

Healthcare in Southern Oregon: What's Here and What to Plan For

A practical guide for people considering a move to the Rogue Valley | Jamie Eldrett Real Estate
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Healthcare access is one of the first questions people ask when considering a move to a smaller region. Southern Oregon has more medical infrastructure than its size suggests - and some real gaps worth knowing about before you move. This guide covers what's here, what isn't, and what to verify for your specific situation.

The Rogue Valley is not a medical desert. The region has two well-equipped hospitals, a growing network of specialty clinics, and primary care options across Grants Pass, Medford, and the surrounding communities. What it does not have is the depth of a major metro medical center. For most day-to-day and routine care - including most of what people over 55 need most often - the valley handles it well. For complex or highly specialized care, Portland or Eugene may come into the picture.

THE TWO HOSPITALS

Asante Rogue Regional Medical Center - Medford

378 beds | Level II Trauma Center | 2825 E Barnett Rd, Medford

Rogue Regional is the regional hub for serious and complex care across Southern Oregon and Northern California. It is the largest hospital in the valley and the one you would be directed to for anything requiring a higher level of acuity. The Level II trauma designation means it handles major trauma cases that smaller facilities cannot. It is approximately 30 minutes from Grants Pass.

Rogue Regional is consistently recognized for cardiac and stroke care, cancer treatment, and orthopedic services. If you have an ongoing cardiac condition, are managing cancer treatment, or expect to need joint replacement, this is the facility that handles those cases locally.

Cardiology

Oncology

Orthopedics

Neurology / Neurosurgery

Stroke Care

Bariatric Surgery

Rehabilitation

Level II Trauma

Maternity

Asante Three Rivers Medical Center - Grants Pass

125 beds | General Acute Care | 500 SW Ramsey Ave, Grants Pass

Three Rivers is Grants Pass's local hospital and handles the full range of general acute care. Emergency care, surgery, maternity, rehabilitation, outpatient services, and same-day walk-in care for non-emergency situations are all available here. It is consistently rated among Oregon's top providers of orthopedic services and holds a Pathway to Excellence designation from the American Nurses Credentialing Center - one of only two Oregon hospitals to hold it and one of 23 worldwide to have earned it four times.

For most Grants Pass residents, Three Rivers handles routine hospital needs. When a case requires capabilities beyond what Three Rivers carries, the standard protocol is a transfer to Rogue Regional in Medford.

Emergency Care

General Surgery

Orthopedics

Cardiology

Gastroenterology

Oncology

Rehabilitation

Walk-in / Immediate Care

SPECIALTY CARE: WHAT'S AVAILABLE LOCALLY

Beyond the hospitals, the Grants Pass and Medford area has a working network of specialty clinics. This is not exhaustive, but it covers the categories most relevant to people in or approaching retirement.

Orthopedics

Southern Oregon Orthopedics maintains a Grants Pass location alongside their Medford presence. Adult joint reconstruction, hip and knee replacement, shoulder care, and sports medicine are all available without driving to Portland. This is one of the areas where the valley's medical infrastructure punches above its size.

Cardiology

Cardiology services are available through Asante's network in both Grants Pass and Medford. Rogue Regional's cardiac program is the regional hub for heart and stroke care and handles cases that require intervention rather than management alone.

Cancer Care

Asante provides oncology services at Rogue Regional, and cancer care across the full treatment spectrum - including chemotherapy and radiation - is available locally for most diagnoses. Highly specialized or experimental protocols may require Portland or a major cancer center.

Primary Care

Primary care availability in Grants Pass is adequate but worth investigating before you move. Practices including Optimal Health of Southern Oregon, OnePeak Medical, and Asante's own primary care network serve the area. New-patient availability varies and wait times for a first appointment with a new provider can run several weeks to a few months. If you have an established relationship with a specialist you rely on, verify that a comparable provider is accepting new patients locally before you commit to a move date.

Mental Health

Mental health services exist in the valley but represent one of the more significant gaps in Southern Oregon's healthcare landscape. The region has clinical social workers, psychologists, and psychiatry providers - Options for Southern Oregon is one established local practice. But provider availability is tighter than most people expect, and wait times for new patients can be significant. If mental health care is a regular need, research provider availability early and plan for a potential gap between arrival and first appointment.

Veterans' Services

Grants Pass has a VA outpatient clinic at 96 Ramsey Ave. Veterans who rely on VA care should verify which services are available locally versus which require travel to the Roseburg VA Medical Center (about an hour north) or the Portland VA. The Grants Pass clinic handles primary care and some specialty services but is not a full VA hospital.

WHAT TYPICALLY REQUIRES PORTLAND OR EUGENE

AVAILABLE LOCALLY

- Primary care and family medicine
- Emergency and trauma care
- Cardiology and cardiac intervention
- Orthopedic surgery, joint replacement
- Cancer diagnosis and most treatment
- Neurology
- Gastroenterology
- General surgery
- Rehabilitation
- Maternity and OB care
- Urgent and walk-in care

MAY REQUIRE PORTLAND OR EUGENE

- Level I trauma (major multi-system trauma)
- Complex neurosurgery
- Organ transplant
- Highly specialized cancer protocols or clinical trials
- Pediatric subspecialties
- Rare condition specialists
- Some advanced cardiac surgery
- Academic medical center second opinions

Portland is approximately 4 hours north on I-5. Eugene is about 2.5 hours. Most people who relocate to Southern Oregon make that drive once or twice a year for specific specialist appointments, if at all. For ongoing complex conditions requiring frequent specialist visits in Portland, the distance is worth factoring into your decision.

MEDICARE AND INSURANCE CONSIDERATIONS

Both Asante hospitals and most local providers accept Medicare. If you are on Medicare, the core question is not hospital access - it is whether your specific Medicare Advantage plan includes the local providers you need, or whether Original Medicare (Parts A and B) gives you more flexibility across the region.

Medicare Advantage plan networks vary significantly. A plan that worked well in California may have a narrow or nonexistent network in Southern Oregon. Before you finalize a move date, call your plan and verify that your local hospital and any specialists you rely on are in-network. If they are not, the Oregon Medicare open enrollment period gives you the opportunity to switch.

Worth doing before you move: Call Asante's new patient line and ask about primary care availability and wait times. Call your Medicare Advantage plan and confirm in-network coverage for both Asante Three Rivers (Grants Pass) and Asante Rogue Regional (Medford). If you have an ongoing specialist relationship, ask your current provider if they can refer you to a colleague in the Rogue Valley before you leave.

PRACTICAL NOTES FOR THE MOVE

- Request complete copies of all medical records before you leave your current providers. Getting records transferred after the fact is slower than having them in hand.
- If you take regular prescriptions, transfer them to a pharmacy chain that operates in the Grants Pass or Medford area before you move, not after.
- Medford's proximity to the Rogue Regional campus makes it the most practical base if healthcare access is a significant daily consideration - hospital, specialist offices, and most medical services are concentrated there.
- Grants Pass has a functional local healthcare network for routine needs. For anything that requires Rogue Regional, plan the 30-minute drive as a normal part of life rather than an exception.
- Telehealth has expanded significantly and covers a meaningful portion of follow-up and management care for chronic conditions. Many people who move here continue some specialist relationships remotely for routine check-ins.

Southern Oregon's healthcare infrastructure is adequate for most of what most people need, including most of what people over 55 need most often. The gaps are real - specialist depth, mental health access, and the distance to a Level I trauma center are the main ones. Knowing them in advance means planning for them rather than discovering them in a moment of need.

If healthcare access is a significant factor in your move decision and you want to talk through how it intersects with which neighborhoods and areas make sense for your situation, reach out.

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Send to any 55+ buyer, anyone who mentions health conditions or healthcare access as a consideration, or anyone asking "what's the medical situation there?" The Medicare section is particularly useful for the SRES demographic. Key sources: Asante.org for both hospital profiles, Southern Oregon Orthopedics, OnePeak Medical. Verify the VA Grants Pass clinic address (96 Ramsey Ave) hasn't changed if this doc ages more than a year. The mental health gap section is accurate as of June 2026 - this is a known regional issue and the honest thing to say.

Provider availability, networks, and services change; details reflect mid-2026. Confirm current provider availability and whether a specific plan's network covers local providers before relying on it. None of this is medical or insurance advice; confirm coverage questions with the plan or a licensed agent.