



**Dignity Health®**  
Pacific Central Coast  
Health Centers



Med Plus Atascadero • Med Plus Central Coast • Med Plus Pismo Beach

## New Location. New Name. Same Great Care.



***Longtime Walk-in health center formerly known as Central Coast Urgent Care gets new name, new location and new services***

**Santa Maria, CA – May 13, 2019 –**

We are pleased to announce that the long time walk-in facility formerly known as Central Coast Urgent Care has changed its name to Med Plus Central Coast and beginning May, 13, 2019 will offer its trusted, excellent health care services in a larger, impressive new facility just one mile away from its previous location in Santa Maria. Med Plus Central Coast is part of the Dignity Health Central Coast network of nearly 40 health centers as well as Arroyo Grande Community Hospital, French Hospital Medical Center and Marian Regional Medical Center.

Mark Pomerantz, MD and Thomas Caruso, MD have been delivering the same quality health care to families and employers of the Santa Maria Valley for more than 30 years. In its new location on Depot Street, the center will offer Walk-In Services, Occupational Medicine Services and adding Physical Therapy Services with Brittany Jones, DPT.

“On behalf of myself, Dr. Caruso and our entire staff of health care professionals, we thank you for your continued trust and look forward to helping you and yours stay healthy at our new location,” says Dr. Pomerantz.

Med Plus Central Coast’s new address is:  
**2271 S Depot Street, Santa Maria**

Phone Numbers remain the same:

- **805.922.0561 (Walk-In)**
- **805.614.9000 (Occ Med) • 805.922.5003 (Physical Therapy)**

Hours: **Monday-Friday 8am-6pm • Saturdays 9am-3pm**

**Please Join Us for Our Ribbon Cutting & Open House**

**Tuesday, June 18, 2019 • 4:30 to 6:30 p.m.**

You're invited to enjoy refreshments and take a tour of our beautiful new location!

Our doctors, physician assistants, nurse practitioners and staff look forward to meeting you and showing you around.

## Meet Our Professionals

Pictured left (left to right):

Rebecca Valverde, NP; Dana Sheehan, PA;  
Thomas Caruso, MD; Mark Pomerantz, MD;  
and Christina Henry, PA

Not pictured: David Mizes, MD;  
Scott Cowger, PA; Abigail Kraemer-Cole, PA;  
Brittany Jones, DPT



### Med Plus Central Coast (formerly Central Coast Urgent Care)

**Directions to our new address—a mile away!**

- From previous location (340 East Betteravia Road), go northwest toward East Betteravia Rd
- Take first left onto Betteravia Road
- Turn left onto South Depot Street
- Med Plus Central Coast is on the right

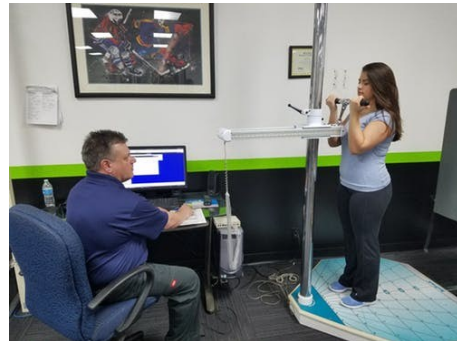


## The 411 on Functional Capacity Evaluations

April 24, 2019 by Michael B. Stack

A functional capacity evaluation (FCE) is a series of tests administered by an occupational therapist or a physical therapist who has had specialized training in performing a FCE. The tests are specifically designed to measure:

- stamina
- dynamic strength
- mobility
- flexibility
- body mechanics
- cardiovascular condition
- balance
- coordination
- dexterity
- ability to tolerate functional activities



### Used to Determine Employee's Readiness to Return to Work

In workers' compensation claims, a functional capacity evaluation is often utilized to determine the injured employee's physical readiness to return to work and to measure any physical limitations the employee will have as a result of the work comp injury. A FCE can also be utilized to determine the injured employee's physical capabilities for

vocational retraining when the injured employee will be permanently unable to return to his/her prior vocation.

A functional capacity evaluation can be one of two types, either a job-specific FCE or a general purpose FCE. In a job-specific FCE, the therapist is provided a detailed job description prior to the testing in order to tailor the FCE to the specific job of the employee. To have a very accurate FCE, the therapist should visit the job site to have a detailed understanding of the functions of the job. In a general-purpose functional capacity evaluation, the testing measures the employee's strength and tolerance in completing standardized or common work task.

### **Results Compared Against Specific Job Description**

When the FCE testing is completed, the therapist will compile the employee's test results. The test results will be compared against the specific job description requirements or the general physical level classification of a job to see if the employee can return to performing the job.

[\*\*FULL ARTICLE HERE\*\*](#)

## Meet our professionals



**Lisa Vasak, MD**  
**Med Plus**  
**Atascadero**

Dr. Vasak has been practicing medicine for more than 25 years in California and on the Central Coast since 2013. She is Board Certified in Internal Medicine and earned her Doctor of Medicine from New York Medical College. She specializes in Walk-In Care, and has experience in the areas of Occupational Medicine and Workers Compensation cases.



**Thomas Caruso, MD**  
**Med Plus Central Coast, Santa Maria**

Dr. Caruso has been practicing medicine for more than 40 years in California and much of that time on the Central Coast. He earned his Doctor of Medicine from Boston University School of Medicine and has experience in Occupational Medicine and Workers Compensation cases.



**Mark Pomerantz, MD**  
**Med Plus Central Coast, Santa Maria**

Dr. Pomerantz has been practicing medicine for more than 35 years in the Santa Maria community. He earned his Doctor of Medicine from the USC School of Medicine. He has experience in Occupational Medicine and Workers Compensation cases.



**David Christensen, MD**  
**Med Plus Pismo Beach**

Dr. Christensen has been practicing medicine for more than 20 years. He is board certified in Emergency Medicine. He earned his Doctor of Medicine from Loyola University, Chicago. He is experienced in Occupational Medicine and Workers Compensation cases.

Questions? Call **805.614.9000** (Occupational Medicine in Santa Maria)

### **About Pacific Central Coast Health Centers**

A service of Dignity Health, Pacific Central Coast Centers (PHC) is a non-profit clinic organization comprised of nearly 40 community health centers located primarily in cities spanning from Lompoc to Templeton. Our experienced doctors and medical offices provide a wide range of health care services that include primary and specialty care services. PHC is a part of Dignity Health Central Coast's award-winning network of outstanding hospitals, imaging centers, laboratories and post-acute centers composed of expert physicians and advanced practice providers.

### **Pacific Central Coast Health Centers includes 5 Walk-In locations:**

Med Plus Atascadero (Walk-In, OccMed and Primary Care)

Med Plus Pismo Beach (Walk-In and OccMed)

Med Plus Central Coast, Santa Maria (Walk-In, OccMed, Primary Care, Physical Therapy)

Med Plus Orcutt (Walk-In and Primary Care)

Walk-In Care & Family Care in Lompoc (Walk-In and Primary Care)



Med Plus Atascadero **805-461-2131**  
Med Plus Central Coast (Santa Maria) **805-614-9000**  
Med Plus Pismo Beach **805-474-8450**

Dignity Health, Pacific Central Coast Health Centers - Occupational Medicine | 1400 E. Church St., Santa Maria, CA 93454

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