

Get care after hours

Illnesses and injuries don't have a schedule

What do you do Friday evening when your child has a bad cough? Or, you have the chills and a fever? Your doctor's office is closed. The illness is not an emergency, but you still want to feel better now.

At Blue Shield of California Promise Health Plan, we 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. These clinics have daytime, evening, and weekend hours when most doctors' offices are closed.

Advantages of urgent care clinics

As a Blue Shield of California Promise Health Plan member, you can go to any of the urgent care clinics we work with when you cannot see your doctor.

- ✓ Shorter waiting times
- ✓ Trained doctors and staff
- ✓ Care for children and adults for urgent, non-life-threatening conditions that include:
 - Broken bones
 - Flu and allergy symptoms
 - Rashes
 - Sprains or strains
 - Fevers
 - Minor infections
 - Minor burns and cuts
 - Earaches, headaches, and stomach aches
 - Sore throat and coughing

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.



Promise Health Plan

Local urgent care clinics

North county

Centro Medico Escondido

1121 E. Washington Avenue
Escondido, CA 92025

(760) 871-0606

Monday to Friday, 8 a.m. to 8 p.m.

Saturday, 8 a.m. to 5 p.m.

Sunday, 10 a.m. to 2 p.m.

Rady Children's Urgent Care: Escondido Pediatric Only

625 W. Citracado Parkway, Suite 100
Escondido, CA 92025

(760) 739-1543

Monday to Friday and holidays, 4 p.m. to 10 p.m.

Saturday and Sunday, 1 p.m. to 10 p.m.

Rady Children's Urgent Care: Oceanside Pediatric Only

3605 Vista Way, Suite 172
Oceanside, CA 92056

(760) 547-1000

Monday to Friday and holidays, 4 p.m. to 10 p.m.

Saturday and Sunday, 1 p.m. to 10 p.m.

South bay

Coronado Bay Urgent Care

600 Palm Avenue, Suite 108-A
Imperial Beach, CA 91932

(619) 423-1000

Monday to Friday, 9 a.m. to 8 p.m.

Saturday and Sunday, 10 a.m. to 4 p.m.

Doctors Express of Bonita

760 Otay Lakes Road
Chula Vista, CA 91910

(619) 821-2300

Monday to Friday, 8 a.m. to 8 p.m.

Saturday and Sunday, 8 a.m. to 5 p.m.

East county

Centro Medico El Cajon

133 W. Main Street
El Cajon, CA 92020

(619) 401-0404

Monday to Friday, 8 a.m. to 8 p.m.

Saturday, Sunday, and holidays, 10 a.m. to 2 p.m.

Doctors Express of Santee

10538 Mission Gorge Road, Suite 100
Santee, CA 92071

(619) 456-0033

Monday to Saturday, 8 a.m. to 8 p.m.

Sunday, 8 a.m. to 5 p.m.

Rady Children's Urgent Care: La Mesa Pediatric Only

5565 Grossmont Center Drive, Building 2, Suite 2
La Mesa, CA 91942

(619) 713-5375

Monday to Friday and holidays, 4 p.m. to 10 p.m.

Saturday and Sunday, 1 p.m. to 10 p.m.

Metro area

Rady Children's Urgent Care: Mid-City Pediatric Only

4305 University Avenue, Suite 150
San Diego, CA 92105

(619) 280-2905

Monday to Friday and holidays, 4 p.m. to 10 p.m.

Saturday and Sunday, 1 p.m. to 10 p.m.

Doctors Express of Clairemont

5671 Balboa Avenue
San Diego, CA 92111

(858) 800-2880

Monday to Sunday, 8 a.m. to 8 p.m.