

Urgent care locations

Quality care when it matters most





When should you visit urgent care?

You're jogging, trip on uneven pavement, and take a spill. You land on your wrist and think it may be sprained. While you might want to rush to the emergency room, you can actually go to urgent care – and save time and money.^{1,2}

Urgent care is great for minor injuries and illnesses

Here are a few examples of conditions that can be treated in urgent care:

- Coughs and sore throats
- Minor wounds and cuts
- Minor injuries like sprains and falls
- Fever and moderate vomiting

Why should you visit urgent care?

Shorter wait times

You'll usually get care faster than if you went to the emergency department, which treats seriously injured and sick patients before nonemergency patients.

Lower out-of-pocket costs

You typically pay less for an urgent care visit than for an emergency department visit.

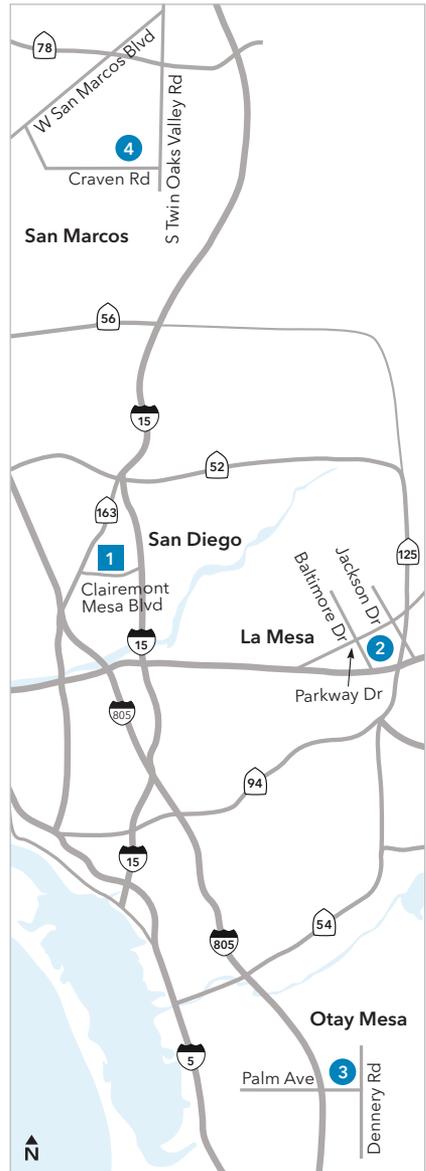
No appointment needed

Many of our urgent care centers are open evenings, weekends, and holidays – walk-ins welcome.

Where can you get urgent care?

We have 4 urgent care locations throughout San Diego County. It's always a good idea to know which locations are closest to you.

- 1 Kaiser Permanente San Diego Medical Center**
 9455 Clairemont Mesa Blvd.
 San Diego, CA 92123
 9 a.m.–9 p.m., 7 days a week
1-800-290-5000
- 2 La Mesa Medical Offices**
 8080 Parkway Dr.
 La Mesa, CA 91942
 9 a.m.–9 p.m., 7 days a week
1-800-290-5000
- 3 Otay Mesa Medical Offices**
 4650 and 4660 Palm Ave.
 San Diego, CA 92154
 9 a.m.–9 p.m., 7 days a week
1-800-290-5000
- 4 San Marcos Medical Offices**
 400 Craven Rd.
 San Marcos, CA 92078
 9 a.m.–9 p.m., 7 days a week
1-800-290-5000



Maps not to scale

Get the right care when you need it

If you're not sure what kind of care you need, you can get 24/7 care and advice by phone.

Call us at **1-888-576-6225 (TTY 711)**. We'll help you find out what care is right for you, schedule appointments, and more.

¹An urgent care need is one that requires prompt medical attention, usually within 24 or 48 hours, but is not an emergency medical condition. This can include minor injuries, backaches, earaches, sore throats, coughs, upper-respiratory symptoms, and frequent urination or a burning sensation when urinating.

²If you reasonably believe you have an emergency medical condition, call **911** or go to the nearest emergency department. An emergency medical condition is a medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health. For the complete definition of an emergency medical condition, please refer to your *Evidence of Coverage* or other coverage documents.

Kaiser Permanente does not discriminate on the basis of age, race, ethnicity, color, national origin, cultural background, ancestry, religion, sex, gender identity, gender expression, sexual orientation, marital status, physical or mental disability, source of payment, genetic information, citizenship, primary language, or immigration status.

Language assistance is available at no cost to you, 24 hours a day, 7 days a week. You can request interpreter services, materials translated into your language, or in alternative formats. Just call us at **1-800-464-4000**, 24 hours a day, 7 days a week (closed holidays). TTY users, call **711**.

Spanish: Contamos con asistencia de idiomas sin costo alguno para usted 24 horas al día, 7 días a la semana. Puede solicitar los servicios de un intérprete, que los materiales se traduzcan a su idioma o en formatos alternativos. Solo llame al 1-800-788-0616, 24 horas al día, 7 días a la semana (cerrado los días festivos). Los usuarios de TTY, deben llamar al 711.

Chinese: 您每週 7 天，每天 24 小時均可獲得免費語言協助。您可以申請口譯服務、要求將資料翻譯成您所用語言或轉換為其他格式。我們每週 7 天，每天 24 小時均歡迎您打電話 1-800-757-7585 前來聯絡（節假日 休息）。聽障及語障專線 (TTY) 使用者請撥 711。

