

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

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, ayudarle 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

