

FIND AFTER HOURS CARE

Find a doctor on weekdays after 5:00 p.m. or on the weekends for urgent care.

You must see your assigned PCP doctor or clinic during regular business hours.

ALERT: Due to COVID-19, hours may have changed. Call to check availability.

For the most current information, visit www.CenCalhealth.org/after-hours

ENCONTRAR CUIDADO DESPUÉS DEL HORARIO DE ATENCIÓN

Encuentre a un médico que pueda atenderle después de las 5:00 p.m. o los fines de semana para recibir atención médica de urgencia.

Usted debe de ir con su proveedor de cuidado primario o clínica que le fue asignado durante los horarios normales de servicios.

ALERTA: Debido al COVID-19, los horarios de servicio pueden haber cambiado.

Para obtener información que este más reciente, visitar: www.CenCalhealth.org/after-hours

ARROYO GRANDE

CHCCC: Arroyo Grande - Fair Oaks
1057 Grand Ave
(805) 481-7220
Ages: 2+
M-F: 5:00pm - 8:00pm
SAT-SUN: 9:00am - 5:00pm

CHCCC: Arroyo Grande - Station Way
260 Station Way, Ste A
(805) 473-6201
Ages: ALL
M-TH: 5:00pm - 6:00pm

ATASCADERO

All for Health, Health for All
5855 Capistrano Ave, Ste D
(805) 466-5600
Ages: 19+
M-F: 5:00pm - 5:30pm

CHCCC: Atascadero
7512 Morro Rd
(805) 792-1400
Ages: ALL
M-F: 5:00pm - 6:00pm

FCPP Atascadero
6955 El Camino Real, Ste 101
(805) 395-FCPP
Ages: 18+
M-F: 7:30am - 5:00pm

BUELLTON

Buellton Medical Center
195 W Hwy 246 | (805) 686-8555
Ages: ALL
SAT: 9:00am - 2:00pm

CAMBRIA

CHCCC: Cambria
2515 Main St
(805) 927-5292
Ages: ALL
M-F: 5:00pm - 5:30pm

CARPINTERIA

Jackson Medical Group
5565 Carpinteria Ave, Ste 4
(805) 684-4119
Ages: 19+
SAT: 8:00am - 1:00pm

GOLETA

Goleta Neighborhood Clinic
5580 Calle Real
(805) 617-7878
Ages: ALL
M-F 5:00pm - 6:00PM
SAT: 8:30am - 12:00pm

Jackson Medical Group
220 Pacific Oaks Rd
(805) 979-4646
Ages: 18+
Saturday 9:00am - 2:00pm
(Once a month) *

The Medcenter Inc
271 N Fairview Ave, Ste 101
(805) 681-7411
Ages: ALL
M-F: 5:00pm - 8:00pm
SAT: 8:00am - 8:00pm

GUADALUPE

CHCCC: Guadalupe
4723 W Main St, Ste H
(805) 343-5577
Ages: 18+
M-F: 5:00pm - 6:00pm

ISLA VISTA

Isla Vista Neighborhood Clinic
970 Embarcadero Del Mar
(805) 617-7880
Ages: ALL
M-F 5:00pm - 6:00pm
SAT: 8:30am - 12:00pm

LOMPOC

CHCCC: Lompoc
425 W Central Ave, Ste 201
(805) 737-1169
Ages: ALL
M-F: 5:00pm - 6:00pm

Lompoc Health North H Center
1225 N H St
(805) 737-8700
Ages: ALL
M-SUN: 9:00am - 9:00pm

Walk-In Care & Family Care

217 W Central Ave, Ste G
(805) 735-4292
Ages: 19+
M-F: 5:00pm - 6:00pm
SAT: 9:00am - 3:00pm

* Each office is open one Saturday a month. To schedule, please call in advance to verify location is open.
* Cada consultorio está abierto un sábado al mes. Para programar una cita, por favor llame con anticipación para verificar que el lugar esté abierto.

NIPOMO

CHCCC: Nipomo
150 Tejas Pl
(805) 929-3211
Ages: ALL
M-F: 5:00 - 6:30pm

OCEANO

CHCCC: Del Mar
2120 Cienega St
(805) 994-2101
Ages: 19+
Tue & Thur 5:00pm - 6:00pm

PASO ROBLES

CHCCC: Los Robles
2800 Riverside Ave, Ste 101
(805) 238-7250
Ages: ALL
M-SAT: 8:00am - 5:00pm

PISMO BEACH

Med Plus Pismo Beach
877 Oak Park Blvd
(805) 474-8450
Ages: 19+
M-F: 5:00pm - 6:00pm
SAT: 9:00am - 3:00pm

SAN LUIS OBISPO

CHCCC: San Luis Obispo Casa
77 Casa St, Ste 201 & Ste 202
(805) 269-1500
Ages: 10+
M-F: 5:00pm - 7:00pm
SAT: 9:00am - 4:00pm

FCPP - San Luis Obispo
35 Casa St, Ste 320
(805) 395-FCPP
Ages: 18+ • M-TH: 5:00pm - 6:00pm

Rene Bravo, M.D
3241 S Higuera St
(805) 544-4460
Ages: 0-18 • SAT: 9:00am - 12:00pm

CHC San Miguel
1385 Mission St
(805) 467-2344
Ages: 19+
M-F: 5:00pm - 7:00pm

SANTA BARBARA

Sansum Clinic Urgent Care
215 Pesetas Ln
(805) 563-6110
Ages: ALL
M-SUN: 5:00pm - 7:00pm

American Indian Health & Svcs
4141 State St, Ste B-2
(805) 681-7144
Ages: ALL
M-SAT: 5:00pm - 5:30pm

Eastside Neighborhood Clinic
915 N Milpas | (805) 963-1641
Ages: ALL
M,T: 5:00pm - 6:00pm
W,TH,F: 5:00pm - 6:00pm
SAT: 9:00am - 12:00pm

Jackson Medical Group
517 W Junipero St
(805) 682-8844
Ages: 19+
M,T,W 5:00pm - 6:00pm
SAT 9:00am - 2:00pm
(Once a month) *

Westside Neighborhood Clinic
628 W Micheltorena St
(805) 963-1546
Ages: ALL
M-F: 5:00pm - 6:00pm
SAT: 9:00am - 12:00pm

The MedCenter Inc
2954 State St
(805) 682-7411
Ages: 18+
M-F: 8:00am - 8:00pm
SAT: 8:00am - 8:00pm
SUN: 10:00am - 6:00pm

The MedCenter Inc
271 N Fairview Ave, Ste 101
(805) 681-7411
Ages: ALL
M-SAT: 8:00am - 6:00pm

The MedCenter Inc
319 N Milpas St
(805) 965-3011
Ages: ALL
M-F 5:00pm - 6:00pm

Zugan Health Medical Corp.
1015 De La Vina St, Ste E
(805) 395-4946
Ages: ALL
M-F: 8:00am - 8:00pm
SAT: 8:00am - 6:00pm
SUN: 10:00am - 6:00pm

SANTA MARIA

CHCCC: Del Valle
430 S Blosser Rd
(805) 361-8900
Ages: ALL
M-F: 5:00pm - 9:00pm
SAT: 8:00am - 5:00pm

CHCCC: Santa Maria Broadway
1835 N Broadway
(805) 345-3701
Ages: 0-18
M-F: 5:00pm - 6:00pm

CHCCC: Santa Maria Way
2801 Santa Maria Way, Ste A
(805) 938-9200
Ages: ALL
M-TH: 5:00pm - 7:00pm
F: 5:00pm - 5:30pm

Marian Community Clinics
117 W Bunny Ave
(805) 739-3890
Ages: ALL
M-F 5:00pm - 6:00pm

Santa Maria Health Care Center
2115 S Centerpointe Pkwy
(805) 346-7230
Ages: 12+
M-TH: 5:00pm - 6:00pm

Robert Barry, M.D.
1420 S Miller St, Ste A
(805) 922-3573
Ages: 0-16
W,F 5:00pm - 5:30pm
Tue & Thur 5:00pm - 6:00pm

Jeffrey Kaplan, M.D.
301 S Miller St, Ste 204
(805) 354-5200
Ages: 0-16
M-F: 5:00pm - 5:30pm

Pediatrics Suite B
1420 S Miller St, Ste B
(805) 614-7040
Ages: 0-18
SAT: 9:00am - 12:00pm

SANTA YNEZ

Santa Ynez Valley Health Center
1992 Old Mission Dr, Ste 140
(805) 614-5690
Ages: 19+
M-F: 5:00pm - 6:00pm
SAT: 9:00am - 3:00pm

TEMPLETON

CHCCC: Templeton
1330 Las Tablas Rd.
(805) 542-6703
All Ages
M-F: 5:00pm - 6:00pm

FCPP: Templeton
959 Las Tablas Rd
(805) 395-FCPP
Ages: 18+
M-F: 7:45am - 5:00pm

All for Health, Health for All
5855 Capistrano Ave, Ste D
(805) 466-5600
Ages: 19+
M-F: 5:00pm - 5:30pm
Every other SAT: 7:30am - 12:30 pm



AFTER-HOURS CARE



See a doctor after 5:00 p.m.
and on weekends.

Talk to a Registered Nurse
to answer your health
questions.



¿Necesita ayuda
médica y su doctor
no está disponible?



Para obtener ayuda
hable con una enfermera
registrada las 24 horas del
día, los 7 días a la semana
al número [1-800-524-5222](tel:1-800-524-5222).

Una enfermera puede responder a sus
preguntas de salud, ayudarlo a tratar los
síntomas en casa o decirle si necesita
ver a un doctor.

La enfermera también puede encontrar un
doctor que le atienda de lunes a viernes
después de las 5:00 p.m. o los fines de
semana.



Este servicio no cuesta nada a los miembros de CenCal Health.

See a doctor after
5:00 p.m. and on
weekends:

First call your doctor's office to see if
they offer evening or weekend hours.

If your doctor **DOES NOT**
offer evening or
weekend hours, call
[one of the doctors](#)
[listed in this brochure.](#)

You can go to an After Hours doctor for
care even if you are not their assigned
patient. **You do not need a referral from
your doctor.**



When to call 911 or go to the nearest
Emergency Room:

A broken bone, trouble breathing, loss of
consciousness, or other conditions that feel
like an emergency.

Mire a un doctor
después de las
5:00 p.m. y en fines
de semana:

Primero llame al consultorio de su doctor
para verificar si ofrecen horas de servicio
por las tardes o los fines de semana.

Si su doctor **NO** ofrece horas
de servicio por las tardes o
los fines de semana, [llame a
uno de los doctores anotados
en este folleto.](#)

Puede ir con un doctor después de horas
de servicio para recibir atención, incluso
si no está asignado con ese doctor. **Usted
no necesita un pase de su proveedor de
cuidado primario.**



Cuando debe llamar al 911 o ir a la sala de
emergencias más cercana:

Un hueso fracturado, problemas para
respirar pérdida de conocimiento, u otras
condiciones que se sienten como una
emergencia.

Need medical
advice and your
doctor is not
available?



Call a Registered Nurse
24/7 for help!
[1-800-524-5222](tel:1-800-524-5222)

A nurse can answer your health
questions, help you treat symptoms at
home, or tell you if you need to see a
doctor.

The nurse can also find an after-hours
doctor to see you weekdays after 5:00 pm
or on weekends.



This service has no cost to CenCal Health members.

CUIDADO DESPUÉS
DE HORAS DE
SERVICIO



Mire a un doctor, después
de las 5:00 p.m. y los
fines de semana

Hable con una enfermera
registrada para que
obtenga respuestas a
sus preguntas de salud



CenCalHEALTH[®]
Local. Quality. Healthcare.