

# HEALTH CARE RESOURCES

for West Contra Costa Residents

## Doctor's Medical Center Closing April 21

As of April 21, Doctor's Medical Center in San Pablo will be closing and no longer accepting patients. The following information will help you find urgent medical care in West Contra Costa or free medical advice by phone to help you decide what kind of care you need.

### WHEN TO CALL 9-1-1

For any life-threatening medical or psychiatric emergencies, call 9-1-1 immediately.

### WHEN TO CALL AN ADVICE NURSE

Advice nurses can help you figure out if you need to go to an Emergency Room, visit an urgent care clinic or make an appointment for the next day. Advice nurses also can provide information for self-care. You should consider calling an advice nurse for more minor issues like sore throat, earache, urinary tract infection, sinus infection symptoms, and other nonlife-threatening conditions.

### WHEN TO GO TO URGENT CARE

An urgent care clinic offers immediate care for walk-ins or same-day appointments for patients who need timely medical care but who are not having a medical emergency.

### NEW URGENT CARE CENTER

LifeLong Medical Care will open a new urgent care center April 20 across the street from Doctor's Medical Center in San Pablo. Patients can walk in or call for an appointment. LifeLong also has sites that offer primary care and non-urgent care with scheduled visits.

**Lifelong Urgent Care Center**  
2023 Vale Rd., San Pablo, CA 94806  
Noon to 8 p.m.  
7 Days a Week  
510-231-9800

ANYONE WHO DOESN'T HAVE PRIVATE INSURANCE CAN CALL CONTRA COSTA HEALTH SERVICES' ADVICE NURSE LINE FOR FREE HEALTH ADVICE ANY TIME.

**FREE** Advice Nurse  
**24** Health Line  
HOURS A DAY  
DAYS A WEEK  
including Holidays

Contra Costa Health Services Advice Nurse Line:  
**1-877-661-6230 option 1**

PATIENTS WITH PRIVATE INSURANCE SHOULD CALL THEIR PLANS' ADVICE NURSE LINES

### Advice Nurse Units Telephone Numbers (for health plan members to call):

Kaiser Patients	1-800-464-4000
Aetna Patients	1-800-556-1555
Blue Cross Patients	1-800-249-3617
Health Net Patients	1-800-973-6273
United Health Patients	1-800-237-4936
Contra Costa Health Plan	1-877-661-6230 option 1



# WHERE TO GET CARE IN WEST CONTRA COSTA

## LIFELONG MEDICAL CARE

LifeLong offers urgent care, primary care and non-urgent care with scheduled visits.

Provider	Address	Phone	Hours
LifeLong Urgent Care	2023 Vale Road San Pablo, CA 94806	510-231-9800	M–Sun 12 p.m.–8 p.m. (Starting April 20) Walk-ins welcome
LifeLong Brookside Richmond	1030 Nevin Avenue Richmond, CA 94804	510-215-5001	M- F 8:30 a.m.–5 p.m. By appointment only
LifeLong Dr. Jenkins	120 Broadway, Ste. 4 Richmond, CA 94804	510-237-9537	M- Thurs 9 a.m.–3 p.m. By appointment only
LifeLong Richmond	2600 Macdonald Ave., Ste. B, Richmond, CA 94804	510-233-2514	M, W, Thurs 9 a.m.–3 p.m. By appointment only
LifeLong Brookside San Pablo	2023 Vale Road, Ste 201 San Pablo, CA 94806	510-215-9092	M–Thurs 8:30 a.m.–8 p.m. Fri 8:30 a.m.–5 p.m. Sat 9 a.m.–3 p.m. By appointment only

## CONTRA COSTA HEALTH SERVICES (CCHS)

CCHS offers primary care and non-urgent care by appointment.

Provider	Address	Phone	Hours
West County Health Center	13601 San Pablo Ave., San Pablo, CA 94806	1-800-495-8885	M–Thurs; 8 a.m.–8:45 p.m. F–Sat.; 8 a.m.–5 p.m. By appointment only
North Richmond Center for Health	1501 Fred Jackson Way, Richmond, CA 94805	1-800-495-8885	M–F; 7:45 a.m.–12 p.m. 1 p.m.–4:45 p.m. By appointment only

## OTHER PLACES TO GET CARE

Patients should contact locations directly regarding service fees.

Provider	Address	Phone	Hours
Brighter Beginnings Family Health	2727 Macdonald Ave. Richmond, CA 94804	510-213-6681	M, W, Thurs & F 9 a.m.–5 p.m.
RotaCare Free Medical Clinic at Brighter Beginnings	2727 Macdonald Ave. Richmond, CA 94804	510-213-6678	Tues 4 p.m.–7 p.m.
BAART Community HealthCare	1313 Cutting Blvd. Richmond, CA 94804	510-232-0874	M-F 6 a.m.–2 p.m.
Planned Parenthood Richmond	2970 Hilltop Mall Rd., Ste. 307 Richmond, CA 94806	510-222-5290	M, Tues & Thurs 8:30 a.m.–8 p.m. W, F 8:30 a.m.–5 p.m. 1 <sup>st</sup> & 3 <sup>rd</sup> Sat 8:30 a.m.–2 p.m.
Planned Parenthood Richmond	340 Marina Way Richmond, CA 94801	510-232-1250	M-F 8:30 a.m.–5 p.m.
Concentra Urgent Care	2970 Hilltop Mall Rd., Ste. 203 Richmond, CA 94806	510-222-8000	M–F 8 a.m.–5 p.m. Walk-ins welcome
Sutter Urgent Care	2500 Milvia Street Berkeley, CA 94704	510-204-5514	M–F 5 p.m.–9 p.m. Sat, Sun & Holidays 10 a.m.–2 p.m. Walk-ins welcome