

## Iowa Methodist Occupational Health & Wellness

# Medical Care for Work-Related Injuries

### If You are Injured on the Job:

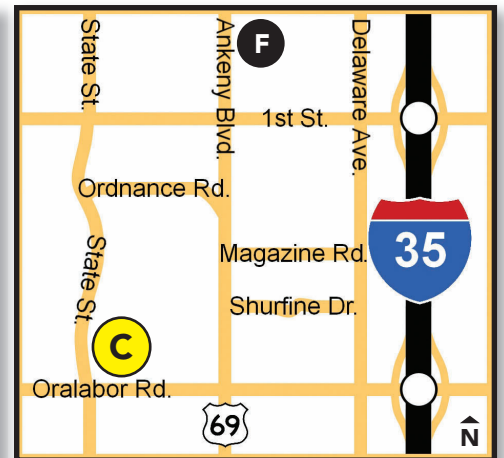
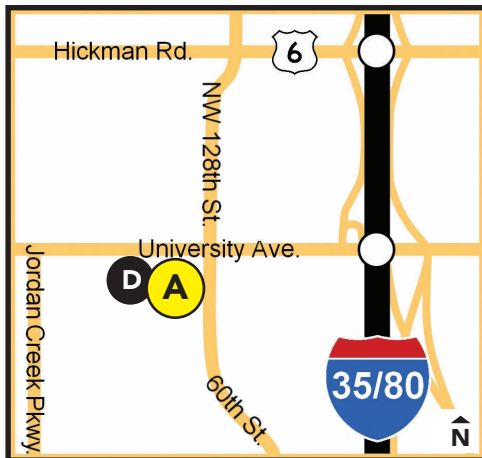
Contact the nearest Iowa Methodist Occupational Medicine clinic. After 5:00 p.m. and on weekends, visit an alternate treatment location listed below. For medical emergencies 24 hours a day, 7 days a week, visit Iowa Methodist Medical Center at 1200 Pleasant Street, Des Moines, IA 50309, phone 515-241-6213.

### Monday – Friday, 8 a.m. – 5 p.m.

**A** **Iowa Methodist Occupational Medicine - West**  
**(515) 241-2020**  
**Fax: (515) 241-2040**  
Lakeview Medical Park  
6000 University Ave., Suite 124  
West Des Moines, IA 50266

**B** **Iowa Methodist Occupational Medicine - East**  
**(515) 262-7619**  
**Fax: (515) 262-8554**  
Penn Medical Place  
1301 Pennsylvania Ave., Suite 416  
Des Moines, IA 50316

**C** **Iowa Methodist Occupational Medicine - Ankeny**  
**(515) 964-6974**  
**Fax: (515) 964-6986**  
Family Physicians at Prairie Trail  
2515 SW State Street, Suite 200  
Ankeny, IA 50023



### After Hours and Weekends (Injury Care Only)

**D** **Lakeview Family Physicians**  
**(515) 241-2600**  
6000 University Ave., Ste. 101  
West Des Moines, IA 50266  
Weekdays, 5 p.m. - 8 p.m.  
Weekends, 9 a.m. - 3 p.m.

**E** **Parks Area Family Physicians**  
**(515) 262-0404**  
2301 E. 14th Street  
Des Moines, IA 50316  
Weekdays, 5 p.m. - 8 p.m.  
Saturday, 8 a.m. - 8 p.m.

**F** **Ankeny Clinic Urgent Care**  
**(515) 964-4600**  
1105 N. Ankeny Blvd., Ste. 100  
Ankeny, IA 50023  
Weekdays, 5 p.m. - 8 p.m.  
Weekends, 9 a.m. - 3 p.m.

### Your Injury Treatment Plan:

- You and your employer receive a written summary explaining your injuries and treatment plan.
- If work restrictions are necessary, your employer is notified.
- Treatment received at our alternate locations may require follow-up at our occupational medicine clinic.
- Our physicians may refer you to a specialist, such as a physical therapist or orthopedic surgeon.
- Your employer receives frequent updates and helps coordinate your return to work when medically appropriate.



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the better choice.