Yes, you can get care after hours

Your doctor’s office is closed and a visit to the emergency room isn’t necessary, but you need to get care now...

Next time you or your child does not feel well, go to the nearest Care1st contracted urgent care clinic. You’ll be glad you did.

www.care1st.com
What do you do Friday evening when your child has a bad tummy ache? Or, you have the chills and a fever? Your doctor’s office is closed. The sickness is not an emergency, but you still need care now.

At Care1st Health Plan, we value your health and want to make sure you can get care when you need it. That’s why we work with local urgent care clinics to get you same day care for non-life-threatening medical needs. With daytime, evening and weekend hours, these clinics are open when most doctors’ offices are not.

The Value of Urgent Care Clinics
As a Care1st member, you can go to any of the urgent care clinics we work with when you cannot get in to see your doctor, or when your doctor’s office is closed.

**ILLNESSES AND INJURIES DON’T HAVE A SCHEDULE**

Call 911 or go to the nearest emergency room if you think you or your child has a life threatening illness or injury. Do not go to the urgent care clinic for anything you think is life threatening.

**SERVICES & TREATMENTS**

- Shorter waiting times
- Caring doctors and staff
- Treat children and adults for urgent, non-life-threatening conditions such as:
  - Broken Bones
  - Sprains or Strains
  - Minor Burns & Cuts
  - Flu
  - Fevers
  - Earache
  - Sore Throat
  - Headaches
  - Rashes
  - Coughs
  - Mild Asthma
  - Minor Infections
  - Allergy Symptoms
  - And Much More

**LOCAL URGENT CARE CLINICS**

**NORTH COUNTY**
Rady Children’s Urgent Care: Escondido - Pediatric Only
625 W Citracado Pkwy, Ste 100
Escondido, CA 92025
760-739-1543
Mon-Fri & Holidays 4pm-10pm, Sat-Sun 1pm-10pm

Rady Children’s Urgent Care: Oceanside - Pediatric Only
3605 Vista Way, Ste 172
Oceanside, CA 92056
760-547-1000
Mon-Fri & Holidays 4pm-10pm, Sat-Sun 1pm-10pm

**SOUTH BAY**
Coronado Bay Urgent Care
600 Palm Ave, Ste 108-A
Imperial Beach, CA 91932
619-423-0100
Mon-Fri 9am-8pm, Sat-Sun 10am-4pm

Doctors Express of Bonita
760 Otay Lakes Rd
Chula Vista, CA 91910
619-821-2300
Mon-Fri 8am-8pm, Sat-Sun 8am-5pm

**EAST COUNTY**
Centro Medico El Cajon
133 W Main St
El Cajon, CA 92020
619-401-0404
Mon-Fri 8am-8pm, Sat-Sun & Holidays 10am-2pm

Doctors Express of Santee
10538 Mission Gorge Rd, Ste 100
Santee, CA 92071
619-456-0033
Mon-Sat 8am-8pm, Sun 8am-5pm

Partners Urgent Care: Eastlake
2315 Otay Lakes Rd, Ste 306
Chula Vista, CA 91914
619-946-4700
Mon-Fri 8am-8pm, Sat-Sun & Holidays 9am-5pm

**METRO AREA**
Partners Urgent Care: UTC
4085 Governor Dr
San Diego, CA 92122
858-888-7800
Mon-Fri 8am-8pm, Sat-Sun & Holidays 9am-5pm

Rady Children’s Urgent Care Mid City - Pediatric Only
4305 University Ave, Ste 150
San Diego, CA 92105
619-280-2905
Mon-Fri & Holidays 4pm-10pm, Sat-Sun 1pm-10pm

Doctors Express of Clairemont
5671 Balboa Ave
San Diego, CA 92111
Mon-Sun 8am-8pm
858-800-2880

Rady Children’s Urgent Care La Mesa - Pediatric Only
5565 Grossmont Center Dr, Bldg 2, Ste 2
La Mesa, CA 91942
619-713-5375
Mon-Fri & Holidays 4pm-10pm, Sat-Sun 1pm-10pm