

We Know You Have A Choice...

Arch Health Medical Group is proud and honored to provide the personalized health care that your family and your neighbors have come to trust.

- > No Appointment Necessary
- > Convenient Hours
- > Free, Convenient Parking
- > Doctor and Nurse on Duty at All Times
- > On-Site Laboratory
- > On-Site Imaging

We accept most insurance (e.g., HMOs, PPOs, EPOs, Medicare, Tricare, Workers' compensation) plans. Your health plan's member services department will confirm if your plan covers your care

Urgent care visitors who are currently not an Arch Health Medical Groups patient or a patient of one of the medical groups listed below will pay by cash or credit card. We accept VISA, MasterCard, Discover Card and American Express. You can attempt to receive reimbursement from your insurance carrier.

Note:

We also welcome patients from the following medical groups:

- > Children's Physician Medical Group
- > Scripps Coastal Medical Center
- > Sharp Community Medical Group



1 POWAY URGENT CARE

Pomerado Outpatient Pavilion
15611 Pomerado Road, 3rd Floor North
Poway, CA 92064

Hours: Sunday - Saturday: 9 a.m. - 8 p.m.

2 RAMONA URGENT CARE

211 13th Street
Ramona, CA 92065

Hours: Monday - Friday: Noon - 7 p.m.
Saturday: 9 a.m. - 4 p.m.

URGENT CARE

ArchHealth.org  858.675.3100





When to Seek Assistance From Urgent Care

- › When you need to be seen urgently by a doctor, but are unable to get an appointment with your physician.
- › When you can't see your primary care physician because it is after business hours or it is a holiday.
- › When you don't have a primary care physician.

The Difference Between Emergency Services and Urgent Care

Emergency

In general, an emergency is a sudden, serious and unexpected illness, injury or condition which may result in permanent injury or loss of life if not treated immediately.

Urgent Care

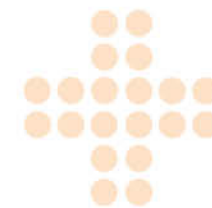
Urgent care services are required for an unexpected injury or acute illness which requires prompt medical attention to avoid complications and unnecessary suffering or pain, and will not result in permanent injury or loss of life.

Examples of Urgent Care Situations

- › Abdominal Pain
- › Asthma Attack
- › Bloody Nose
- › Broken Bone
- › Colds and Flu
- › Coughs
- › Cuts and Lacerations
- › Ear Ache
- › Headache
- › Insect/Animal Bites and Stings
- › Minor Burns
- › Rashes
- › Sore Throat
- › Sprains and Strains
- › Sports Injuries
- › Urinary Infection
- › Vomiting
- › Work Injury

Services

- › Cardiology
- › Care Management
- › Dermatology
- › Ear, Nose and Throat
- › Electrophysiology
- › Family Medicine
- › Gastroenterology
- › Internal Medicine
- › Ophthalmology/Optometry
- › Orthopedics
- › Pediatrics
- › Physical Therapy
- › Pulmonology
- › Rheumatology
- › Skilled Nursing



For Life Threatening Emergencies:

Call 9-1-1 immediately or go to the nearest emergency room.