

Health Center Hours & Contact Information

The Health Center should be your first stop for healthcare - whether for routine care, minor illnesses, or injuries. Your Proactive MD Team will assess your symptoms and help you understand the best course of action.

Visit: pmd.centers/porter-trust

Knox Health Center

307 Carlson Drive, Knox, IN 46534

Phone: 844.458.2800 **Fax:** 833.638.0123

Hours:

Mon: 9:00am - 6:00pm Thu: 7:00am - 4:00pm
Tue: 7:00am - 4:00pm Fri: 7:00am - 4:00pm
Wed: 9:00am - 6:00pm

Merrillville Health Center

387 E. 84th Drive, Merrillville, IN 46410

Phone: 844.458.2800 **Fax:** 833.638.0128

Hours:

Mon: 7:00am - 4:00pm Thu: 9:00am - 6:00pm
Tue: 9:00am - 6:00pm Fri: 7:00am - 4:00pm
Wed: 7:00am - 4:00pm

Valparaiso Health Center

2801 Bertholet Blvd. STE 201, Valparaiso, IN 46383

Phone: 844.458.2800 **Fax:** 833.638.0146

Hours:

Mon: 7:00am - 4:00pm Thu: 9:00am - 6:00pm
Tue: 9:00am - 6:00pm Fri: 6:00am - 3:00pm (Starting 10/03/2025)
Wed: 7:00am - 4:00pm

