

# Connected Care California: Know where to go.

## What kind of visit is right for you?

### 1. Schedule an In-person Appointment

Your doctor is often the first person to reach out to for medical care and advice. Visit your primary care doctor for:

- Annual wellness visits
- Routine screenings
- Pap smears
- Vaccinations
- Sports physicals
- Unusual bodily changes
- Lingering pain
- Chronic conditions

Your doctor can also help refer you to a specialist when needed.

#### Find an in-network provider.

The dedicated Intel Connected Care California Concierge team is available at **1.800.971.4153** and ready to help you find an in-network Connected Care California PCP.

The Concierge line is available Monday-Friday, 8 a.m. - 6 p.m. PST.

### 2. Express Primary Care

If your doctor cannot see you the same day, consider Express Primary Care, a new same-day care option with two convenient locations that could provide care faster than an urgent care clinic for common symptoms like allergies, cough, rashes, and other symptoms:

- Flu shots and immunizations
- Annual physicals
- Cold or flu-like symptoms
- Fever and illness treatment

### 3. Urgent Care

Urgent care is for same-day treatment for medical issues that can't wait, but aren't life threatening:

- Sprains, strains and minor broken bones
- Fever, colds, coughs, sore throats, sinus problems and earaches
- Nausea, vomiting, diarrhea and minor abdominal pain
- Cuts and abrasions, including stitches
- Insect and animal bites
- Skin allergies, rashes and pink eye
- Minor asthma attacks
- Back pain and body aches

### 4. Emergency

Call 911 for life-threatening injuries or illness. Head to your nearest emergency room for any of the following symptoms:

- Any life-threatening condition
- Loss of consciousness
- Severe bleeding
- Difficulty breathing
- Chest pain or heart attack
- Head injury or other major trauma
- Poisoning
- Stroke, weakness or numbness on one side



This Annual Enrollment, choose the Intel Connected Care California HDHP to cover your family's health care needs.



Find additional resources and learn more at [dignityhealth.org/intel](https://dignityhealth.org/intel)

## Same-day care locations

### Dignity Health locations

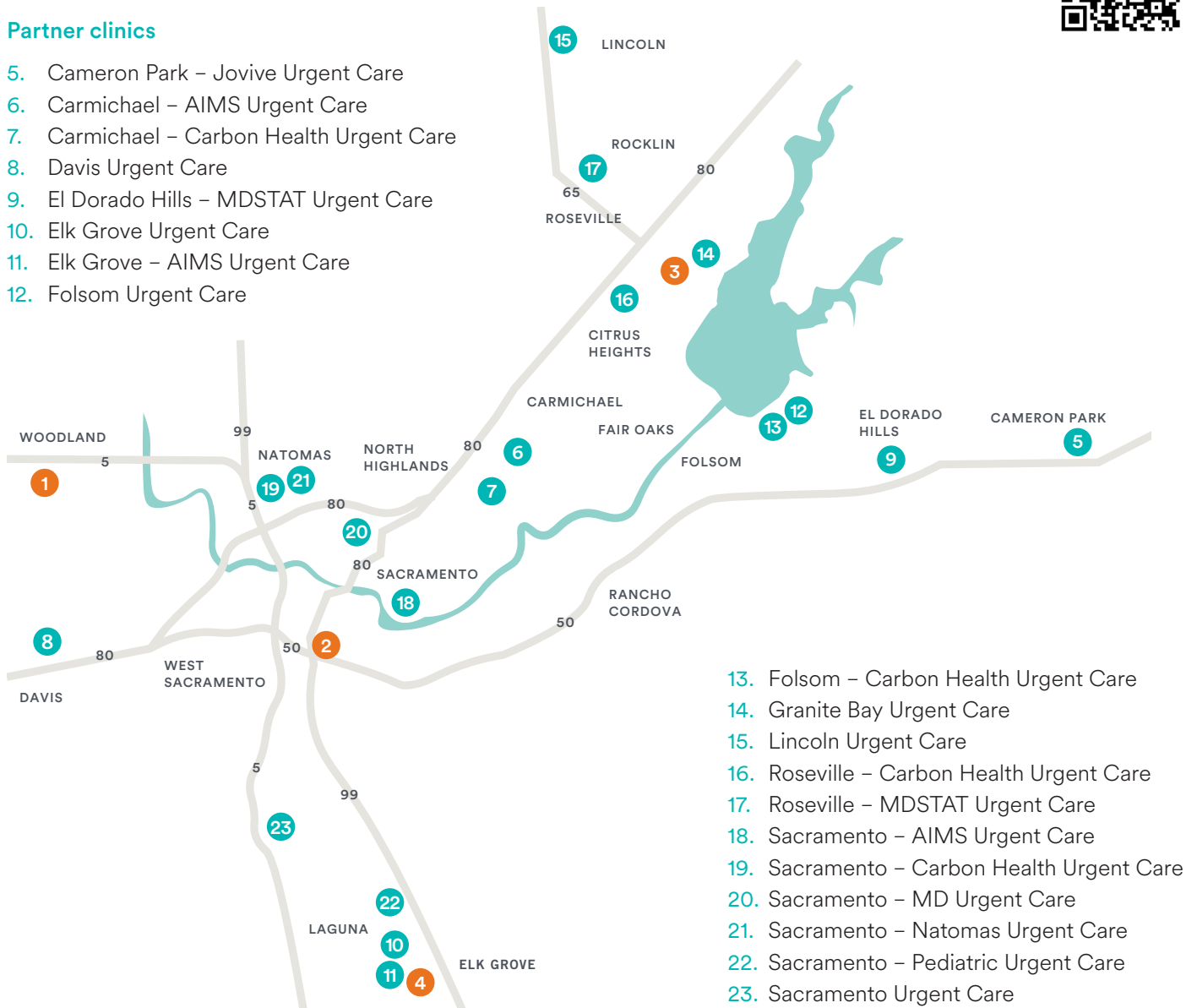
1. Dignity Health Urgent Care – East Woodland
2. Dignity Health Urgent Care – Midtown Sacramento
3. Dignity Health Express Primary Care – Roseville
4. Dignity Health Express Primary Care – Elk Grove

Scan the QR code for a complete list of same-day care locations and hours.



### Partner clinics

5. Cameron Park – Jovive Urgent Care
6. Carmichael – AIMS Urgent Care
7. Carmichael – Carbon Health Urgent Care
8. Davis Urgent Care
9. El Dorado Hills – MDSTAT Urgent Care
10. Elk Grove Urgent Care
11. Elk Grove – AIMS Urgent Care
12. Folsom Urgent Care



13. Folsom – Carbon Health Urgent Care
14. Granite Bay Urgent Care
15. Lincoln Urgent Care
16. Roseville – Carbon Health Urgent Care
17. Roseville – MDSTAT Urgent Care
18. Sacramento – AIMS Urgent Care
19. Sacramento – Carbon Health Urgent Care
20. Sacramento – MD Urgent Care
21. Sacramento – Natomas Urgent Care
22. Sacramento – Pediatric Urgent Care
23. Sacramento Urgent Care

### Dignity Health Urgent Care - East Woodland

1. 2081 Bronze Star Dr., Woodland  
(530) 668-2600  
M – F: 9 a.m. to 8 p.m.  
Weekends/Holidays\*: 8 a.m. to 5 p.m.

### Dignity Health Urgent Care - Midtown Sacramento

2. 3000 Q St., Sacramento  
(916) 733-3377  
M – F: 7:30 a.m. to 6:30 p.m.  
Weekends/Holidays: 8 a.m. to 3 p.m..

### Dignity Health Express Primary Care

3. 3980 Douglas Blvd. Ste. 110, Roseville  
(916) 293-4400
4. 8259 Laguna Blvd. Ste. 100, Elk Grove  
(916) 691-8570  
M – F: 7 a.m. to 7 p.m.  
Weekends/Holidays\*: 8 a.m. to 5 p.m.

\*Closed on Thanksgiving and Christmas Day