

EMERGENCY ROOM, URGENT CARE or WALK-IN CLINIC



Which one should you go to?

Not sure whether you need to go to an
emergency room, urgent care or a walk-in clinic?

MAKING THE RIGHT CHOICE COULD SAVE YOUR LIFE.

EMERGENCY ROOM

Always head to the ER when life or limb are at risk. The staff there is ready for any critical situation, 24/7.

- Chest pain or difficulty breathing
- Weakness/numbness on one side
- Slurred speech
- Fainting/change in mental state
- Serious burns
- Head or eye injury
- Concussion/confusion

- Fever with a rash
- Seizures
- Facial lacerations
- Severe cuts that may require stitches
- Broken bones and dislocated joints
- Severe cold or flu symptoms
- Vaginal bleeding with pregnancy



URGENT CARE CENTER

Urgent care centers are for when you can't wait for an appointment with your doctor, but you don't quite need an emergency room.

- Fever without a rash
- Vomiting or persistent diarrhea
- Abdominal pain
- Wheezing or shortness of breath
- Dehydration
- Moderate flu-like symptoms
- Sprains and strains
- Small cuts that may require stitches



WALK-IN CLINICS

Walk-in clinics offer convenient, same-day care for minor illnesses and health care needs for both adult and pediatric patients.

- Mild flu-like symptoms
- Cough and congestion symptoms
- Sore throat
- Ear pain
- Eye redness, discharge or itchiness

- Sports physicals (excluding labs)
- Painful urination
- Rashes without fever



WHEN SHOULD YOU CALL 9-1-1?

- Shortness of breath or difficulty breathing
- Any symptoms of a heart attack, including chest pain, pain in the left arm or the jaw, sudden weakness or dizziness
- Life- or limb-threatening injury

- Signs of a stroke such as slurred speech, severe headache, weakness or numbness on one side of the face or body, or loss of consciousness

IF IN DOUBT, GET EMERGENCY CARE!



To learn more about ER, urgent care or HealthExpress walk-In clinics near you, please visit qualcommpremierplans.com/locations or reach out to your concierge team at **844-884-7266 (844-884-QCOM)** or qualcomm.service@scrippshealth.org Monday – Friday, 7 a.m. – 7 p.m., and Saturday from 8 a.m. – 1 p.m.

Premier Plan Network: Hospital, ER and Urgent Care Directory

Scripps Hospitals (*With Emergency Room)

Scripps Memorial Hospital Encinitas*
354 Santa Fe Drive Encinitas, CA 92024

Scripps Green Hospital
10666 N. Torrey Pines Road
La Jolla, CA 92037

Scripps Memorial Hospital La Jolla*
9888 Genesee Ave.
La Jolla, CA 92037

Scripps Mercy Hospital, San Diego*
4077 Fifth Ave. San Diego, CA 92103

Scripps Mercy Hospital, Chula Vista*
435 H St. Chula Vista, CA 91910

Scripps Urgent Care Centers and Scripps Health Express

▲ Triangle Locations also offer
Scripps *HealthExpress* pediatric care
for children 3 months to 17 years

● Circle Locations offer HealthExpress and
Urgent Care

▲ Scripps Clinic, Carmel Valley
3811 Valley Centre Drive
San Diego, CA 92130
Ages 5 and older:
Monday–Friday, 7 a.m.–9 p.m.
Saturday–Sunday, 8 a.m.–5 p.m.

Scripps Clinic, Liberty Station
2445 Truxtun Road Suite 200
San Diego, CA 92106
Ages 5 and older:
Monday–Friday, 7 a.m.–9 p.m.
Saturday–Sunday, 8 a.m.–5 p.m.

Scripps Clinic, Mission Valley
7565 Mission Valley Road
San Diego, CA 92108
Ages 5 and older:
Monday–Friday, 7 a.m.–9 p.m.
Saturday–Sunday, 8 a.m.–5 p.m.

●▲ Scripps Clinic, Rancho Bernardo
15004 Innovation Drive
San Diego, CA 92128
Ages 5 and older:
Monday–Friday, 7 a.m.–9 p.m.
Saturday–Sunday, 8 a.m.–5 p.m.

Scripps Clinic, Rancho San Diego
10862 Calle Verde
La Mesa, CA 91941
Ages 5 and older:
Monday–Friday, 7 a.m.–9 p.m.
Saturday–Sunday, 8 a.m.–5 p.m.

● Scripps Clinic, Torrey Pines
10666 N. Torrey Pines Road La
Jolla, CA 92037
Ages 5 and older:
Monday–Friday, 7 a.m.–9 p.m.
Saturday–Sunday, 8 a.m.–5 p.m.

Scripps Coastal Medical Center, Carlsbad
2176 Salk Ave.
Carlsbad, CA 92008
Ages 5 and older:
Monday–Friday, 7 a.m.–9 p.m.
Saturday–Sunday, 8 a.m.–5 p.m.

Scripps Coastal Medical Center, Eastlake
971 Lane Ave.
Chula Vista, CA 91914
Ages 5 and older:
Monday–Friday, 7 a.m.–9 p.m.
Saturday–Sunday, 8 a.m.–5 p.m.

Scripps Coastal Medical Center, Encinitas
477 N. El Camino Real Suite B303
Encinitas, CA 92024
Ages 5 and older:
Monday–Friday, 7 a.m.–9 p.m.
Saturday–Sunday, 8 a.m.–5 p.m.

Scripps Coastal Medical Center, Hillcrest
501 Washington St. Suites 525 and 600
San Diego, CA 92103
Ages 5 and older:
Monday–Friday, 7 a.m.–9 p.m.
Saturday–Sunday, 8 a.m.–5 p.m.

Scripps Coastal Medical Center,
Oceanside
4318 Mission Ave.
Oceanside, CA 92057
Ages 5 and older:
Monday–Friday, 7 a.m.–9 p.m.
Saturday–Sunday, 8 a.m.–5 p.m.

Scripps Coastal Medical Center,
Solana Beach
380 Stevens Ave., Suite 100
Solana Beach, CA 92075
Ages 5 and older:
Monday–Friday, 7 a.m.–9 p.m.
Saturday–Sunday, 8 a.m.–5 p.m.

● Scripps Coastal Medical Center, Vista
130 Cedar Road
Vista, CA 92083
Ages 5 and older:
Monday–Friday, 7 a.m.–9 p.m.
Saturday and Sunday, 8 a.m.–5 p.m.

**Rady Children's Hospital
& Emergency Room**
Rady Children's Hospital
& Emergency Room
3020 Children's Way
San Diego, CA 92123

Rady Children's Urgent Care Centers

Rady Children's Urgent Care – Escondido
625 W. Citracado Parkway, Suite 100
Escondido, CA 92025
Monday–Friday: 4–10 p.m.
Saturday–Sunday and most major holidays:
1–10 p.m.

Rady Children's Urgent Care – La Mesa
5565 Grossmont Center Drive,
Building 2, Suite 2
La Mesa, CA 91942
Monday–Friday: 4–10 p.m.
Saturday–Sunday: 1–10 p.m.

Rady Children's General Urgent Care /
Behavioral Health Urgent Care – Mid-City
(San Diego)
4305 University Avenue, Suite 150
San Diego, CA 92105
General Urgent Care Hours:
Monday–Friday: 4–10 p.m.
Saturday–Sunday: 1–10 p.m.

Behavioral Health Urgent Care Hours:
4305 University Avenue, Suite 150
San Diego, CA 92105

Walk-in Clinic:
Monday–Friday: 4 p.m.–8 p.m.
By Appointment Only:
Monday–Friday: 9 a.m.–4 p.m.

Rady Children's Urgent Care –
North Coastal
3605 Vista Way, Suite 172
Oceanside, CA 92056
Monday–Friday: 4–10 p.m.
Saturday–Sunday: 1–10 p.m.

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* Hours subject to change.
Please call to confirm.