

## Medical, Optical, Dental, and Health Services

Downtown Federal Way provides a variety of health services to residents and visitors through numerous medical clinics, urgent care, several dental clinics, and health services that specialize in optical, physical therapy, chiropractic, and holistic wellness services.

Year Built is the calendar year in which at least 50 percent of the original construction was complete. Effective Year Built is the adjusted year built taking into account any subsequent new construction or major rehabilitation

### 1. Pacific Medical Centers

31833 Gateway Center Blvd S

Located: Gateway Center  
Specialties include family medicine, internal medicine, behavioral medicine, dermatology, dietitian, gynecology, urology, cardiovascular services, interpreter services, laboratory, and x-ray.

### 2. Indigo Urgent Care

31861-A Gateway Center Blvd S

Located: Gateway Center  
Open 8am to 8pm, 7 days a week, accepts most insurance plans. It is part of the MultiCare healthcare organization based in Tacoma. Indigo is MultiCare's new urgent care brand with other locations in Tacoma, Covington, and Tukwila.

### 3. Mary Bridge Children's Clinic

31861-B Gateway Center Blvd S

Located: Gateway Center  
Helps kids get the on-going specialty care they need, close to home. Mary Bridge pediatric specialists travel from Tacoma to regional clinics and work closely with children's primary providers to coordinate care.

### 4. UW Neighborhood Clinic

32018 23rd Ave S

The UW Neighborhood Federal Way Clinic offers primary care appointments six days a week, including evening and same-day appointments. Walk-in urgent care services are offered seven days a week for non-life-threatening illnesses and injuries.

### 5. ATI Physical Therapy

32030 23rd Ave S

Specialties include back/spine injuries, sports related injuries, pre- and post-surgical conditions, overuse/repetitive stress injuries, knee injuries, foot/ankle injuries, and wrist/hand/forearm injuries.

### 6. Federal Way Dental

2016 S 320th St Ste F

Located: Center Plaza  
Offering a wide variety of general, preventive, cosmetic, orthodontic, implant, and restorative dentistry. Accepts most major insurances.

### 7. Walmart Vision Center

1900 S 314<sup>th</sup> St

Located: Walmart  
Offers eye exams, affordable prescription glasses & contact lenses.

**8. Blue Spring Chiropractic**

1627 S 312th St Ste B

Patients can receive chiropractic treatment, massage therapy, laser treatment, decompression treatment, mechanical traction and therapeutic exercises. Specializing in personal injury, work injury, auto accident injuries, sports injuries, back pain, shoulder pain, arthritis, carpal tunnel, Fibromyalgia, hip pain, knee, and ankle pain.

**9. MyoMedi Chiropractic**

31260 Pacific Hwy S #9

Located: Dana Plaza

Chiropractic clinic in Dana Plaza.

**10. Golden Foot Reflexology**

31260 Pacific Hwy Ste 11

Located: Dana Plaza

Service includes deep tissue massage, Swedish massage, hot stone massage, and foot reflexology.

**11. Sound Medical Center**

31830 Pacific Hwy S Ste D

Located: Federal Way Plaza

Family medicine, weight loss, MVA, and L&I. Contracted with most insurance plans.

**12. Sea Mar Medical Clinic**

31405 18th Ave S

Located: Dana Plaza

Specializing in primary care family medicine, including preventive health exams, prenatal care, acute care visits, minor procedures, health education, follow-up care from hospital visits, and referrals.

**13. Comfort Dental**

31401 Pacific Hwy S

Located: Pavilions Centre

Offers general dentistry, braces, endodontics, implants, oral cancer screening, oral surgery, and periodontics.

**14. LH Foot Care**

31501 Pacific Hwy S

Located: Pavilions Centre

Service includes an herbal foot soak for 15 minutes and traditional Chinese style head-to-toe massage for 45 minutes.

**15. LensCrafters**

31625 Pacific Hwy S Ste E1

Located: Pavilions Centre II

Optical chain selling prescription eyewear, contact lenses & sunglasses. Offers on-site exams with optometrists.

**16. City MD**

31675 Pacific Hwy S

Located: Pavilions Centre II

Board-certified emergency medical physicians.

**17. The Wellness Plus**

1640 S 318th Pl Ste C

Located: SeaTac Village

Offering acupuncture, chiropractic, auto/sports injury, and x-ray exam services.

**18. PNC Acupuncture**

31830 Pacific Hwy S Ste B

Located: Federal Way Plaza

Specializes in Constitutional Oriental Medicine. Helps patients reach their bodies' maximum immunity through acupuncture and diet plans.

**19. QQ Foot Massage**

31830 Pacific Hwy S Ste E

Located: Federal Way Plaza

Massage parlor.

**20. Art of the Smiles**

1706 S 320th St Suite E

Located: SeaTac Village

Utilizes the most up-to-date technology in a friendly, stress-free environment that serves individuals and families.

**21. America's Best Contacts & Eyeglasses**

1810 S 320th St Ste A

Located: SeaTac Village

Eye exams. Carries a large range of eyeglasses, sunglasses, and contact lenses.

**22. Concentra**

1300 S 320th St Ste B

Provides occupational health and urgent care, physical therapy, and wellness services.

**23. HearUSA**

32225 Pacific Hwy S #101

Located: Celebration Center

Hearing care professionals ready to diagnose your hearing loss and explain your treatment options.

**24. Federal Way Dentistry**

32225 Pacific Hwy S #102A  
Located: Celebration Center  
Provides gentle, family-oriented dental care to the adults and children of the community.

**25. Pearson Chiropractic**

1426 S 324th St #B-115  
Located: Celebration Center  
Chiropractic doctors and massage therapists available at this location.

**26. LaVida Massage**

1414 S 324th St #B213  
Located: Celebration Center  
Offers many services related to health and wellness.

**27. Iora Primary Care**

1414 S 324th St #B207  
Located: Celebration Center  
Healthcare catered to people 65 and older. Provides same and next day appointments, 24/7 access to doctors by phone, on-site laboratories, and ride coordination.

**28. Vision Express**

1045 S 320th St  
Provider of optometry services and vision care products.

**29. Happy & Joy Dental**

1035 S 320th St  
Family friendly dentistry that specializes in general dental and cosmetic dentistry.

**30. Van Dang, DMD**

1025 S 320th St #201  
Family dentistry office offering common procedures, cosmetic dentistry, pediatric dentistry, sleep apnea treatment, snoring prevention, and emergency dental care.

**31. Tran Family Dentistry**

1014-E S 320th St  
A full service dental office with services including preventative dentistry, restorative dental work, cosmetic dentistry, and complete braces.

**32. Phan Minh, DDS**

1305 S 312th St #201  
Services include general dentistry, cosmetic dentistry, and oral surgery.