m.	
	<b>Jay P. Jaikishen MD (Internal Medicine)</b> 337-232-1171	Lafayette	Mon-Thu: 9 a.m. - 5 p.m. Fri: 9 a.m. - 12 p.m.	
	<b>Kenneth McCarron MD (Internal Medicine)</b> 337-261-1919	Lafayette	Mon, Wed, Fri: 8 a.m. - 4 p.m. Tue, Thu: 8 a.m. - 12 p.m.;	
	<b>La Petite Pediatric Clinic</b> 337-366-8616	Lafayette	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>Pediatric Associates of Lafayette, Inc.</b> 337-289-8989	Lafayette	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Pillette Orgeron MD Clinic (Family Medicine)</b> 337-534-8964	Lafayette	Mon-Thu: 8:30 a.m. - 4:30 p.m. Fri: 8:30 a.m. - 12 p.m.	
	<b>Premier Pediatrics of Acadiana</b> 337-237-1252	Lafayette	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 1 p.m.	
	<b>SouthCare Medical</b> 337-706-7700	Lafayette	Mon - Fri: 8 a.m. - 5 p.m.	
	<b>Southside Family Health Physicians</b> 337-456-1642	Lafayette	Mon - Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>Ochsner Health Center - LaPlace Medical</b> 985-652-9504	LaPlace	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Ochsner Health Center - River Parishes</b> 985-652-3500	Laplace	Mon-Fri: 8 a.m. - 5 p.m.	




# Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
	<b>Ochsner Health Center – Lockport</b> 985-532-1620	Lockport	Mon-Fri: 6:30 a.m. - 3:30 p.m.	
	<b>Ochsner Health Center – Luling</b> 985-785-3740	Luling	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Ochsner Health Center – St. James</b> 225-258-2037	Lutcher	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>St. Tammany Physicians Network – Madisonville</b> 985-898-4001	Madisonville	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>Mamou Family Care</b> 337-468-4038	Mamou	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>LeBlanc Pediatrics</b> 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.
	<b>Ochsner Health Center – East Causeway Approach</b> 985-875-2828	Mandeville	Mon-Fri: 6 a.m. - 4 p.m.	
	<b>Ochsner Health Center – Mandeville</b> 985-875-2340	Mandeville	Mon-Fri: 7 a.m. - 5 p.m.	
	<b>Ochsner Health Center – Mandeville Behavioral Health</b> 985-898-7420	Mandeville	Mon-Fri: 7 a.m. - 5 p.m.	
	<b>St- Tammany Physicians Network – Mandeville</b> 985-898-4001	Mandeville	Mon-Fri: 8 a.m. - 4:30 p.m.	
	<b>Ahmad Shanableh, MD (Internal Medicine)</b> 504-341-1603	Marrero	Mon-Thu: 8:30 a.m. - 5 p.m. Fri: 8:30 a.m. - 12 p.m.	
	<b>Fisher Pediatric Clinic</b> 504-361-0234	Marrero	Mon-Fri: 9 a.m. - 5 p.m.	
	<b>Lindsey York Fantaci, MD (Pediatrics)</b> 504-394-8333	Marrero	Mon-Fri: 8 a.m. - 5 p.m. Sat: 8 a.m. - 12 p.m. (2 Sat./month)	
	<b>Ochsner Health Center – Lapalco</b> 504-371-9355	Marrero	Mon-Fri: 7 a.m. - 4 p.m.	
	<b>Ochsner Family Doctor Clinic – Mathews</b> 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.
	<b>Abbeville General Maurice Community Care Clinic</b> 337-898-9449	Maurice	Mon-Fri: 7 a.m. - 5 p.m.	
	<b>Family Medicine and Acupuncture LLC</b> 504-464-4141	Metairie	Mon-Fri: 9 a.m. - 5 p.m.	





# Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
	<b>Ochsner Health Center – Clearview</b> 504-885-8563	Metairie	Mon-Thu: 7 a.m. - 4 p.m. Fri: 7 a.m. - 2 p.m.	
	<b>Ochsner Health Center – Metairie</b> 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.
	<b>Ochsner Health Center – Old Metairie</b> 504-703-7740	Metairie	Mon-Fri: 8:30 a.m. - 5 p.m.	
	<b>Ochsner Health Center for Children – Metairie</b> 504-887-1133	Metairie	Mon-Fri: 8 a.m. - 5 p.m.	Sat: 8 a.m. - noon
	<b>Ochsner Health Center for Children – Monroe</b> 318-323-1100	Monroe	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>Ochsner LSU Health Shreveport – Monroe Medical Center</b> 318-330-7000	Monroe	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Medicine Clinic of Morgan City</b> 985-702-8500	Morgan City	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 3 p.m.	
	<b>Prevention Plus Clinic</b> 985-221-5321	Morgan City	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>SLMA Comprehensive Health Clinic – Morgan City</b> 985-300-5438	Morgan City	Mon-Thu: 7:30 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>The Pediatric Clinic</b> 985-384-2430	Morgan City	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 3 p.m.	
	<b>Carl M. Ditch, MD (Internal Medicine)</b> 337-364-1103	New Iberia	Mon/Wed/Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>Family Medicine Clinic</b> 337-367-0271	New Iberia	Mon-Fri: 8a.m. - 5p.m.	
	<b>Iberia Comprehensive Community Health Center, Inc.</b> 337-365-4945	New Iberia	Mon: 8 a.m. - 7p.m. Tue, Thu, Fri: 8 a.m. - 5 p.m. Wed: 8 a.m. - 2 p.m.	
	<b>Iberia Family Care</b> 337-560-1750	New Iberia	Mon-Thu: 8 a.m. - 4:30 p.m. Fri: 8 a.m. - 11:30 a.m.	
	<b>James B. Falterman, Jr., MD (Internal Medicine)</b> 337-365-9602	New Iberia	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Jesus R. Garcia, MD (Family Medicine)</b> 337-367-6776	New Iberia	Mon/Tue/Thu: 8:30 a.m. - 4:30 p.m. Fri: 8:30 a.m. - 1 p.m.	
	<b>Joe B. Proctor, MD (Family Medicine)</b> 337-364-0408	New Iberia	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	


















# Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
	<b>Lahasky Medical Clinic (Family Medicine)</b> 337-364-4738	New Iberia	Mon, Tue, Thu: 8:30 a.m. - 5 p.m. Wed, Fri: 8:30 a.m. - 12 p.m.	
	<b>Odom W. Leandre, DO (Family Medicine)</b> 337-560-5323	New Iberia	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Stephen A. Boudreaux, MD (Family Medicine)</b> 337-364-3444	New Iberia	Mon/Tues/Thu: 8 a.m. - 5 p.m. Wed, Fri: 8 a.m. - 12 p.m.	
	<b>Timothy A. Viator (Family Medicine)</b> 337-364-8566	New Iberia	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>David Allen Brown, MD (Internal Medicine)</b> 504-897-2661	New Orleans	Mon-Thu: 8 a.m. - 5 p.m.	
	<b>Hales Pediatrics</b> 504-897-0744	New Orleans	Mon-Fri: 8:30 a.m. - 5 p.m.	
	<b>John Wise, MD (Internal Medicine)</b> 504-324-7600	New Orleans	24 hours/day 7 days/ week (MD VIP)	
	<b>Judith Hackett, MD (Family Medicine)</b> 504-865-1539	New Orleans	Mon-Thu: 9 a.m. - 4 p.m.	
	<b>Li Pediatrics</b> 504-667-6993	New Orleans	Mon-Fri: 9 a.m. - 5 p.m. Sat: 9 a.m. - 12 p.m.	
	<b>Ochsner Center for Primary Care and Wellness</b> 504-842-4747	New Orleans	Mon-Fri: 7 a.m. - 7 p.m.	Sat: 8 a.m. - 4:30 p.m.
	<b>Ochsner Community Health Brees Family Center</b> 504-354-4118	New Orleans	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Ochsner Health Center – Baptist Napoleon Medical Plaza</b> 504-894-2022	New Orleans	Mon-Thu: 6 a.m. - 5 p.m. Fri: 6 a.m. - 3 p.m.	
	<b>Ochsner Health Center – Elmwood</b> 866-624-7637	New Orleans	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Ochsner Health Center – Lake Terrace</b> 504-846-9646	New Orleans	Mon-Fri: 7 a.m. - 4 p.m.	
	<b>Ochsner Health Center – Lakeview</b> 504-846-9646	New Orleans	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Ochsner Health Center – Mid-City</b> 504-842-7400	New Orleans	Mon-Fri: 9 a.m. - 5 p.m.	
	<b>Ochsner Health Center – Mid-City at Canal</b> 504-703-2755	New Orleans	Mon-Fri: 8 a.m. - 4 p.m.	
	<b>Ochsner Health Center – Napoleon at Magnolia</b> 504-842-7444	New Orleans	Mon-Fri: 8 a.m. - 5 p.m.	






# Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
	<b>Ochsner Health Center - Tchoupitoulas</b> 504-703-3070	New Orleans	Mon-Fri: 7 a.m. - 5 p.m.	
	<b>Ochsner Health Center - Uptown</b> 504-842-7444	New Orleans	Mon-Fri: 7 a.m. - 4 p.m.	
	<b>Ochsner Health Center for Children - New Orleans</b> 504-842-3900	New Orleans	Mon: 8 a.m. - 5 p.m.	Sat: 8 a.m. - 12 p.m.
	<b>Vigour Pediatrics</b> 504-325-5437	New Orleans	Mon/Tue/Thu/Fri: 8:30 a.m. - 5 p.m. Wed: 8:30 a.m. - 3 p.m.	
	<b>Family Clinic of Opelousas</b> 337-942-5706	Opelousas	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Lily Pad Pediatrics</b> 337-942-4453	Opelousas	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Lori Gautreaux, MD (Internal Medicine)</b> 337-678-4401	Opelousas	Mon-Thu: 8 a.m. - 4 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>Luris M. Sanchez, MD (Family Medicine)</b> 337-942-8088	Opelousas	Mon-Thu: 8:30 a.m. - 5 p.m.	
	<b>Michael Burnell MD (Family Medicine)</b> 337-447-4025	Opelousas	Mon-Wed: 9 a.m. - 4:30 p.m. Thu: 8 a.m. - 2:45 p.m.	
	<b>Saint Mary's Grace Family Medical</b> 337-678-0918	Opelousas	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Southwest Louisiana Primary Health Care Center</b> 337-942-2005	Opelousas	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>WellSmart Health - Internal Medicine Clinic</b> 337-678-4343	Opelousas	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>WellSmart Health of Opelousas - RHC</b> 337-678-4285	Opelousas	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Debra Durham MD Clinic (Internal Medicine)</b> 337-845-4900	Parks	Mon-Thu: 8:30 a.m. - 4 p.m.	
	<b>Ochsner Health Center - Pearl River</b> 985-639-3777	Pearl River	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Anointed Family Medicine</b> 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.	
	<b>Ochsner Health Center - Prairieville</b> 225-761-5200	Prairieville	Mon-Fri: 7 a.m. - 6 p.m.	
	<b>Ochsner Health Center - Raceland</b> 985-537-2273	Raceland	Mon-Fri: 6:30 a.m. - 4 p.m.	

# Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
	<b>Ochsner Specialty Health Center - Raceland</b> 985-537-2666	Raceland	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Ochsner Women's Health Center - Raceland</b> 985-537-3211	Raceland	Mon-Fri: 7:45 a.m. - 5 p.m.	
	<b>Acadiana Family Medical Associates</b> 337-334-7551	Rayne	Mon-Fri: 8 a.m. - 5 p.m. Open most Sat: 8 a.m. - 11 a.m.	
	<b>Acadiana Pediatrics</b> 337-334-7554	Rayne	Mon-Fri: 8 a.m. - 5 p.m. Sat: 8 a.m. - 11 a.m.	
	<b>Ochsner Health Center for Children - River Ridge</b> 504-703-3270	River Ridge	Mon-Fri: 7 a.m. - 4 p.m.	
	<b>Partners in Healthcare (Family Medicine)</b> 337-342-2641	St. Martinville	Mon-Fri: 8a.m. - 5p.m.	
	<b>St. Martin Community Health Clinic</b> 337-342-2566	St. Martinville	Mon: 8 a.m. - 7p.m. Tue/Thu/Fri: 8 a.m. - 5 p.m. Wed: 8 a.m. - 2 p.m.	
	<b>St. Martinville Family Medicine</b> 337-342-2706	St. Martinville	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>Warren J. Degatur, Jr., MD (Family Medicine)</b> 337-332-3500	St. Martinville	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Mid City Pediatrics</b> 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.
	<b>Ochsner LSU Health Shreveport - Health Center Fern Avenue</b> 318-626-4200	Shreveport	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Ochsner LSU Health Shreveport - Health Center St. Vincent</b> 318-626-0050	Shreveport	Mon-Fri: 7:30 a.m. - 4:30 p.m.	
	<b>Ochsner LSU Health Shreveport - Internal Medicine &amp; Pediatrics</b> 318-626-0100	Shreveport	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>The Family Doctors</b> 318-797-6661	Shreveport	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Camellia City Obstetrics and Gynecology</b> 985-781-4848	Slidell	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 2 p.m.	
	<b>Clinton H. Sharp, III, MD (Family Medicine)</b> 985-641-8086	Slidell	Mon, Tue, Thu, Fri: 8 a.m. - 5 p.m. Wed: 8 a.m. - 12 p.m.	
	<b>Helen Stevenson, MD (Pediatrics)</b> 985-645-8687	Slidell	Mon-Fri: 8 a.m. - 5 p.m.	

# Primary Care Health Centers

	Health Center Locations	Location	Same/Next Day Appointments	Extended Hours
	<b>Meredith Hixson, MD (OB/GYN)</b> 985-646-4490	Slidell	Mon-Thu: 8:30 a.m. - 5:30 p.m. Fri: 8:30 a.m. - 12 p.m.	
	<b>Ochsner Health Center for Children - Slidell</b> 985-639-3755	Slidell	Mon-Fri: 7 a.m. - 5 p.m.	
	<b>Ochsner Health Center - Slidell</b> 985-639-3777	Slidell	Mon-Fri: 6:30 a.m. - 4 p.m.	Sat: 7 a.m. - 11 a.m.
	<b>Ochsner Health Center for Children - Pediatric Specialties - Slidell</b> 504-842-3900	Slidell	Days and times vary by specialty	
	<b>Ochsner Neuroscience Institute - Slidell</b> 985-646-5550	Slidell	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Ochsner Specialty Health Center One - Slidell</b> 985-639-3777	Slidell	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Ochsner Specialty Health Center Two - Slidell</b> 985-639-3777	Slidell	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Ochsner Women's Health Center - Slidell</b> 985-639-3777	Slidell	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Pearl Acres Pediatrics</b> 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.
	<b>SMH Family Medicine</b> 985-280-8970	Slidell	Mon-Thu: 8 a.m. - 6 p.m. Friday: 8 a.m. - noon	
	<b>SMH Northshore Family Medical Center</b> 985-646-1122	Slidell	Mon-Thu: 8 a.m. - 5 p.m. Friday: 8 a.m. - 1 p.m.	
	<b>SMH Pediatrics</b> 985-280-7337	Slidell	Mon-Fri: 8 a.m. - 5 p.m.	Sat: 8 a.m. - 1 p.m.
	<b>WellSmart Health - Collins Family Clinic</b> 337-678-4160	Sunset	Mon-Thu: 7:30 a.m. - 4:30 p.m. Fri: 7:30 a.m. - 4 p.m.	
	<b>Family Clinic of Ville Platte</b> 337-363-3180	Ville Platte	Mon/Wed/Thu: 8 a.m. - 5 p.m. Tue, Fri: 8 a.m. - 12 p.m.	
	<b>Patrick S. Gillespie, MD (General Practice)</b> 337-826-8044	Washington	Mon-Fri: 8 a.m. - 5 p.m.	
	<b>Family Health Physicians of Youngsville</b> 337-451-4890	Youngsville	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 11:30 a.m.	
	<b>Premier Pediatrics of Acadiana</b> 337-704-7047	Youngsville	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 12 p.m.	
	<b>Ochsner Health Center - Zachary</b> 225-761-5200	Zachary	Mon-Fri: 7 a.m. - 5 p.m.	

# Therapy & Wellness

Health Center	Location	Same/Next Day Appointments
<b>Ochsner Therapy &amp; Wellness – O’Neal</b> 225-754-5188	Baton Rouge	Mon-Thu: 7 a.m. - 5:30 p.m. Fri: 6 a.m. - 4:30 p.m.
<b>Ochsner Therapy &amp; Wellness – The Grove</b> 225-761-5467	Baton Rouge	Mon-Thu: 6 a.m. - 5:30 p.m. Fri: 6 a.m. - 4:30 p.m.
<b>Ochsner Therapy &amp; Wellness – Covington</b> 985-875-2777	Covington	Mon-Thu: 7 a.m. - 6 p.m. Fri: 7 a.m. - 5 p.m.
<b>St. Tammany Health System Outpatient Therapy &amp; Wellness – YMCA</b> 985-871-5899	Covington	Mon/Wed/Fri: 7:30 a.m. - 6 p.m. Tue, Thu: 8 a.m. - 12:30 p.m.
<b>St. Tammany Health System Outpatient Therapy &amp; Wellness – Covington</b> 985-892-4622	Covington	Mon-Fri: 7 a.m. - 6 p.m.
<b>Ochsner Therapy &amp; Wellness – Destrehan</b> 985-235-5400	Destrehan	Mon-Thu: 7 a.m. - 6 p.m. Fri: 7 a.m. - 5:30 p.m.
<b>Ochsner Therapy &amp; Wellness – Gonzales</b> 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.
<b>Ochsner Therapy &amp; Wellness – Belle Meade</b> 504-371-9314	Gretna	Mon-Fri: 7 a.m. - 5 p.m.
<b>Ochsner Therapy &amp; Wellness – Hammond</b> 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.
<b>Ochsner Therapy &amp; Wellness – Driftwood</b> 504-464-8173	Kenner	Mon - Fri: 7 a.m. - 5 p.m.
<b>Ochsner Therapy &amp; Wellness – LaPlace</b> 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.
<b>Ochsner Therapy &amp; Wellness – Mandeville</b> 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.
<b>Ochsner Therapy &amp; Wellness – Veterans</b> 504-842-4349	Metairie	Mon-Thu: 7 a.m. - 5 p.m. Fri: 7 a.m. - 4 p.m.
<b>Ochsner Therapy &amp; Wellness for Children</b> 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.
<b>Ochsner Therapy &amp; Wellness – Elmwood</b> 504-842-4348	New Orleans	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 4 p.m.

# Therapy & Wellness

Health Center	Location	Same/Next Day Appointments
<b>Ochsner Therapy &amp; Wellness – Michoud</b> 504-703-8940	New Orleans	Mon-Fri: 6 a.m. - 2:30 p.m.
<b>Ochsner Therapy &amp; Wellness – Ochsner Fitness Center</b> 504-842-4348	New Orleans	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 4 p.m.
<b>Ochsner Therapy &amp; Wellness – Tchoupitoulas</b> 504-842-4348	New Orleans	Mon-Thu: 7 a.m. - 6 p.m. Fri: 7 a.m. - 5 p.m.
<b>Ochsner Therapy &amp; Wellness – Gause</b> 985-875-2370	Slidell	Mon-Thu: 7 a.m. - 5:30 p.m. Fri: 7 a.m. - 2 p.m.
<b>Ochsner Therapy &amp; Wellness – Ochsner Medical Center Northshore</b> 985-646-5921	Slidell	Mon-Fri: 6 a.m. - 5:30 p.m.
<b>Ochsner Therapy &amp; Wellness – Slidell Memorial Hospital</b> 985-280-2717	Slidell	Mon-Fri: 6 a.m. - 4:30 p.m.
<b>Ochsner Therapy &amp; Wellness – Veterans</b> 504-842-4349	Metairie	Mon-Thu: 7 a.m. - 5 p.m. Fri: 7 a.m. - 4 p.m.
<b>Ochsner Therapy &amp; Wellness for Children</b> 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.
<b>Ochsner Therapy &amp; Wellness – Elmwood</b> 504-842-4348	New Orleans	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 4 p.m.
<b>Ochsner Therapy &amp; Wellness – Michoud</b> 504-703-8940	New Orleans	Mon-Fri: 6 a.m. - 2:30 p.m.
<b>Ochsner Therapy &amp; Wellness – Ochsner Fitness Center</b> 504-842-4348	New Orleans	Mon-Thu: 8 a.m. - 5 p.m. Fri: 8 a.m. - 4 p.m.
<b>Ochsner Therapy &amp; Wellness – Tchoupitoulas</b> 504-842-4348	New Orleans	Mon-Thu: 7 a.m. - 6 p.m. Fri: 7 a.m. - 5 p.m.
<b>Ochsner Therapy &amp; Wellness – Gause</b> 985-875-2370	Slidell	Mon-Thu: 7 a.m. - 5:30 p.m. Fri: 7 a.m. - 2 p.m.
<b>Ochsner Therapy &amp; Wellness – Ochsner Medical Center Northshore</b> 985-646-5921	Slidell	Mon-Fri: 6 a.m. - 5:30 p.m.
<b>Ochsner Therapy &amp; Wellness – Slidell Memorial Hospital</b> 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 - Thuday: 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 - Thuday: 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 - Thuday: 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 - Thuday: 7 a.m. to 6 p.m.  
Friday: 7 a.m. to 5 p.m.  
Call: 504-894-2002



# Blue Connect Hospitals

## **Abbeville General Hospital**

118 North Hospital Dr.  
Abbeville, LA 70510

## **Baton Rouge General – Mid-City**

3600 Florida Blvd.  
Baton Rouge, LA 70806

## **Baton Rouge General – Bluebonnet**

8585 Picardy Ave.  
Baton Rouge, LA 70809

## **Christus Coushatta Health Care Center**

1635 Marvel St.  
Coushatta, LA 71019

## **Christus Highland Hospital**

1453 E. Bert Kouns Industrial Loop  
Shreveport, LA 71105

## **Iberia Medical Center**

2315 East Main St.  
New Iberia, LA 70560

## **Iberia Medical Center**

600 North Lewis Street  
New Iberia, LA 70563

## **Jennings American Legion Hospital**

1634 Elton Rd.  
Jennings, LA 70546

## **Lane Regional Medical Center**

6300 Main Street  
Zachary, LA 70791

## **Leonard J. Chabert Medical Center**

1978 Industrial Blvd.  
Houma, LA 70363

## **Ochsner Abrom Kaplan Memorial Hospital**

1310 West Seventh St.  
Kaplan, LA 70548

## **Ochsner Acadia General Hospital**

1305 Crowley Rayne Hwy.  
Crowley, LA 70526

## **Ochsner Baptist – A Campus of Ochsner Medical Center**

2700 Napoleon Ave.  
New Orleans, LA 70115

## **Ochsner Hospital for Children**

1514 Jefferson Highway  
New Orleans, LA 70121

## **Ochsner Hospital for Orthopedics & Sports Medicine**

1221 South Clearview Parkway  
Jefferson, LA 70121

## **Ochsner LSU Health Shreveport – Academic Medical Center**

1541 Kings Hwy.  
Shreveport, LA 71103

## **Ochsner LSU Health Shreveport – Monroe Medical Center**

4864 Jackson St.  
Monroe, LA 71202

## **Ochsner Lafayette General Medical Center**

1214 Coolidge Blvd.  
Lafayette, LA 70503

## **Ochsner Lafayette General Orthopaedic Hospital**

2810 Ambassador Caffery Pkwy.  
Lafayette, LA 70506

## **Ochsner Lafayette General Surgical Hospital**

1000 W. Pinhook Rd.  
Lafayette, LA 70503

## **Ochsner Medical Center**

1514 Jefferson Hwy.  
New Orleans, LA 70121

## **Ochsner Medical Center – Baton Rouge**

17000 Medical Center Dr.  
Baton Rouge, LA 70816

## **Ochsner Medical Center – Iberville**

25455 Hwy 1  
Plaquemines, LA 70764

## **Ochsner Medical Center – Kenner**

180 W. Esplanade Ave.  
Kenner, LA 70065

## **Ochsner Medical Center – Northshore**

100 Medical Center Dr.  
Slidell, LA 70461

## **Ochsner Medical Center – West Bank Campus**

2500 Belle Chasse Hwy.  
Gretna, LA 70056

## **Ochsner Medical Complex – The Grove**

10310 The Grove Blvd.  
Baton Rouge, LA 70836

## **Ochsner Medical Complex – River Parishes**

1900 W. Airline Highway  
Laplace, LA 70068

## **Ochsner St. Anne Hospital**

4608 Hwy. 1  
Raceland, LA 70394

## **Ochsner St. Martin Hospital**

210 Champagne Blvd.  
Breaux Bridge, LA 70517

## **Ochsner St. Mary**

1125 Marguerite St.  
Morgan City, LA 70380

## **Ochsner University Hospital and Clinics**

2390 West Congress St.  
Lafayette, LA 70502

## **Ochsner University Hospital and Clinics**

401 St. Julien St.  
Lafayette, LA 70506

## **Opelousas General Health System – South Campus**

3983 I 49 South Service Rd.  
Opelousas, LA 70570

## **Opelousas General Health System**

539 East Prudhomme St.  
Opelousas, LA 70570

## **Savoy Medical Center**

801 Poinciana Ave.  
Mamou, LA 70554

## **Slidell Memorial Hospital**

1001 Gause Blvd.  
Slidell, LA 70458

## **St. Bernard Parish Hospital**

8000 W. Judge Perez Dr.  
Chalmette, LA 70043

## **St. Charles Parish Hospital**

1057 Paul Maillard Rd.  
Luling, LA 70070

## **St. Tammany Parish Hospital**

1202 S. Tyler St.  
Covington, LA 70433

## **Terrebonne General Medical Center**

8116 Main St.  
Houma, LA 70360

# Blue Connect Urgent Care Centers

## **Ochsner Lafayette General Urgent Care - River Ranch\***

1216 Camellia Boulevard  
Lafayette, LA  
Phone: 337-769-0069  
Fax: 337-769-0068  
Mon-Fri: 8 a.m. - 7pm  
Sat: 8 a.m. - 6 p.m.  
Sun: 8 a.m. - 4 p.m.

## **Ochsner Lafayette General Urgent Care - Sugar Mill Pond\***

2810 Bonin Road  
Youngsville, LA 70592  
Phone: 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 Shreveport Urgent Care - Bossier\***

2113 Airline Drive, Suite 100  
Bossier City, LA 71111  
Phone: 318-626-0038  
Weekdays 7 a.m. - 6:30 p.m.  
Weekends 9 a.m. - 4:30 p.m.

## **Ochsner LSU Health Urgent Care - Shreveport\***

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

## **Ochsner LSU Urgent Care - Monroe\***

4864 Jackson St.  
Monroe, LA 71202  
Phone: 318-330-7874  
Weekdays 8 a.m. - 5 p.m.  
Weekends 8 a.m. - 5 p.m.

## **Ochsner Urgent Care & Occupational Health - CBD\***

Hancock Whitney Center  
(formerly One Shell Square)  
New Orleans, LA 70139  
Phone: 504-703-1350  
Mon-Thu: 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  
Phone: 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  
Phone: 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  
Baton Rouge, LA 70810  
Phone: 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  
Phone: 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  
Phone: 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 - Lagniappe Center\***

14601 Airline Hwy., Suite 103  
Gonzales, LA 70737  
Phone: 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  
Phone: 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  
Phone: 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  
Phone: 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  
Phone: 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  
Phone: 504-218-4853  
Fax: 504-218-4890  
Weekdays 8 a.m. - 7:30 p.m.  
Weekends 9 a.m. - 5:30 p.m.

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

# Blue Connect Urgent Care Centers

## **Ochsner Urgent Care – River Ridge\***

9605 Jefferson Hwy., Suite G  
River Ridge, LA 70123  
Phone: 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  
Phone: 985-446-5210  
Fax: 985-446-8327  
Weekdays 9 a.m. - 9 p.m.  
Weekends 9 a.m. - 6 p.m.

## **Ochsner Urgent Care – Uptown\***

4605 Magazine St.  
New Orleans, LA 70115  
Phone: 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  
Phone: 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  
Phone: 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  
Phone: 985-645-9000  
Fax: 985-645-9064  
Weekdays 7 a.m. - 7 p.m.  
Weekends 8 a.m. - 4 p.m.

## **Bayou Urgent Care – Chalmette**

901 W. Judge Perez Dr.  
Chalmette, LA 70043  
Phone: 504-309-9805  
Weekdays 7 a.m. - 7 p.m.  
Weekends 9 a.m. - 4 p.m.

## **Doctors After Hours Urgent Care – New Orleans**

101 West Robert E Lee Blvd.  
New Orleans, LA 700124  
Phone: 504-288-3456  
Weekdays 9 a.m. - 8 p.m.  
Weekends 9 a.m. - 6 p.m.

## **Doctors After Hours Urgent Care – Metairie**

5236 Veterans Memorial Blvd.  
Metairie, LA 70006  
Phone: 504-885-8700  
Weekdays 9 a.m. - 8 p.m.  
Weekends 9 a.m. - 6 p.m.

## **Doctors After Hours Urgent Care – Metairie**

1000 Clearview Parkway  
Metairie, LA 70001  
Phone: 504-455-4433  
Weekdays 9 a.m. - 8 p.m.  
Weekends 9 a.m. - 6 p.m.

## **Doctors After Hours Urgent Care – Metairie**

545 Oaklawn Dr.  
Metairie, LA 70005  
Phone: 504-500-7350  
Weekdays 9 a.m. - 8 p.m.  
Weekends 9 a.m. - 6 p.m.

## **Plaquemines Medical Center**

27136 Highway 23  
Port Sulphur, LA 70083  
Phone: 504-564-3344  
Open 24/7

## **Rapid Urgent Care – Albany**

19115 Florida Blvd., Suite A  
Albany, LA 70711  
225-435-7500  
Weekdays 7 a.m. - 7 p.m.  
Weekends 9 a.m. - 5 p.m.

## **Rapid Urgent Care – Amite**

802 West Oak St., Suite D  
Amite, LA 70422  
Phone: 985-284-2099  
Weekdays 7 a.m. - 7 p.m.  
Weekends 9 a.m. - 5 p.m.

## **Rapid Urgent Care – Baton Rouge**

5207 Essen Lane, Suite 2  
Baton Rouge, LA 70809  
Phone: 225-930-8100  
Weekdays 6:30 p.m. - 8 p.m.  
Weekends 8 a.m. - 4 p.m.

## **Rapid Urgent Care – Bogalusa**

57 Cumberland St.  
Bogalusa, LA 70427  
Phone: 985-545-1300  
Weekdays 7 a.m. - 7 p.m.  
Weekends 9 a.m. - 5 p.m.

## **Rapid Urgent Care – Covington**

218 East Boston St.  
Covington, LA 70433  
Phone : 985-875-0077  
Fax : 985-249-5618  
Weekdays 6:30 a.m. - 6:30 p.m.  
Weekends 9 a.m. - 5 p.m.

## **Rapid Urgent Care – Mandeville**

1111 North Causeway Blvd.  
Mandeville, LA 70471  
Phone: 985-674-4464  
Fax: 985-674-4404  
Weekdays 6:30 p.m. - 8 p.m.  
Weekends 9 a.m. - 5 p.m.

## **Rapid Urgent Care – Metairie**

3908 Veterans Memorial Blvd.  
Suite 5  
Metairie, LA 70002  
Phone: 504-218-8959  
Weekdays 6:30 p.m. - 8 p.m.  
Weekends 9 a.m. - 5 p.m.

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

# Blue Connect Urgent Care Centers

## **Rapid Urgent Care – Slidell**

2170 Gause Blvd., W 101  
Slidell, LA 70460  
Phone: 985-326-8283  
Fax: 985-326-8233  
Weekdays 6:30 p.m. - 8 p.m.  
Weekends 9 a.m. - 5 p.m.

## **Riverside Urgent Care – LaPlace**

3317 Hwy. 51  
Laplace, LA 70068  
Phone: 985-233-3317  
Weekdays 6:30 p.m. - 8 p.m.  
Weekends 9 a.m. - 5:30 p.m.

## **SouthStar Urgent Care – Abbeville**

3013 Veterans Memorial Dr.  
Abbeville, LA 70501  
Phone: 337-893-2273  
Weekdays 8 a.m. - 8 p.m.  
Weekends 9 a.m. - 5 p.m.

## **SouthStar Urgent Care – Bastrop**

2100 East Madison Ave.  
Bastrop, LA 71220  
Phone: 318-239-4413  
Weekdays 8 a.m. - 8 p.m.  
Weekends 9 a.m. - 5 p.m.

## **SouthStar Urgent Care – Eunice**

1970 West Laurel Ave.  
Eunice, LA 70535  
Phone: 337-603-4006  
Weekdays 8 a.m. - 8 p.m.  
Weekends 9 a.m. - 5 p.m.

## **SouthStar Urgent Care – Gramercy**

1665 Highway 3125, Suite A & B  
Gramercy, LA 70052  
Phone: 225-754-9309  
Weekdays 8 a.m. - 8 p.m.  
Weekends 9 a.m. - 5 p.m.

## **SouthStar Urgent Care – Lafayette**

6770 Johnston St., Suite B  
Lafayette, LA 70503  
Phone: 337-326-5702  
Weekdays 8 a.m. - 8 p.m.  
Weekends 9 a.m. - 5 p.m.

## **SouthStar Urgent Care – Lake Charles**

3892 Ryan St., Suite 300  
Lake Charles, LA 70605  
Phone: 337-282-5190  
Weekdays 8 a.m. - 8 p.m.  
Weekends 9 a.m. - 5 p.m.

## **SouthStar Urgent Care – Many**

160 San Antonio Ave.  
Many, LA 71449  
Phone: 318-252-0733  
Weekdays 8 a.m. - 8 p.m.  
Weekends 9 a.m. - 5 p.m.

## **SouthStar Urgent Care – Minden**

1034 Homer Road  
Minden, LA 71055  
Phone: 318-639-4994  
Weekdays: 8 a.m. - 8 p.m.  
Weekends: 9 a.m. - 5 p.m.

## **SouthStar Urgent Care – New Iberia**

1110 East St. Peters St.  
New Iberia, LA 70560  
Phone: 337-279-4989  
Weekdays 8 a.m. - 8 p.m.  
Weekends 9 a.m. - 5 p.m.

## **SouthStar Urgent Care – Admiral Doyle**

1050 East Admiral Doyle Dr.  
New Iberia, LA 70560  
Phone: 337-279-4993  
Weekdays 7 a.m. - 7 p.m.  
Weekends 8 a.m. - 4 p.m.

## **SouthStar Urgent Care – Springhill**

1918 South Arkansas Street  
Springhill, LA 71075  
Phone: 318-252-0732  
Weekdays 8 a.m. - 8 p.m.  
Weekends 9 a.m. - 4 p.m.

## **SouthStar Urgent Care – Slidell**

3333 Pontchartrain Dr.  
Slidell, LA 70458  
Phone: 985-900-1693  
Weekdays 8 a.m. - 8 p.m.  
Weekends 9 a.m. - 5 p.m.

## **SouthStar Urgent Care – Covington**

614 W. 11th Ave.  
Covington, LA 70433  
Phone: 985-809-8868  
Weekdays 10 a.m. - 7 p.m.  
Weekends 11 a.m. - 6 p.m.

## **CHRISTUS Velocity Urgent Care – Airline Drive**

2151 Airline Dr., Suite 700  
Bossier, LA 71111  
Phone: 318-550-2176  
Weekdays 8 a.m. - 7:30 p.m.  
Weekends 9 a.m. - 4:30 p.m.

## **CHRISTUS Velocity Urgent Care**

7045 Youree Dr.  
Shreveport, LA 71105  
Phone: 318-798-3763  
Weekdays 8 a.m. - 7:30 p.m.  
Weekends 9 a.m. - 4:30 p.m.

## **CHRISTUS Velocity Urgent Care – Shreveport**

9300 Mansfield Road, Suite 110  
Shreveport, LA 71118  
Phone: 318-629-3763  
Weekdays 8 a.m. - 7:30 p.m.  
Weekends 9 a.m. - 4:30 p.m.

## **The Urgent Care – Westbank**

148 Wall Blvd.  
Gretna, LA 70056  
Phone: 504-393-2273  
Weekdays 8 a.m. - 8 p.m.  
Weekends 9 a.m. - 6 p.m.

## **The Urgent Care – LaPlace**

113 Belle Terre  
La Place, LA 70068  
Phone: 985-359-2273  
Weekdays 8:30 a.m. - 8 p.m.  
Sat 8:30 a.m. - 5 p.m.  
Sun 8:30 a.m. - 3 p.m.

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

**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](https://ochsner.org/mobileOBar/schedule).



## Virtual Visits:

Save Time and  
Money with Online  
Doctor Visits!

**Ochsner Anywhere Care** lets Blue Connect 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 Blue Connect members enter Coupon Code: BLUECONNECT.\*** Blue Connect 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](https://ochsner.org/anywherecare)** to learn more.

\*limited time offer; subject to  
change without notice



# Enroll in Ochsner Digital Medicine.

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

**You are eligible to participate in Digital Medicine as a covered benefit\* if you meet one of the following:**

- + A Blue Cross and Blue Shield of Louisiana plan member 18+ years old enrolled in the Blue Connect product
- + Plan members who see a qualifying PCP in the Quality Blue Primary Care Program



## Program Benefits

### Effective Control

Participants Who Achieved Their Blood Pressure Goal After Six Months

**79%**  
HYPERTENSION  
DIGITAL MEDICINE

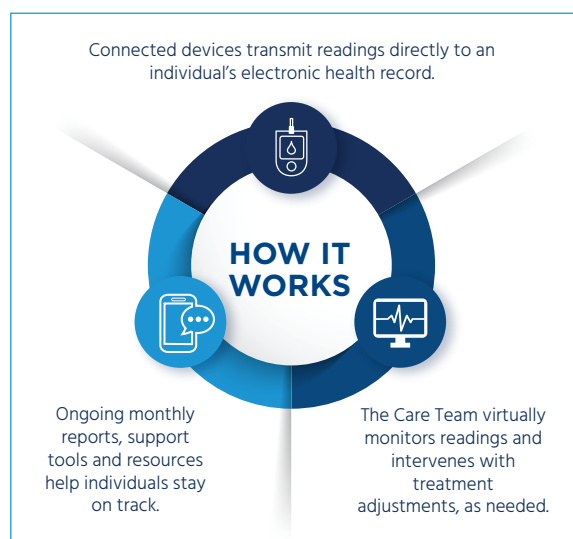
Participants Who Achieved Their A1c Goal After Six Months

**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 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](https://ochsner.org/digitalmedicine) or 855-781-8737**

\* Subject to applicable patient responsibility amounts.

# 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](mailto:connected@ochsner.org).



**Ochsner On-Call:**  
**800.231.5257**

For non-life-threatening issues, please call the free 24 hour/7 day a week nurse care line, Ochsner On-Call, to speak with a Registered nurse. The specially trained nurses, supported by an on-call physician, will help you determine the best care options for you. Ochsner On-call provides nurse triage, appointment booking, 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.



### Help to quit smoking is here, and it's FREE.

If you are a Louisiana resident who started smoking cigarettes before September 1, 1988, Smoking Cessation Trust offers Free medications, group and individual counseling, and quit line coaching to help you quit for good.

**Do it yourself. Do it for those you love.**

**It's never too late to quit. Especially when it's FREE!**

If you are interested in quitting, we can provide you with FREE assistance to get you on your way.

**Please call 504.842.7490 or toll free 844.371.5806 or visit [Ochsner.org/stopsmoking](http://Ochsner.org/stopsmoking) to sign up for the program.**

## Complete Blue Connect Directory

For the complete and up-to-date Blue Connect directory,

- Visit [www.bcbsla.com/blue-connect](http://www.bcbsla.com/blue-connect)
- Enter "Name" for provider name, "Specialty" for type of specialty, "Hospital" for hospital name
- Enter search criteria and select search
- Search can be refined by selecting additional criteria on the left of the screen

Blue Connect =  Louisiana +  **Ochsner**  
Health Network