

## MEDICAL SERVICES in Stoughton, WI 53589

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### SSM HEALTH DEAN—STOUGHTON

225 Church Street, Stoughton, WI 53589

608-877-2777, [ssmhealth.com](http://ssmhealth.com)

Clinic Hours: Mon. – Fri. 8:00 AM – 5:00 PM

Primary Care for all ages

Specialty Care for all ages

On-site Lab and X-Ray services

Eye Care and Davis Duehr Dean Optical Store

24/Dean on Call at 1-800-576-8773

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### STOUGHTON HEALTH

900 Ridge Street, Stoughton, WI 53589

608-873-6611, [stoughtonhealth.com](http://stoughtonhealth.com)

**Medical Staff:** Physicians from Stoughton Medical Group, SSM Health Dean Medical Group, UW Health, UnityPoint Health—Meriter and independent clinics; accepting over 160 insurance plans

#### Ambulatory Infusion Center 608-873-2279

Specializing in IV treatments; maintenance and care of vascular access devices

#### Geriatric Psychiatry 608-873-2242

Inpatient unit specializing in the treatment of mental health conditions in older adults

#### Transitional Care—Swing Bed 608-873-2217

Service for patients that need nursing care of additional therapies to fully recover following a hospitalization of three days or more

#### OrthoTeam Clinic 608-877-3419

#### Stoughton Rehabilitation and

#### Sports Medicine Clinic 608-873-2292

2300 US Hwy 51-138, Stoughton WI

#### Stoughton Health General Surgery Clinic

608-873-2266

#### Sleep Disorders Center 608-873-2210

#### Urgent Care 608-873-6611

6:00 AM – 11:00PM Daily

**Valet:** Free service Monday - Friday, 7:30 AM - 4:30 PM.

#### Wellness Screenings 608-873-2332

Community Health and Wellness Center  
3162 County Hwy B, Stoughton

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#### Other Stoughton Health services:

#### Cardiac & Pulmonary Rehabilitation

608-873-2314

Cardiology Clinic 608-873-2349

Emergency Medicine 608-873-6611

Foot Care Clinic 608-873-2332

Medical Imaging 608-873-2299

Podiatry Clinic 608-241-0848

Surgical Services 608-873-2266

Urology Services 608-324-2371

Vein Treatment 608-873-2266

Wound Care Clinic 608-873-2266

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### UNITYPOINT HEALTH-MERITER-STOUGHTON CLINIC

100 Silverado Drive

Stoughton, WI 53589

608-417-8700, [unitypoint.org](http://unitypoint.org)

Family Medicine for adults and children

On-site Lab and X-Ray services

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### UW HEALTH STOUGHTON

1001 Nygaard Street,

Stoughton, WI 53589

608-877-2660, [uwhealth.org](http://uwhealth.org)

Hours: Mon.-Fri. 8:00 AM – 5:00 PM

Internal Medicine

Pediatric and Adolescent Medicine

Any time you need care, unless you have an emergency, contact your primary care clinic to help guide you to the most appropriate, cost effective care option. UW Health patients can call their clinic or send a message via MyChart.

For more information on these and other area services please contact the **Stoughton Area Senior Center:**  
248 W. Main Street, Stoughton WI, 53589 608-873-8585 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)

**Neighborhood Free Health Clinic**  
 1520 Vernon Street, Stoughton, WI 53589  
 608-205-0505, Call for an appointment.  
[neighborhoodfreehealthclinic.org](http://neighborhoodfreehealthclinic.org)

The NFHC provides free primary medical care, chronic disease management, BP monitoring, diabetic foot care, physical therapy and counseling services for uninsured and underinsured adults. Health Hygiene pantry available for patients. We accept appointments Tuesdays 4:00-6:30pm and Fridays 9:00-11:30am.

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**Aging & Disability Resource Center (ADRC) of Dane County**

2865 N. Sherman Ave., Madison, WI 53704 608-240-7400, [daneadrc.org](http://daneadrc.org)  
 Provides resources and support and is the access point for information about long-term care options and applying for public benefits.

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**Dental Clinics accepting Medical Assistance (MA)**

Contact ADRC for a full list  
 608-240-7400, [daneadrc.org](http://daneadrc.org)

**Access Community Health Centers**  
**Dental Services William T Evjue Clinic**  
 3434 E. Washington Ave., Madison, WI 53704  
 608-443-5482

**Bright Dental**  
 7866 Mineral Point Rd., Madison, WI 53704  
 888-866-3470

**Familia Dental**  
 3003 E. Washington Ave., Madison, WI 53704  
 608-224-9159

**More Smiles Salvation Army Dental Clinic**  
 630 E. Washington Ave, Madison, WI 53703  
 608-665-2752

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**Foot Care**

**Stoughton Health Community Health & Wellness Center**  
 3162 County Hwy B, Stoughton  
 Appointments: 608-873-2366

**Traveling for Tootsies Mobile Pedicurist**  
 In-home appointments: 608-576-8986  
[travelingfortootsies@gmail.com](mailto:travelingfortootsies@gmail.com)

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**STOUGHTON AREA**

**SENIOR CENTER** 608-873-8585  
 248 W. Main Street, Stoughton, WI 53589

**Assistive Equipment Loan Closet**

Equipment such as wheelchairs, walkers and other items may be checked out on a short-term basis for a minimum donation of \$5.00 to those residing in our case management service area (Stoughton, Town of Albion and Town of Dunkirk).

**Blood Pressure Screening – FREE**

Retired medical personnel will take your blood pressure a couple times per month. See our newsletter for scheduled dates and times.

**File of Life Emergency Packets**

Free wallet-sized and/or magnetic File of Life folders for your refrigerator are available at the Senior Center to make lifesaving information accessible to emergency personnel.

**Dementia Purple Folders**

Folders with dementia-specific information and resources are available at the Center.

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**MISC. MEDICAL SERVICES**

**Alzheimer's Association** [alz.org](http://alz.org)

2820 Walton Commons, Suite 132,  
 Madison, WI 53718  
 608-203-8500 or 1-800-272-3900

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**Caring for the Caregiver** See page 8.

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**Dane County Adult Protective Services** See page 8.

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**Home Health** See page 4.

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 248 W. Main Street, Stoughton WI, 53589 608-873-8585 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)

**Home Safety Modifications**

**SAFE at Home SSM Health at Home**  
 800-942-2273, [ssmhealth.com/athome](http://ssmhealth.com/athome)

**101 Mobility**  
 608-205-4620, [101mobility.com/madison](http://101mobility.com/madison)

**Access Elevator & Remodeling Inc.**  
 608-440-9002, [allaboutaccess.com](http://allaboutaccess.com)

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**Hospice Services**, See p. 5.

**In-Home Emergency Response**

Emergency reporting systems enable people to summon help in cases of medical, fire or burglary emergencies. For a full list contact the ADRC 608-240-7400, [daneadrc.org](http://daneadrc.org)

**VRI Life Assist 800-860-4230**

**Freedom Alert by LogicMark for Veterans VA Hospital 608-280-7085**

**Night Owl Support Systems 877-559-1642**

**SSM Health Voice Care 855-332-6882**

**Low-Cost or Free Medication:**

**Senior Care:** [dhs.wisconsin.gov/seniorcare](http://dhs.wisconsin.gov/seniorcare)

**Patient Assistance:** [PatientAssistance.com](http://PatientAssistance.com)

**GoodRx:** [goodrx.com](http://goodrx.com)

**Medication Lock Boxes**

**608-877-3474 or [tpellett.swc@gmail.com](mailto:tpellett.swc@gmail.com)**

Keep your prescription medications private and protected from theft. This free service is made possible by the Stoughton Wellness Coalition.

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**Medicare & Medigap Helpline** See p. 9.

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**Social Security Administration** See p. 9.

**Stoughton Lions**

**Mail: 2364 Jackson St. #184, 608-358-0425**

[stoughtonlionsclub@gmail.com](mailto:stoughtonlionsclub@gmail.com)

[bit.ly/StoughtonLions](http://bit.ly/StoughtonLions)

Lions collect and provide funds for vision screens, glasses, cataract surgeries and other eye care services for those at risk of losing their sight. A drop off box for eye glasses is located at the Senior Center.

**MENTAL HEALTH SERVICES****Behavioral Health Resource Center**

**608-267-2244, [danebhrc.org](http://danebhrc.org)**

A community resource available to any Dane County resident regardless of insurance, financial or legal status, identity ability or age. BHRC helps connect individuals to mental health and/or substance use resources.

**Journey Mental Health Center**

**49 Kessel Court, Suite 105, Madison, 53711**

**608-280-2700, [journeymhc.org](http://journeymhc.org)**

Offering mental health and substance abuse services to individuals across their life span. Our experienced multidisciplinary staff provides psychiatric, social work, rehabilitation, nursing, psychological, and peer support.

**Madison Vet Center**

**1291 N. Sherman Ave., Madison, 53704**

**608-264-5342**

Professional readjustment counseling and service referral for veterans. Counseling may include individual, marriage and family, group, bereavement, military sexual trauma/ assault, substance abuse counseling, as well as job and benefits counseling and referral. All mental health professionals at the Vet Center are war veterans themselves.

**Edgerton Hospital****Mental Health Services**

**111 W. Fulton St, Edgerton, WI 53534**

**608-561-6614, [edgertonhospital.com](http://edgertonhospital.com)**

**OceanHawk Counseling Alternatives**

**3185 Deer Point Drive, Stoughton WI**

**608-873-7838, [oceanhawk.net](http://oceanhawk.net)**

**Oregon Mental Health Services**

**165 W. Netherwood St. Suite A**

**Oregon, WI 53575**

**608-835-5050**

**[oregonmentalhealthservices.com](http://oregonmentalhealthservices.com)**

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 248 W. Main Street, Stoughton WI, 53589 608-873-8585 [stoughtonseniorcenter.com](http://stoughtonseniorcenter.com)*

## What to Ask at Medical Visits

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### 10 Questions You Should Know When You Visit Your Doctor

You can make sure you get the best possible care by being an active member of your health care team. Being involved means being prepared and asking questions.

During your appointment, make sure to ask the questions you prepared before. Start by asking the ones that are most important to you. A simple question can help you feel better, let you take better care of yourself, or save your life. The questions below from the Agency for Healthcare Research and Quality, U.S. Department of Health & Human Services can get you started.

1. What is the test for?
2. How many times have you done this procedure?
3. When will I get the results?
4. Why do I need this treatment?
5. Are there any alternatives?
6. What are the possible complications?
7. Which hospital is best for my needs?
8. How do you spell the name of that drug?
9. Are there any side effects?
10. Will this medicine interact with medicines that I'm already taking?

### Other Helpful Tips

These steps will also help prepare for your appointment:

- Ask someone to go to your appointment with you to help you understand and remember answers to your questions.
- Create a health history that includes your current conditions, medications and past surgeries or illnesses. Bring it to your appointment.
- Know your family's health history, such as your parents' health conditions.
- Bring a list of all your medicines, prescribed and over-the-counter.

[ahrq.gov/patients-consumers](http://ahrq.gov/patients-consumers)

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