

Get care

The care you need, when you need it





Understand your options


Different health needs require different types of care. If you're not sure what kind of care you need, you can call our advice nurses. As a Kaiser Permanente member, you have access to a full range of care, including:

Routine care | Urgent care | Emergency care

- Call our appointment and advice line at **1-800-290-5000** weekdays from 7 a.m. to 7 p.m.
- After hours, call **1-888-KPONCALL** (1-888-576-6225) or TTY **1-888-880-0833**.

 **Routine care** is for an expected care need, like a scheduled visit to your doctor, a recommended preventive screening, physical exams, or well-child checkups.

 **Urgent care** is for an illness or injury that requires prompt medical attention but is not an emergency medical condition, such as minor injuries, minor wounds, cuts needing stitches, minor breathing issues, or minor stomach pain.

 **Emergency care** is for a medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health.* If you reasonably believe you have an emergency medical condition, call **911** or go to the nearest hospital.

kp.org/sandiego

Where you can get care

R Routine care U Urgent care E Emergency care

- Bonita Medical Offices**
3955 Bonita Road
Bonita, CA 91902
R
- Bostonia Medical Offices**
1630 E. Main St.
El Cajon, CA 92021
R
- Carlsbad Medical Offices**
6860 Avenida Encinas
Carlsbad, CA 92011
R
- Carmel Valley Medical Offices**
3851 Shaw Ridge Road
San Diego, CA 92130
R
- Clairemont Mesa Medical Offices**
7060 Clairemont Mesa Blvd.
San Diego, CA 92111
R
- El Cajon Medical Offices**
250 Travelodge Drive
El Cajon, CA 92020
R
- Escondido Medical Offices**
732 N. Broadway
Escondido, CA 92025
R
- Garfield Medical Offices**
5893 Copley Drive
San Diego, CA 92111
R
- La Mesa Medical Offices**
8080 Parkway Drive
La Mesa, CA 91942
R
- Oceanside Medical Offices**
1302 Rocky Point Drive
Oceanside, CA 92056
R
- Otay Mesa Medical Offices**
4650 and 4660 Palm Ave.
San Diego, CA 92154
R U
- Palomar Health Downtown Campus**
555 E. Valley Parkway
Escondido, CA 92025
R
- Palomar Medical Center†**
2185 W. Citracado Parkway
Escondido, CA 92029
R E
- Point Loma Medical Offices**
3250 Fordham St. and
3420 Kenyon St.
San Diego, CA 92110
R
- Rancho Bernardo Medical Offices**
17140 Bernardo Center Drive
San Diego, CA 92128
R
- Rancho San Diego Medical Offices**
3875 Avocado Blvd.
La Mesa, CA 91941
R
- San Diego Medical Center**
4647 Zion Ave.
San Diego, CA 92120
R E
- San Marcos Medical Offices**
400 Craven Road
San Marcos, CA 92078
R U
- Vandever Medical Offices**
4405 Vandever Ave.
San Diego, CA 92120
R
- Vista Medical Offices**
780 Shadowridge Drive
Vista, CA 92083
R



Map not to scale

*An emergency medical condition is a medical condition manifesting itself by acute symptoms of sufficient severity (including severe pain) such that a reasonable person would have believed that the absence of immediate medical attention would result in any of the following: (1) placing the person's health (or, with respect to a pregnant woman, the health of the woman or her unborn child) in serious jeopardy; (2) serious impairment to bodily functions; or (3) serious dysfunction of any bodily organ or part.

A mental health condition is an emergency medical condition when it meets the requirements of the paragraph above or, for members who are not enrolled in Kaiser Permanente Senior Advantage, when the condition manifests itself by acute symptoms of sufficient severity such that either of the following is true: The person is an immediate danger to himself or herself or to others, or the person is immediately unable to provide for or use food, shelter, or clothing due to the mental disorder.

†Affiliated Plan facilities provide selected inpatient and/or outpatient hospital and emergency services. Use of the Emergency Department for urgent care may not be paid for by Kaiser Permanente.

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Entienda sus opciones

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After hours call **1-888-KPONCALL** (1-888-572-6255) or TTY **1-888-880-0833**. **NEEDS SPANISH TRANSLATION**

Routine care is for an expected care need, like a scheduled visit to your doctor, a recommended preventive screening, physical exams, or well-child checkups.

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Emergency care is for a medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health.* If you reasonably believe you have an emergency medical condition, call **911** or go to the nearest hospital.

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Dónde puede obtener atención

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780 Shadowridge Drive
Vista, CA 92083
R



Mapa no a escala

*Un problema médico de emergencia es aquel que se manifiesta mediante síntomas agudos de suficiente gravedad (incluido dolor intenso) que una persona razonable hubiese creído que la ausencia de atención médica inmediata hubiese podido dar lugar a cualquiera de lo siguiente: (1) riesgo grave de la salud de una persona (o si es una mujer embarazada, la salud de la mujer o del bebé por nacer); (2) deterioro grave de las funciones del cuerpo; o (3) disfunción grave de cualquier órgano o área corporal.

Un problema de salud mental es un problema médico de emergencia cuando se cumplen los requisitos del párrafo anterior, o en el caso de miembros que no estén inscritos en Kaiser Permanente Senior Advantage, cuando el problema se manifiesta con síntomas agudos de tal gravedad que cualquiera de lo siguiente es cierto: La persona supone un peligro inmediato para ella misma o para otros, o la persona es en ese momento incapaz de proveer o usar, alimento, abrigo o ropa, debido a un trastorno mental.

†Las instalaciones afiliadas al plan proporcionan ciertos servicios de emergencia y hospitalarios para pacientes ambulatorios y/u hospitalizados. Kaiser Permanente puede no pagar el servicio del departamento de emergencia si lo utiliza para recibir atención urgente.