

# Welcome to Mercy Medical Group



# Welcome to Mercy Medical Group

Your partner in health	1
Patient-Centered Medical Home	
Awards and recognition	
Primary care	
Virtual visits	2
Access nurse service	2
Online scheduling	2
Selecting a primary care physician	2
Family medicine and Internal medicine providers	2
Transferring your records	2
Preparing for your first appointment	3
During your appointment	3
Enroll in My Care	3
Know where to get same-day care	4
Same-day care	4
Urgent care	4
Partner Urgent Care Locations	5
Emergency Room	5
Our Hospitals	5
Dignity Health Advanced Imaging	6
Quest Diagnostics lab services	7
Patient resources	8
By Phone	8
Online	8
Services by location	9
Our locations	10

# Your partner in health

At Dignity Health Mercy Medical Group, we believe in the healing power of humankindness. One of the ways we put that belief into practice is to provide the resources you need, including more than 550 providers in 27 locations covering primary care and 45 specialties. Yet that only tells part of the story.

We believe exceptional care means listening and guiding as well as healing. Your relationship with your primary care physician is a valuable asset in the pursuit of health and life satisfaction. The best way to begin this relationship is by making a new patient appointment, in which you meet your new doctor and discuss your medical history and wellness goals.

This brochure is designed to be a useful reference, so hold onto it. Inside you'll find basic guidance and resources for different medical situations that may occur.

## **Patient-Centered Medical Home**

Mercy Medical Group is honored to be recognized by NCQA as a Patient-Centered Medical Home (or PCMH). What does that mean? Simply put, it is a strategy for keeping patients healthy instead of just treating them when they are sick. It features primary care physicians who lead your care team, which is comprised of nurse practitioners and physician assistants (otherwise known as advanced practice providers), and other essential medical professionals. This care team will coordinate care for all aspects of your health across the different care settings—outpatient, inpatient and nursing home, if necessary.

# Awards and recognition



Excellence in Healthcare from Integrated Healthcare

Association (IHA) for delivering high quality, affordable care to California consumers

Recognized by IHA's AMP
Medicare Advantage program as a
5-Star and Most Improved provider
organization and repeat IHA
"Quality Performer" award winner<sup>1</sup>

Awarded Elite status for outstanding quality care by the America's Physician Groups (APG) Standards of Excellence Survey (repeat winner 2013–2022)<sup>2</sup>

2021: American Medical
Association (AMA) Joy in Medicine
Health System Recognition Program
award – Mercy Medical Group<sup>3</sup>

<sup>&</sup>lt;sup>1</sup> IHA: A nonprofit statewide leadership group promoting quality improvement, accountability and affordable health care in California.

<sup>2</sup> APG: The largest physician association in the country including more than 180 groups and independent practices across 29 states.

<sup>3</sup> AMA: The largest and only national association that convenes 190+ state and specialty medical societies and other critical stakeholders.



# **Primary care**

For routine checkups, or if you're not feeling well, schedule an appointment with your primary care physician's office.

#### **Virtual visits**

Many non-urgent medical visits can be conducted through a virtual visit. Our virtual visits use live, secure, HIPAA compliant video technology, allowing a safe and convenient option for accessing high-quality care from home. Call your primary care physician's office to determine if an in-person or virtual visit is best suited for your care needs.

#### Access nurse service

As an extension of our care, Mercy Medical Group provides free nurse advice services to our primary care patients (family medicine, internal medicine and pediatrics). If you have a health concern during regular business hours, you should call your doctor. If you need confidential guidance after hours, our caring professional registered nurses can help you determine whether to go to the emergency room, visit a walk-in clinic, or treat your symptoms at home. Our Access Nurse Service is available toll-free 24 hours a day, 365 days a year at (877) 944-1058.

## **Online scheduling**

Mercy Medical Group offers the convenience of online scheduling for a number of our primary care physicians, pediatricians and OB/GYNs. To access online scheduling, visit **dhmf.org/mercymedicalgroup**, and click on the *Schedule an Appointment* box.

#### Selecting a primary care physician

If you were assigned a primary care physician (PCP) through your health plan, or would like to change your PCP, please call the number on the back of your Member ID card. Finding a new PCP is easy, just visit us at **dhmf.org/mercymedicalgroup** or call us at **(916) 379-2888**.

#### Family medicine and Internal medicine providers

Family medicine doctors provide comprehensive healthcare to individuals of all ages, from infants to seniors, managing a wide range of medical conditions, while internal medicine doctors focus on the care of adults, typically specializing in complex medical diagnoses and chronic conditions.

#### **Transferring your records**

Transferring your medical records is an important step for our providers to understand your health history and serve you best going forward. Call your previous medical provider to see about obtaining your records or check their patient portal for an option to download them. You can also call your new provider to see if they will provide a *Release for Information* form. Once this form is completed, your new provider can request your medical records be sent directly to them.

# Preparing for your first appointment

Showing up to your first doctor appointment prepared allows both you and your doctor to ask the right questions and leads to a more productive appointment. The following are ways to prepare yourself before your first appointment.

- Make sure to get a copy of your medical records.
- Prepare a list of your medications. Be sure to include all prescription, over-the-counter (OTC) and allergy medications, vitamins, and supplements.
- Gather results from recent tests and screenings, including any recent blood tests, your last mammogram, etc.
- Know your family's health history. Ask your family members about chronic illnesses, diseases and other health conditions.
- Know your immunization history, including approximate dates when you received your latest immunizations as an adult.
- Bring a list of your health concerns, including symptoms or questions you have.

## **During your appointment:**

- Learn about your ability to communicate with your provider online. Ask to sign up with My Care to access your health records, schedule appointments and more.
- Request a Wellness Evaluation. Ask your doctor if you need a physical to assess your current health condition(s).
- Schedule your next visit. Be proactive! Ask your doctor when you should see them next.

# **Enroll in My Care—Dignity Health's patient portal**

My Care makes it easier than ever to securely communicate with your health provider and access or update important personal information. With the patient portal, you can:

- Search for providers and schedule appointments with ease
- Add appointments to your personal calendar and share with family members
- Access your medical records, test results and medication lists from all Dignity Health locations
- Send email messages to your providers directly
- Access online bill pay

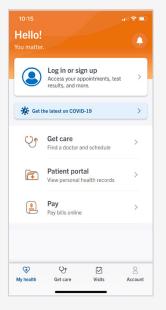
Self-enrollment is easy. Simply visit **DignityHealth.org/Enroll-Now** and fill out your information. To verify, use your medical record number. For assistance, please contact our support team at **(877) 621-8014**. Self-enrollment is not available for guardians, caregivers or patients under the age of 18 years.

## Have a smartphone?

Download the **My Care by Dignity Health** app from the App Store or Google Play.







# Know where to get same-day care

If you're not feeling well, Mercy Medical Group offers a variety of settings to get the care you need when you need it.

For same-day care during regular office hours, call your primary care physician's (PCP) office first before proceeding to a same-day care facility, as your primary care office may be able to get you in same-day. If your PCP is unable to see you, you may be referred to one of our same-day care locations. You can access care at any one of the following locations if you are unable to see your doctor immediately or are too far away from our Urgent Care in Sacramento or Express Primary Care in Roseville. In the event that you need immediate or life-saving care, proceed to an emergency room, or call 911.



Contact your PCP to see if they can offer same-day care, or for suggestions on how best to receive care.



Visit our same-day care locations for common medical conditions.



If you are unable to visit a same-day care location, go to one of our partnering urgent care locations.



If you need medical attention due to risk of life or limb, go to the nearest Emergency Room.

# Same-day Care

For conditions such as colds, the flu, and sore throats, our primary care providers offer the convenience of same-day appointments.

#### **Mercy Medical Group Urgent Care**

#### 3000 Q St.

Sacramento, CA 95816 (916) 733-3377

Monday through Friday: 7:30 a.m. to 6:30 p.m. Weekends and Holidays: 8 a.m. to 3 p.m.

#### **Dignity Health Express Primary Care**

**3980 Douglas Blvd., Ste. 110** Roseville, CA 95661 (916) 293-4400

**Monday through Friday:** 7 a.m. to 7 p.m. **Weekends and Holidays:** 8 a.m. to 5 p.m.

# **Urgent Care**

Most urgent care centers are open during regular office hours. Urgent care centers may offer x-ray, lab, and ultrasound services and can provide same-day care for these common conditions:

- Sprains, strains and minor broken bones
- Cuts and abrasions, including stitches
- Fever, colds, coughs, sore throats, sinus problems and earaches
- Nausea, vomiting, diarrhea and minor abdominal pain

- Skin allergies and rashes
- Insect and animal bites
- Minor asthma attacks
- Pink eye
- Back pain and body aches

# **Partner Urgent Care Locations**

#### **Carmichael**

All-Inclusive Medical Services - Urgent Care

5900 Coyle Ave., Ste. A (916) 332-1210

Carbon Health Urgent Care

4156 Manzanita Ave., Ste. 300 (916) 488-6337

#### **El Dorado Hills**

**MDSTAT Urgent Care** 

3860 El Dorado Hills Blvd., Ste. 303 (916) 941-9222

#### **Elk Grove**

**Elk Grove Urgent Care** 

9045 Bruceville Rd., Ste. 100 (916) 479-9110

#### **Folsom**

**Urgent Care Center of Folsom** 

1600 Creekside Dr., Ste. 1400 (916) 984-8244

# **Carbon Health Urgent Care**

1201 E. Bidwell St. (916) 920-6337

#### **Granite Bay**

**Granite Bay Urgent Care** 

5290 Douglas Blvd., Ste. 102 916-570-7265

#### Lincoln

**Lincoln Urgent Care** 

77 Lincoln Blvd., Ste 1. 9116-258-2751

#### Roseville

**Carbon Health Urgent Care** 

701 Sunrise Ave. (916) 447-6337

**MDSTAT Urgent Care** 

851 Pleasant Grove Blvd., Ste. 110 (916) 773-9222

#### **Sacramento**

**Carbon Health Urgent Care** 

4112 E. Commerce Wy. (916) 447-6337

**MDSTAT Urgent Care** 

391 Howe Ave. (916) 678-5280

Midtown Urgent Care

3000 Q St

(916) 733-3377

Natomas Urgent Care

4321 Truxel Rd. 916-947-9110

Pediatric Urgent Care of Sacramento

7601 Hospital Dr., Ste. 101B (916) 682-7777

**Sacramento Urgent Care** 

7200 S. Land Park Dr., Ste. 100 (916) 422-9110

# **Emergency Room**

With four hospitals located throughout Sacramento, you're never far from emergency expertise. When you need medical care now and you don't feel safe to wait, go to the Emergency Room for:

- Any life-threatening condition
- Loss of consciousness
- Severe bleeding
- Difficulty breathing

- Chest pain or heart attack
- Stroke, weakness or numbness on one side
- Head injury or other major trauma
- Poisoning

#### **Our Hospitals**

#### Carmichael

Mercy San Juan Medical Center

6501 Coyle Ave. (916) 537-5000

#### Folsom

Mercy Hospital of Folsom

1650 Creekside Dr. (916) 983-7400

#### Sacramento

Mercy General Hospital

4001 J St. (916) 453-4545

Methodist Hospital of Sacramento

7500 Hospital Dr.

(916) 423-3000

# **Dignity Health Advanced Imaging**

Conveniently located throughout the Sacramento region, Dignity Health Advanced Imaging partners with Mercy Medical Group to provide great choice and flexibility with access to leading-edge diagnostic imaging services.

Diagnostic x-ray services are provided within Mercy Medical Group Clinics at the following locations:

- Carmichael Mercy Physicians Plaza
- Citrus Heights
- El Dorado Hills Hawks Flight
- Elk Grove Big Horn
- Folsom Specialty Care
- Midtown
- Natomas

Learn more about Dignity Health Advanced Imaging at **dhmf.org/AdvancedImaging**.

#### **Sacramento**

3301 C St., Ste. 500 (916) 556-3300

3000 Q St. (916) 733-5342

## Roseville

2110 Professional Dr., Ste. 190 (916) 771-1450

Women's Imaging Center 1380 Lead Hill Blvd., Ste. 100 (916) 535-2030

#### **Folsom**

1635 Creekside Dr., Ste. 100 (916) 986-5200

1625 Creekside Dr., Ste. 101

(916) 986-5200

1050 Iron Point Rd. (916) 986-5230

#### **Elk Grove**

8220 Wymark Dr., Ste. 101 (916) 667-0750

#### **Carmichael**

6305 Coyle Ave. (916) 535-2000

6555 Coyle Ave., Ste. 180 (916) 536-3666

#### **Citrus Heights**

7115 Greenback Ln., 1st Floor (916) 536-3510



# **Quest Diagnostics lab services**

Mercy Medical Group accesses the network of outpatient labs operated by Quest Diagnostics. All Quest Diagnostics laboratory facilities are accredited by the College of American Pathology (CAP) and provide the same high level of care for outpatient services as is offered to patients in the hospital. If there is not a Quest Diagnostics lab in the Mercy Medical Group location where you are seeking treatment, there will be a lab nearby. For more information and to make an appointment visit QuestDiagnostics.com.

#### **Cameron Park**

3450 Palmer Dr., Ste. 7B-7 (530) 676-9273

#### Carmichael

5811 Jameson Ct. (916) 972-7048

6555 Coyle Ave., Ste. 160 **%** (916) 962-3991

6620 Coyle Ave., Ste. 100 (916) 961-1173

7423 Fair Oaks Blvd. (916) 483-2037

#### **Citrus Heights**

7115 Greenback Ln. <del>%</del> (916) 547-5909

#### **Davis**

635 Anderson Rd., Ste. 3 (530) 753-2825

2330 W. Covell Blvd. % (530) 758-2906

#### **El Dorado Hills**

4987 Golden Foothill Pkwy. Ste. 200 (916) 934-0819

#### **Elk Grove**

9281 Office Park Cir., Ste. 120 (916) 683-7062

#### Fair Oaks

5265 Sunrise Blvd. (916) 961-6182

#### Folsom

1600 Creekside Dr., Ste. 1100 (916) 984-8032

1300 E. Bidwell St., Ste. 150 (916) 983-3203

1750 Prairie City Rd., Ste. 100 (916) 351-8105

#### **Gold River**

2180 Golden Center Ln., Ste. 50 (916) 638-1858

#### **Rocklin**

2220 Sunset Blvd. (916) 415-9362

#### Roseville

151 N. Sunrise Ave., Ste. 711 (916) 781-3031

1420 E. Roseville Pkwy., Ste. 120 (916) 781-0644

8690 Sierra College Blvd., Ste. 120 (916) 788-0288

## Sacramento

2288 Auburn Blvd., Ste. 103 (916) 641-6693

#### Sacramento (continued)

65 University Ave., Ste. G6 (916) 648-0426

7248 S Land Park Dr., Ste. 120 (916) 392-4545

6029 Florin Rd., Ste. 100 (916) 428-3832

5025 J St., Ste. 103 (916) 457-6783

3941 J St., Ste. 100 **%** (916) 452-1863

8191 Timberlake Way, Ste. 300 (916) 405-6008

3000 Q St., 1st Floor **%** (916) 454-1305

3270 Arena Blvd., Ste. 505 (916) 285-0225

#### **West Sacramento**

2101 Stone Blvd., Ste. 170 (916) 372-3475

#### Woodland

1837 E. Gibson Rd., Ste. L (530) 661-9599

632 W. Gibson Rd. <del>%</del> (530) 666-7941

₩ Mercy Medical Group clinic

# **Patient resources**

## **New Patient Welcome Line**

For patients new to Dignity Health, our New Patient Welcome Line is here to help you schedule appointments, set up your patient portal, complete paperwork and more. Please call **(916) 560-0319** to get started.

Below are important phone numbers and websites that might be useful in managing your health care.

# By phone

Advice Nurse: (877) 944-1058

Our Advice Nurse service is available toll-free 24 hours a day, 365 days a year for primary care patients (family medicine, internal medicine and pediatrics).

Behavioral Health: (916) 924-6400

Or call your insurance company for alternative behavioral health providers.

Billing/Customer Service: (866) 803-1774

Advanced Imaging Scheduling: (916) 434-7600

Member Services: (916) 379-2888

Member Services offers assistance to patients including referral questions, transportation options, patient advocacy and more.

My Care Support team: (877) 621-8014

## **Online**

#### **Find a Doctor**

Visit **dhmf.org/mercymedicalgroup** and click on the *Find a Doctor* button on the top right of the home page to search and learn about our different providers.

#### **Patient resources**

Visit **dhmf.org/mercymedicalgroup** and click on *Patient Resources* for details including insurance accepted, billing, new patient information, phone directory, referrals and authorizations and more.

## **Laboratory services**

Quest Diagnostics lab services located throughout Greater Sacramento and on-site at many of our clinics. Visit **QuestDiagnostics.com** for detailed location information.

# **Services by location**

	Cameron Park	Carmichael - Mercy Cancer Center	Carmichael – Mercy Physicians Plaza	Citrus Heights	East Sacramento - Mercy Medical Plaza	El Dorado Hills	Elk Grove – Big Horn	Elk Grove – Wymark	Folsom – Creekside	Folsom – OB/GYN	Folsom – Primary Care	Folsom – Specialty Care	Gold River	Grass Valley	Midtown	Natomas	Rocklin	Roseville	Sacramento - Behavioral Health	Sacramento – Mercy Cancer Center	South Sacramento
Allergy				•			•					•			•		-				
Audiology			•				•								•						
Behavioral Health																					
Cardiology			•				•							•	•		•				
Cardiovascular Surgery																					
Dermatology				•		•		•							•						
Diabetes & Nutrition Services				•			-								-						
Endocrinology				•			-					-			-						
Family Medicine				•		•	•	•			•				•	•	-	•			
Gastroenterology			•					•	•			•			•						
General Surgery			•					•				•									
Geriatrics				•				•							•						
Gynecologic Oncology			•																		
Hematology/Oncology			•				-		-			•					-				
Infectious Disease					-																
Internal Medicine	•			•				•							•	•		•			•
Nephrology			•				•								•						
Neurology			•					•	•			•			•						
Neurosurgery			•												•						
Obstetrics & Gynecology						•		•		•		•				•					•
Occupational Medicine							•					•			•						
Ophthalmology				•								•			•						
Optometry				•			•					•			•						
Orthopedics/Sports Medicine			•					•				•			•						
Otolaryngology (ENT)			•				•								•						
Pain Management				•											•						
Pediatrics				•		•		•							•	•					
Physical Medicine & Rehab			•												•						
Plastic Surgery												•	•		•						
Podiatry			•					•				•			-						
Psychiatry																			•		
Pulmonology/Critical Care			•												-						
Radiation Oncology		•																		•	
Rheumatology				•								-			-		-				
Thoracic Surgery			•												•					•	
Same-Day Care															•			•			
Surgical Oncology									-											•	
Urology			•						-						•						
Vascular/Endovascular Surgery			•												-						

# **Our locations**

#### **Cameron Park**

1 CAMERON PARK 3427 Robin Ln., Ste. 100 (530) 676-7337

#### **Carmichael**

2 CARMICHAEL – MERCY CANCER CENTER 6511 Coyle Ave.

Medical Oncology/Hematology Oncology, Thoracic Oncology (916) 735-4668

**Gynecologic Oncology** (916) 631-0019

Radiation Oncology (916) 863-8700

- 3 CARMICHAEL MERCY PHYSICIANS PLAZA 6555 Coyle Ave. (916) 536-3500
- 4 MERCY SAN JUAN MEDICAL CENTER 6501 Coyle Ave. (916) 537-5000

# **Citrus Heights**

5 CITRUS HEIGHTS 7115 Greenback Ln. (916) 733-3333

#### **El Dorado Hills**

6 EL DORADO HILLS 1264 Hawks Flight Ct., Ste. 100 (916) 939-8400

#### **Elk Grove**

- 7 ELK GROVE BIG HORN 9394 Big Horn Blvd. (916) 691-8500
- 8 ELK GROVE WYMARK 8220 Wymark Dr. (916) 667-0600

#### **Folsom**

- 9 FOLSOM CREEKSIDE 1561 Creekside Dr. Specialty Care Ste. 170, (916) 351-4825
- 1735 Prairie City Rd. (916) 983-3500
- 1700 Prairie City Rd. (916) 351-4800
- POLSOM SPECIALTY CARE 1730 Prairie City Rd. (916) 351-4800
- MERCY HOSPITAL OF FOLSOM 1650 Creekside Dr. (916) 983-7400

#### **Gold River**

GOLD RIVER 2200 Sunrise Blvd.

> **Plastic Surgery** Ste. 250 (916) 536-2400

## Rancho Cordova

CHILDREN'S CENTER
9837 Folsom Blvd., Ste. F
(916) 450-2600

#### Rocklin

6 ROCKLIN 550 W. Ranch View Dr. Ste. 3000 (916) 409-1400

## Roseville

- ROSEVILLE 2110 Professional Dr., Ste. 120 (916) 536-2500
- (916) 293-4400

#### Sacramento

- CHILDREN'S CENTER SOUTH 6615 Valley Hi Dr., Ste. A (916) 450-2650
- EAST SACRAMENTO MERCY MEDICAL PLAZA 3939 & 3941 J St.

Cardiac Surgery

Ste. 270, (916) 733-6850

Cardiology

Ste. 230, (916) 453-2640 Ste. 260, (916) 736-2323

Electrophysiology

Ste. 350, (916) 453-2500

**Nuclear Department** 

Ste. 364, (916) 453-2669

Ob/Gyn

Ste. 330, (916) 733-3350

21 SACRAMENTO – MERCY CANCER CENTER – 3301 C St., Ste. 550

Radiation Oncology (916) 556-3131

Infusion, Hematology, Oncology (916) 733-5300

- MERCY GENERAL HOSPITAL 4001 J St. (844) 934-0300
- 3 METHODIST HOSPITAL OF SACRAMENTO 7500 Hospital Dr. (844) 230-1873
- MIDTOWN 3000 Q St. (916) 733-3333
- 25 NATOMAS 4400 Duckhorn Dr., Ste. 100 (916) 575-8000



Notes	

