

To be sure your particular Health Plan is in network with these facilities, call the number on the back of your insurance card.

You have options. In fact, you have [several](#).

Access healthcare services via your doctor’s office, urgent care centers, emergency rooms and more.

Sometimes you can’t wait for a doctor’s office visit, and you don’t have to. During regular business hours (8 a.m. to 5 p.m., Monday through Friday), call your primary care physician. After 5pm and on weekends you have several options.

## URGENT CARE

Facility Name	Address	City	Zip	Phone
CARBON HEALTH MEDICAL GROUP OF CALIFORNIA PC	3431 BROADWAY STE A8	AMERICAN CANYON, CA	94503	707-219-6427
CARBON HEALTH MEDICAL GROUP OF CALIFORNIA PC	303 CORTE MADERA TOWN CTR STE 303	CORTE MADERA, CA	94925	415-840-8615
CARBON HEALTH MEDICAL GROUP OF CALIFORNIA PC	1320 TRAVIS BLVD STE C	FAIRFIELD, CA	94533	707-646-4000
CARBON HEALTH MEDICAL GROUP OF CALIFORNIA PC	132 VINTAGE WAY STE F5	NOVATO, CA	94945	628-203-9029
CARBON HEALTH MEDICAL GROUP OF CALIFORNIA PC	411 3RD ST #409	SAN RAFAEL, CA	94901	415-854-7159
CARBON HEALTH MEDICAL GROUP OF CALIFORNIA PC	1679 E MONTE VISTA AVE STE 140	VACAVILLE, CA	95688	707-624-7400
CARBON HEALTH MEDICAL GROUP OF CALIFORNIA PC	784 ADMIRAL CALLAGHAN LN # 784	VALLEJO, CA	94591	707-210-1520
DIGNITY HEALTH MEDICAL FOUNDATION	750 REDWOOD HWY FRONTAGE RD STE 1204	MILL VALLEY, CA	94941	415-384-4778
MARIN URGENT CARE PHYSICIANS	4000 CIVIC CENTER DRIVE STE 206	SAN RAFAEL, CA	94903	415-925-8865
MEDICAL CENTER OF MARIN	101 CASA BUENTA DR	CORTE MADERA, CA	94925	415-924-4525
MEDICAL CENTER OF MARIN	7428 REDWOOD BLVD	NOVATO, CA	94945	415-895-5216
PROGRESSIVE URGENT CARE	6800 PALM AVE STE H	SEBASTOPOL, CA	95472	707-503-6100
SEBASTOPOL URGENT CARE	555 PETALUMA AVE STE B2	SEBASTOPOL, CA	95472	707-509-5961
TELEHEALTH AND URGENT CARE	2360 FIRST ST	NAPA, CA	94559	707-377-1007
TELEHEALTH AND URGENT CARE	1387 EAST 2ND ST	BENICA, CA	94510	707-377-1005

## MAMMOGRAM FACILITIES

Facility Name	Address	City	Zip	Phone
Alinea Medical Imaging - Mobile Mammogram	N/A	N/A	N/A	909-622-3166
Healdsburg District Hospital - Women's Diagnostic Center	1540 Healdsburg Ave	Healdsburg, CA	95447	707-431-6560
Marin Healthcare District - Breast Health Center	100A Drake's Landing Rd, Suite 140	Greenbrae, CA	94904	415-461-4282
Queen of the Valley Hospital - Women's Imaging Center	3241 Villa Lane Suite 2E	Napa, CA	94558	707-257-4036
Solano Diagnostics Imaging - Fairfield North Bay Medical Center	1101 B Gale Wilson Blvd Ste 100	Fairfield, CA	94533	707-646-4646
Solano Diagnostics Imaging - Vacaville	1020 Nut Tree Road Ste 150	Vacaville, CA	95687	707-646-4646
Sonoma Valley Hospital - Women's Health Services	347 Andrieux St	Sonoma, CA	95476	707-935-5215
St. Joseph Health - Outpatient Imaging	121 Sotoyome Street	Santa Rosa, CA	95405	707-526-2666

## HOSPITALS

Hospital Name	Address	City	Zip	Phone
ADVENTIST HEALTH ST. HELENA	10 WOODLAND RD	SAINT HELENA, CA	94574	707-963-3611
MARIN HEALTH MEDICAL CENTER	250 BON AIR RD	GREENBRAE, CA	94904	415-925-7000
NORTH BAY MEDICAL CENTER	1200 B GALE WILSON BVLD	FAIRFIELD, CA	94533	707-646-5000
NORTH BAY MEDICAL CENTER	1000 NUT TREE ROAD	VACAVILLE, CA	95687	707-624-7000
*NOVATO COMMUNITY HOSPITAL	180 ROWLAND WAY	NOVATO, CA	94945	415-209-1300
PETALUMA VALLEY HOSPITAL	400 NORTH MCDOWELL BLVD	PETALUMA, CA	94954	707-778-1111
*QUEEN OF THE VALLEY MEDICAL CENTER (ST. JOES)	1000 TRANCAS STREET	NAPA, CA	94558	707-252-4411
SAINT MARY'S MEDICAL CENTER	450 STANYAN ST	SAN FRANCISCO, CA	94117	415-668-1000
*SANTA ROSA MEMORIAL HOSPITAL - ST. JOES	1165 MONTGOMERY DRIVE	SANTA ROSA, CA	95405	707-525-5300
SONOMA VALLEY HOSPITAL	347 ANDRIEUX ST.	SONOMA, CA	95476	707-935-5000
*SUTTER MEDICAL CENTER SANTA ROSA	3325 CHANATE ROAD	SANTA ROSA, CA	95404	707-576-4000
*SUTTER SOLANO MED CENTER	300 HOSPITAL DR	VALLEJO, CA	94589	707-554-4444
UCSF MEDICAL CENTER	505 PARNASSUS AVE	SAN FRANCISCO, CA	94143	415-476-1000

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## QUEST DIAGNOSTICS LABS

Address	City	State	Zip	Phone	Fax
810 Southampton Rd Ste 109	Benicia	CA	94510	707-746-6360	707-746-6728
1411 Oliver Road Suite 130	Fairfield	CA	94534	707-421-1827	707-421-2491
1000 S Eliseo Dr Ste 100	Greenbrae	CA	94904	415-299-6461	415-925-5150
421 March Ave Ste C	Healdsburg	CA	95448	707-473-9714	707-473-9238
5 Bon Air Rd Ste 119	Larkspur	CA	94939	415-886-6080	415-945-9281
447 Miller Ave	Mill Valley	CA	94941	415-925-2800	415-381-9517
673 Trancas St	Napa	CA	94558	707-252-1611	774-849-3236
1550 Professional Drive Suite B	Petaluma	CA	94954	707-782-0278	707-782-0346
711 D Street Suite 103	San Rafael	CA	94901	415-925-2720	415-482-6586
950 Las Gallinas Ave	San Rafael	CA	94903	415-680-1042	415-472-1566
990 Sonoma Ave Ste 18A	Santa Rosa	CA	95404	707-575-7415	707-575-7402
6800 Palm Avenue Suite G	Sebastopol	CA	95472	707-824-0459	707-824-8641
386 Perkins Street	Sonoma	CA	95476	707-935-8969	707-996-7624
770 Mason St Ste 140	Vacaville	CA	95688	707-724-0524	707-446-7793
160 Hospital Dr	Vallejo	CA	94589	707-557-7315	707-648-0638

**For all other services, please visit our website at [www.meritagemed.com](http://www.meritagemed.com) or call 415-884-1840. To be connected with Behavioral Health Services, call the phone number on the back of your Health Insurance card.**

## When to Use the ER

Go to the Emergency Room if you are having a medical emergency. You may need to call 9-1-1 if the person needs care fast where you are. Call your primary care doctor for **non-emergencies**. Or visit an urgent care center.



	After-Hours Care	Urgent Care	Emergency Room
<b>How to Access Care:</b>	Medical care provided after the regular practice schedule of your primary care physician.	Hours of operation are different for each center and may include evening and weekend hours.	Available 24 hours a day, seven days a week.  Located in many hospitals.
<b>When to Use:</b>	Your Doctor is not available and non-emergency care is needed.	Your Doctor is not available and non-emergency care is needed.	In an emergency, call 911 or go immediately to the nearest ER.
<b>Your Time and Cost:</b>	You will wait from 0 minutes to 15 minutes.  It's much less costly than urgent or emergency care. Same copay as when you visit your primary care physician.	Usually less than an hour for non-emergency care.  May have appointments or allow you to check in online.  Costs are often lower than cost of an ER visit but higher than after hours clinic.	Care for most visits is provided within 3 hours, with more immediate care for emergencies.  Costs are typically highest.
<b>Examples of Conditions Treated:</b>	<ul style="list-style-type: none"> <li>• Upper respiratory conditions such as cold and bronchitis</li> <li>• Urinary tract infections</li> <li>• Muscle strains and sprains</li> <li>• Back pain</li> <li>• Migraine headaches</li> <li>• Finger and toe breaks other minor factors</li> <li>• Fevers</li> <li>• Diarrhea</li> <li>• Cough, sore throat</li> <li>• Earaches</li> <li>• Minor cuts and scrapes</li> </ul>	<p>Same as After-Hours Care plus:</p> <ul style="list-style-type: none"> <li>• Minor Lacerations</li> <li>• Certain fractures i.e., finger</li> <li>• Severe sprains</li> <li>• Eye irritation, swelling, or pain</li> <li>• Animal bites</li> <li>• X-ray and Labs often available</li> </ul>	<ul style="list-style-type: none"> <li>• Injury, with loss of consciousness or fainting</li> <li>• Uncontrolled bleeding</li> <li>• Sudden numbness of limbs or face, difficulty speaking</li> <li>• Severe shortness of breath or difficulty breathing</li> <li>• Severe chest pain or pressure</li> <li>• Major injuries, vehicle accidents, stab wounds</li> <li>• Poisoning</li> <li>• Sudden, severe abdominal pain</li> <li>• Vomiting blood</li> <li>• Broken bones</li> </ul>