Palliative Care is not Hospice Care

If you are surprised that palliative care is not hospice care, you are not alone. Many patients, and even some doctors, think palliative care is only for patients who need end-of-life care. That just isn’t the case. Because of this misunderstanding, many patients are missing out on services that could be very helpful as they try to cope with an illness.

“Sometimes patients live with chronic illnesses that are not curable,” says Ellyn Lee, M.D., a palliative-care specialist at Swedish. “These patients have special physical, spiritual and emotional needs. Like all of us, they want maximum quality of life while living with their illness.”

Outpatient palliative care focuses on helping patients manage their symptoms, acquire knowledge, navigate difficult medical decisions, and find ways to stay out of the hospital, remain at home and enjoy life. To do this, palliative care specialists integrate psychological, social and spiritual aspects of care with therapies to relieve pain and other distressing symptoms. Sometimes a patient just needs someone to talk to, someone who has the compassion, understanding and expertise to provide the necessary resources and comfort. These patients are able to find that support from the team at the Palliative Care and Symptom Management Clinic at Swedish.

The Right Approach to Knee Pain Every Time

As we age, our knees age right along with us. Eventually, they may become a source of pain. Osteoarthritis, obesity and the loss of muscle strength all contribute to knee pain.

Over the years, the approach to knee pain has become more comprehensive. At the Swedish Orthopedic Institute (SOI), regardless of whether patients are seen first by a physical and rehabilitation medicine or sports medicine specialist, or an orthopedic surgeon, these specialists work together to ensure the patient’s experience is seamless. The team focuses on reducing pain, maintaining joint function and returning the patient to daily activities as quickly as possible.

Treatment may begin with home exercise, physical therapy, bracing, injections and/or anti-inflammatory medicine. Immediate or eventual partial or total knee replacement becomes a treatment consideration when the pain persists despite non-surgical therapies, or the osteoarthritis has progressed and the pain is uncontrollable.

Surgeons at SOI have used MAKOplasty® advanced robotic technology for partial knee replacement for many years. For patients who are good candidates for partial knee replacement, the benefits include a hospital stay of less than 24 hours, a quicker recovery, and a knee that feels and functions more like a regular knee.


Mammography for Women Over 75

The value of screening mammograms has been debated for many years — especially for older women. The American Cancer Society recommends women age 75 and older receive annual mammograms. Other organizations say there isn’t enough research that shows a benefit, so they don’t recommend mammograms for older women at all.

Henry Kaplan, M.D., and Judith Malмgren, Ph.D., both with the Swedish Cancer Institute, recently completed a study that clearly shows the benefit.

They looked at records of 14,000 breast-cancer patients, with 1,600 over age 75. Of the older women who had cancer detected by mammogram, the majority was diagnosed with early-stage breast cancer, which was frequently treated with lumpectomy and radiation. They also had fewer mastectomies and less chemotherapy than women whose cancer was self-detected or detected by a doctor.

“The most important finding,” says Dr. Kaplan, “was that there was a 97 percent five-year survival rate for older women who had cancer detected by screening mammogram, which was 10 percent greater than the others. Women are living longer nowadays, so these results show a very real benefit of annual screening mammograms for older women.”

Call 1-885-MAMMO4U (1-885-626-6648) today to schedule your annual screening mammogram at a Swedish clinic close to your home or work.

Lung Cancer Screening for Smokers and Former Smokers

All health plans — except Medicare and Medicaid — cover lung-cancer screening for eligible individuals ages 55-80. To be eligible, you must:

• Have a history of smoking 30 packs per year
• Currently smoke or have quit in the past 15 years

CMS (Centers for Medicare and Medicaid Services) has now proposed covering lung cancer screening for eligible individuals age 55-74 enrolled in Medicare and Medicaid.

Call the Swedish Tobacco Related Diseases and Lung Cancer Screening Program at 206-386-6800 for more information.
Ballard’s Emergency Department Reaches Out to Children

They arrive in scrubs with stethoscopes wrapped around their necks. These very special guests in local classrooms are staff members from Swedish Ballard’s Emergency Department (ED) who volunteer as part of Ballard’s school outreach program.

ED Health Unit Coordinator Karen Nissen first came up with the idea to help educate children and increase awareness about the ED’s capabilities. ED Nursing Manager Wendy Connors, MSN, R.N., and Medical Director Raymond Jarris, M.D., quickly offered their approval.

“What better way to let families in our community know about what we provide children and adults than to have ED personnel in scrubs visit a classroom,” says Karen.

The teams may include doctors, nurses or technicians. They are careful to present age-appropriate curriculum that respects teachers’ goals and parental sensitivities. For kindergartners, topics may include the importance of hand washing, covering your cough, and proper nutrition and physical activity. Kids don masks and gloves, and use a stethoscope. Older children may see X-rays of injuries, and learn about safety issues, how to be a good friend, the dangers of drugs and alcohol, and health-care careers.

“Two of the most impressive characteristics of the Ballard ED are their connection to our goal of creating healthy communities and their spirit of innovation,” says Ballard Chief Executive Jennifer Graves, M.S., R.N.

“This outreach program is a wonderful example of taking staff suggestions and moving them to fruition. It has been a pleasure to see the myriad benefits to children and our local schools, and the joy that volunteering has brought to staff who are participating.”

Baseline Concussion Testing for Children

Parents of children who play contact sports may know about the risk of concussion. But concussions can also occur on the playground or at home. A bump or jolt to the head or body may produce this type of mild traumatic brain injury. Parents should know the signs of a concussion, so they can get their child immediate medical care. It is also important for parents to ensure their children are aware of concussion symptoms, and to confirm that schools and coaches monitor for concussion and follow return-to-play and return-to-school guidelines.

“Baseline concussion testing, or neurocognitive testing, is another step parents can take,” says Swedish neuropsychologist Renee Low, Ph.D. “Using ImPACT™, we evaluate memory, reaction time and processing speed to define the child’s pre concussion status. We use the results as a comparison should a concussion evaluation be needed later on.”

Swedish Spine, Sports & Musculoskeletal Medicine offers baseline concussion testing at its Sports Concussion Clinic at Swedish Issaquah. For more information or to schedule an appointment, call 425-498-2272.

Sports Concussion Clinic
Bellevue, Issaquah, Redmond, Seattle
www.swedish.org/concussionclinic
425-498-2272

Learn more about:
• Concussions at www.swedish.org/concussions
• Baseline testing at www.swedish.org/baselinetesting

Is it Gluten or FODMAP Intolerance?

Many parents restrict their children’s gluten intake even though they have not been diagnosed with a specific allergy or celiac disease. Pediatricians caution that this type of dietary restriction can trigger other health issues.

Celiac disease is a serious condition in which gluten (found in wheat, rye, barley and other grains) causes inflammation of the intestinal tract. A damaged intestine does not absorb food properly, so children may become malnourished.

Some children can’t tolerate certain foods, but they don’t have celiac disease. With so much media attention on gluten intolerance, many parents have assumed gluten is the culprit. Scientists have learned, however, that gluten is probably not the cause of digestive problems in non-celiac children. Rather, it is more likely the fructans found in wheat and a few other foods.

Fructans are part of a group of carbohydrates that are relatively difficult to digest called FODMAPs, which are found in some types of grains, fruits, vegetables, dairy products, sweeteners and legumes (beans, lentils, peas). Because Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols (FODMAPs) are not completely digested, they remain in the gut and ferment. Fermentation causes bloating, gas and abdominal pain. FODMAPs may also trigger diarrhea.

Symptoms of gluten and FODMAP intolerance are very similar — diarrhea, stomach upset, abdominal pain and bloating. It is important to find the cause of any digestive problems, so you don’t unintentionally delete foods that are vital to your child’s growth. Call the Swedish pediatric gastroenterology team in Seattle at 206-215-2700 or at Swedish Issaquah at 425-313-7088 if you have questions about your child’s digestive complaints, diet or nutrition.
Swedish Ballard Campus: 5300 Tallman Ave. N.W., 98107 (Northwest Seattle)
Swedish Cherry Hill Campus: 500 17th Ave., 98122 (Central Seattle)
Swedish Edmonds Campus: 21601 78th Ave. W., 98026
Swedish First Hill Campus: 747 Broadway, 98121 (Seattle)
Swedish Issaquah Campus: 751 N.E. Blakely Drive, 98029
Swedish Mill Creek Campus: 13020 Meridian AVE. S., 98028 (Everett)
Swedish Orthopedic Institute: 601 Broadway, 98122 (Seattle)
Swedish Redmond Campus: 18100 N.E. Union Hill Road, 98052

CANCER EDUCATION
The Swedish Cancer Institute offers a variety of ongoing classes for those surviving a cancer diagnosis. Visit our Health & Wellness classes at www.swedish.org/classes for a complete listing.

Breast Cancer Resources
Have you or someone you know just been diagnosed with breast cancer? Swedish offers one Web address to help women understand treatment options and the next steps to take. Visit www.swedish.org/now-what/breastcancer.

Voices of Cancer Podcast
This podcast series spans the cancer diagnosis and their loved ones. Each week, we focus on common questions and concerns—from dating and careers to parenting and the most important research and cancer treatments. Listen and/or download the regular podcasts at www.swedish.org/voices.

DIABETES EDUCATION
Swedish offers a wide variety of classes and support to help you through pregnancy, childbirth and parenting. Classes are offered regularly at all campuses. For more details, visit www.swedish.org/childbirthclasses or call 206-215-3339.

Featured Class: Prenatal Genetic Testing: Which Tests Are Right For You?
Have you thought about testing to detect genetic conditions in your baby? The number of options makes an already complex, personal decision more confusing. Learn about available tests, review pros and cons, and leave prepared for more detailed conversations with your care provider. This class is ideal for anyone considering pregnancy and those in their first trimester less than 14 weeks’ gestation. Fee: $25 (includes you and one guest). Offered Tuesdays at Swedish First Hill.

OB Speed Dating
If you’re expecting or thinking about having a baby, make it a little easier to find the right provider. When you come to OB Speed Dating, you’ll meet providers who deliver at Swedish and get to know them in a fun, low-key environment in one-on-one interviews. Visit www.swedish.org/obspeeddating for dates, times and locations, and to sign up.

Pregnancy Resources
Are you thinking about having a baby or just finding out you’re pregnant? Let Swedish guide you in taking those next steps. Visit www.swedish.org/now-what/pregnancy.

HEALTH AND WELL-BEING

Advance Care Planning Workshop
Do you know what medical decisions you would want someone to make if you were unable to speak for yourself? Join us for a free advance care planning workshop.

Edmonds: Sat., Jan. 10, 14, 14 Mar. or Apr. 7, 11-12:30 p.m.

Compassion Cultivation Training
This eight-week course helps you develop compassion, empathy and kindness for yourself and others. Learn to reduce stress, increase well-being and enhance your relationships through compassion education, discussion and listening/communication exercises. Fee: $325 per person. Call 206-386-6888 for more information or to register.

First Hill: Mon., Jan. 26-Mar. 23, 4:30-6:30 p.m. (6 class Feb. 16)

Bite Into a Healthy Lifestyle
Celebrate National Nutrition Month with tips for healthy shopping, cooking and eating. Class led by a registered dietician in the Verdant Demo Teaching Kitchen. Samples provided. This free class has limited space; registration is required.

Edmonds: Tues., Mar. 31, 6-7:30 p.m.

Exercise for a Healthy Heart
This medically supervised exercise and education program at Swedish Edmonds is for individuals living with or at risk of developing heart disease. Class focuses on controlling risk factors and making positive lifestyle changes. Those with heart disease, diabetes/prediabetes, and high blood pressure or cholesterol will benefit. Call 425-640-4330 for more information.

Healthy Weight Series
Whether you want to lose weight, or learn how to maintain your weight or your family’s weight, this three-class series is for you. Learn the tools for everyday life, including: Shopping lists and recipes, reading food labels, and proper portion control. Learn about carbohydrates, proteins, fats, vitamins and minerals. Gain an understanding of your relationship with food. Call 206-386-3380 to learn more and register. Fee: $8 (includes you and one guest).


Heart Health in Your Kitchen
Give your heart some TLC with healthy cooking tips and recipes. A registered dietician presents a cooking demonstration (with samples) and educational talk in the Verdant Demo Teaching Kitchen. This free class has limited space; registration required.

Edmonds: Tues., Feb. 10, 6-7:30 p.m.

NUTRITION

Fundamentals of Flavor
Discover how to enhance the flavor of whole foods by balancing the five basic tastes: sweet, sour, salty, bitter and savoury (umami). Learn to harmonize these qualities through recipes tailored to support heart health and diabetes management. Fee: $15. Issaquah: Wed., Feb. 11, 6-7:30 p.m.

Sprout into Spring with Flavors of Green
Spring is a time of vibrancy and renewal as tender greens boast an array of purifying flavors and nutrients. Learn to prepare spring greens in a variety of different, diabetes-friendly dishes. Fee: $15.

Issaquah: Tues., Apr. 7, 6-7:30 p.m.

ORTHOPEDICS


Joint Replacement: The Right Choice for You?
In this class, an orthopedic surgeon will discuss hip- and knee-replacement surgery along with robotics-assisted surgical methods.

Issaquah: Thurs., Jan. 28, 3-6 p.m. or Wed., Feb. 25 or Mar. 11, 6-8 p.m.

Swedish Orthopedic Institute (Seattle): Thurs., Jan. 20, Feb. 17 or Mar. 14, 6-8 p.m.

Redmond: Thurs., Feb. 26, 6-8 p.m.

Edmonds: Thurs., Jan. 29, 6-8 p.m.

Ballard: Wed., Feb. 5, 6-8 p.m.

Relief for Your Shoulder Pain
This class will present an overview of shoulder anatomy, common injuries to the shoulder (including sports injuries), how to prevent injury and surgical/nonsurgical solutions to common injuries.

Issaquah: Tues., Mar. 10, 6-8 p.m.

Edmonds: Thurs., Mar. 12, 6-8 p.m.

These classes include a question-and-answer session. Select Health & Wellness at www.swedish.org/classes for a complete listing of orthopedic classes.

CANCEER EDUCATION

Is It Hot in Here or Is It Just Me?
An OB/Gyn specialist will discuss the difference between perimenopause and menopause, and how to manage mood swings, hot flashes, weight gain and many other aspects of going through “the change.”

First Hill: Wed., Feb. 11, 6-30 p.m.

Mindfulness-Based Stress Reduction
This eight-week series offers insights into mindfulness meditation, gentle yoga and strategies to help you manage your medical care, physical symptoms and daily life stresses. Fee: $375 per person. Call 206-386-2035 for more information and to register.

First Hill: Tues., Jan. 20-Mar. 10, 10-12:30 p.m. or Wed., Jan. 29-Mar. 18, 6-9 p.m.

A Path to Wellness Without Psychiatric Medications
At least one-third of patients treated for depression do not achieve remission with traditional medications and therapy. Many others are unable to tolerate therapeutic doses of these medications. Learn about the efficacy of innovative treatments, such as transcranial magnetic stimulation.

Redmond: Wed., Jan. 28, 6-7 p.m.

Heathcare Provider — It’s Not Just for You!
Learn about how stress and lifestyle choices can affect your ability to move well. Learn the hows and whys of back pain, as well as options for surgical and nonsurgical relief.

Edmonds: Thurs., Feb. 12, 6-8 p.m.

Redmond: Thurs., Feb. 12 or Mar. 6, 6-8 p.m.

Joint Replacement: The Right Choice for You?
In this class, an orthopedic surgeon will discuss hip- and knee-replacement surgery along with robotics-assisted surgical methods.

Issaquah: Thurs., Jan. 28, 3-6 p.m. or Wed., Feb. 25 or Mar. 11, 6-8 p.m.

Swedish Orthopedic Institute (Seattle): Thurs., Jan. 20, Feb. 17 or Mar. 14, 6-8 p.m.

Redmond: Thurs., Feb. 26, 6-8 p.m.

Edmonds: Thurs., Jan. 29, 6-8 p.m.

Ballard: Wed., Feb. 5, 6-8 p.m.

Relief for Your Shoulder Pain
This class will present an overview of shoulder anatomy, common injuries to the shoulder (including sports injuries), how to prevent injury and surgical/nonsurgical solutions to common injuries.

Issaquah: Tues., Mar. 10, 6-8 p.m.

Edmonds: Thurs., Mar. 12, 6-8 p.m.

These classes include a question-and-answer session. Select Health & Wellness at www.swedish.org/classes for a complete listing of orthopedic classes.
PARENTING  

All About Puberty  
The focus of this fun, interactive class is to de-mythify the challenges of puberty, enhance communication between parents and preteens (9 to 12-year-olds), and explain the physical and emotional changes ahead. Taught in partnership with Planned Parenthood of the Great Northwest. Fee: $35 per family (includes one child and up to two adults, $5 fee for each additional child or one adult in same family).  
Parents and Boys Together  
Cherry Hill: Mon., Feb. 2, 6:30-9 p.m.  
Issaquah: Mon., Feb. 2, 6:30-9 p.m.  
Ballard: Mon., Apr. 6, 6:30-9 p.m.  
Parents and Girls Together  
Cherry Hill: Fri., Feb. 6, 6:30-9 p.m.  
Issaquah: Mon., Mar. 9, 6:30-9 p.m.  
Ballard: Mon., Apr. 13, 6:30-9 p.m.  

Tiger Mountain Music Together®  
Baby Classes  
Specifically designed for infants eight months and younger, this series of classes at Swedish Issaquah shows babies to embrace, enjoy and express their innate musicality. Spend 45 music-filled minutes singing, dancing and playing with your child, all in the company of other new parents and guided by a early childhood music specialist. Classes are Tuesdays at 1 p.m., Jan. 19 and 24 (and class Feb. 17). More information and registration are available at 425-396-4477 or visit www.tigermountainmusictogether.com.

SAFETY AND INJURY PREVENTION  

Steady on Your Feet  
Learn to maintain good balance and perform daily activities safely. Taught by physical and occupational therapists.  
Edmonds: Wed., Feb. 4 or Thurs., Apr. 3, 1:30-2:30 p.m.  
Heartsaver CPR and AED  
Learn how to save a life using proper automated external defibrillator (AED) and CPR techniques for adults, children and infants. Participant certifications are valid for two years. Fee: $40.  
First Hill: Wed., Mar. 11, 6-9 p.m.  
Heartsaver First Aid, CPR and AED  
Learn how to save a life using pediatric and adult automated external defibrillator (AED) and CPR techniques and proper adult first aid. Participant certifications are valid for two years. Fee: $70.  
Issaquah: Sun., Feb. 8, 1:30-2:30 p.m.  
First Hill: Sun., Apr. 12, 9 a.m.-2:30 p.m.

SUPPORT GROUPS  

Swedish sponsors a variety of support groups that provide an opportunity to meet with others facing similar challenges. Swedish support groups include bereavement, cancer, cerebrovascular, diabetes, headache, movement disorders, multiple sclerosis, parenting, stroke and weight loss. For more information, visit www.swedish.org/supportgroups. Please contact your health care provider for help in locating a support group for your specific needs.

Enriching Your Primary Care  

Your family doctor is your go-to person for day-to-day medical care. But did you know that integrative-medicine specialists can work hand-in-hand with your doctor to enhance the care you receive?  
Integrative Medicine is a medical specialty that focuses on the whole person. Some people refer to it as a “mind, body and spirit” approach to care. It complements conventional Western medicine.  
“As integrative-medicine specialists, our goal is to identify the root cause of a medical condition,” says Tammeet Sethi, M.D., an integrative-medicine specialist at Swedish Cherry Hill Family Medicine, who also has a background in traditional Indian (Ayurvedic) medicine. “Sometimes patients have tried various medications, but they still don’t feel well. We use nutrition, botanicals and supplements, functional medicine, and various mind-body medicine tools, such as meditation, yoga, guided imagery, and drawing and writing exercises, to help patients correct core imbalances that may be driving disease.”

Finding the Right Doctor  

With just one call, Access Swedish will help you find the right doctor. No more guessing. No more thumbing through the yellow pages or scrolling through Google. Simply call 1-800-SWEDISH Monday through Saturday from 7 a.m. to 9 p.m., or on Sunday from 8 a.m. to 5 p.m.

Local, friendly Access Swedish liaisons will help you find a doctor at any primary-care or specialty clinic within the Swedish network. They can also answer questions about whether a doctor is accepting new patients, the types of insurance the clinic accepts, and the location and hours of operation. “It’s very comforting to know that we are helping to make those personal connections to such extraordinary care,” says Julie, one of the Access Swedish liaisons.  
Whether you want a doctor close to home or a clinic close to work, Access Swedish will help you make the connection that is just right for you.

Call 1-800-SWEDISH today and discover the kind of patient-focused experience you’ve been looking for. Or visit www.swedish.org/physicians for an online physician directory.

HealthyWitch  

HealthyWitch is meant to provide useful health-care information and is not intended to replace the advice of your doctor. If you have a question concerning your health, contact your physician. If you do not have one and want a free referral, call 1-800-SWEDISH (1-800-793-3474) or visit our website at www.swedish.org.

Contact Information  

Swedish Medical Center Locations  

Swedish Ballard  
206-782-3700  
Swedish Cherry Hill (500 17th Ave.)  
206-320-2000  
Swedish Edmonds  
425-640-4000  
Swedish First Hill (Broadway)  
206-386-4000  
Swedish Issaquah  
425-313-4000  
Swedish MTH Creek  
425-357-3900  
Swedish Redmond  
206-320-5190  
For addresses, visit www.swedish.org/locations  

Swedish Primary Care  

Ballard Clinic  
206-320-3335  
Ballinger Clinic (Mountlake Terrace)  
425-640-4800  
Centrall Seattle Clinic  
206-320-4899  
Children’s Clinic – Edmonds  
425-673-3458  
Children’s Clinic – Meadowbrook  
425-284-1685  
Children’s Clinic – West Seattle  
206-320-5760  
Chu Eun Clinic  
509-674-6779  
Downtown Seattle Clinic  
206-305-3557  
Edmonds East & Family Clinic  
425-640-4865  
Factoria Clinic  
425-641-4000  
Family Medicine – Ballard  
206-297-5100  
Family Medicine – Cherry Hill  
206-320-2484  
Family Medicine – First Hill  
206-386-6111  
Gainesville Clinic  
206-330-3400  
Internal Medicine at Edmonds  
425-640-4900  
Issaquah Clinic  
425-394-0700  
Kirkland Clinic  
425-394-0820  
Magnolia Clinic  
206-355-3294  
MTH Creek Clinic  
425-357-3700  
Pike Lake Clinic  
425-455-2845  
Redmond Clinic  
206-320-5760  
Sea Mar Clinic  
425-886-3016  
South Lake Union Clinic  
206-320-5200  
Queen Anne Clinic  
206-861-8550  
West Seattle Clinic  
206-320-3599  
For addresses, visit www.swedish.org/primarycare

General Information  

Marketing Communications  
206-386-6705  
HealthWatch Editor  
206-386-6707  
Class Registration and Community Health Education  
206-386-2501  
Cancer Education Center  
(Swedish Cancer Institute)  
206-386-2501  
Cancer Education Center  
206-386-2501  
Free Physicians Referrals  
1-800-SWMED (1-800-793-6333)  
www.swedish.org/physicianlists  
If you wish to be taken off the mailing list, please fill out the form at www.swedish.org/primarycare  
www.swedish.org/insurance  

Swedish Weight Loss Services offers a multidisciplinary program that has helped thousands of people achieve healthy, long-term weight loss. Get started today by registering for a free surgical or nonsurgical weight-loss seminar.  
BelleVue, Federal Way, Issaquah, Lynnwood and Seattle: For seminar dates in your area, visit www.swedishweightlossinc.com/seminars, or call 206-215-2000 or 425-313-7947  
Edmonds: Weight Loss Services at Swedish Edmonds offers surgical and nonsurgical seminars. For dates, times and to register, visit www.swedish.org/edmondsweightloss or call 425-939-1940.

WEIGHT-LOSS  

SUPPORT GROUPS  

Swedish sponsors a variety of support groups that provide an opportunity to meet with others facing similar challenges. Swedish support groups include bereavement, cancer, cerebrovascular, diabetes, headache, movement disorders, multiple sclerosis, parenting, stroke and weight loss. For more information, visit www.swedish.org/supportgroups. Please contact your health care provider for help in locating a support group for your specific needs.

Help With Your Health Plan Questions  

The Affordable Care Act, which has made it possible for some people to get health insurance for the first time, requires that everyone be enrolled in an approved health plan by Feb. 15, 2015. It can be confusing, though, to choose a plan — or to figure out if you even need to choose one. Swedish can help answer your questions and confirm that Swedish is part of your plan.

Go online or call today.  
www.swedish.org/exchange  
Learn about the Washington Health Benefit Exchange.  
www.swedish.org/insurance  
Find out if Swedish is part of your plan’s network.  
Swedish Customer Service  
206-701-7711  
Monday through Friday, 8 a.m. to 6 p.m. Get help with all of your health plan questions.

Weight-Loss Services offers a multidisciplinary program that has helped thousands of people achieve healthy, long-term weight loss. Get started today by registering for a free surgical or nonsurgical weight-loss seminar.