

Finding the right care for you

Your doctor can refer you to a specialist when needed. WHA members have Advantage Referral (mywha.org/referral) to give them more choices for choosing specialty care. For same-day care during regular office hours, call your doctor's office or check if your medical group has Express Primary Care or when needed, urgent care. If you have a life-threatening emergency, call 911 for your nearest hospital.

Schedule an in-person appointment

With an HMO, your primary care provider (PCP) is usually your first contact when you need care. Visit your PCP for:

- * Annual wellness visits
- * Chronic conditions
- * Routine screenings
- * Lingering pain
- * Sports physicals
- * Unusual body changes
- * Vaccinations

Schedule virtual visit

A virtual visit can be a convenient way to get care for some conditions. Call your doctor to see if you can schedule a call/video without a trip to the office.

- * Allergies
- * Bug bites
- * Cold, sinus infection, or sore throat
- * Influenza (the flu)
- * Lab results
- * Medication management
- * Nausea

Check with your medical group or PCP on what virtual options are available.

Urgent Care

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

- * Eye or ear infections
- * Cuts and burns
- * Urinary tract infection (UTI)
- * STI testing
- * Sprains or muscle strains
- * Minor sports injuries

WHA offers virtual urgent care 24/7 at mywha.org/Teladoc.

Emergency Care

Call 911 for life-threatening injuries or illness. Go to the nearest ER for the following:

- * Difficulty breathing
- * Severe burns
- * Poisoning
- * Severe bleeding
- * Broken bones
- * Seizures
- * Fainting or blacking out
- * Chest pains or pressure

WHA Members Virtual Care (anywhere/anytime)

- * **24/7 Nurse Advice line** at 888.656.3574 (toll-free); hearing-impaired members may dial in by calling 711
- * **Teladoc virtual urgent care** is available by secure phone/video by calling 1.800.Teladoc (800.835.2362)

Go to mywha.org/directory to search for the most updated in-network facilities, including urgent care centers, pharmacies, and clinic providers.

Urgent Care Centers

Below is a list of urgent care centers in the Sacramento region.* WHA members can go to mywha.org/directory to search for the most updated in-network facilities, pharmacies, and clinical providers. Choose an urgent care center based on your PCP's medical group affiliation.



CARMICHAEL	AIMS Clinic	5900 Coyle Ave, Ste B	Daily, 8 am – 8 pm	916.515.8855
	Carbon Health	4156 Manzanita Ave	Daily, 8 am – 6 pm	916.488.6337
DAVIS	Davis Urgent Care	4515 Fermi Pl, Ste 105	Daily, 9 am – 9 pm	530.759.9110
EL DORADO HILLS	MDSTAT Urgent Care	3860 El Dorado Hills Blvd, Ste 601	Daily, 9 am – 9 pm	916.941.9222
ELK GROVE	Elk Grove Urgent Care	9045 Bruceville Rd, Ste 100	Daily, 9 am – 9 pm	916.479.9110
	Trinity Urgent Care & Occupational Health	7811 Laguna Blvd, Ste 161	Daily, 9 am – 9 pm	916.877.7778
FOLSOM	Carbon Health	1201 E Bidwell St	Daily, 8 am – 6 pm	916.920.6337
	Folsom Urgent Care Center	1600 Creekside Dr, Ste 1400	Daily, 9 am – 9 pm	916.984.8244
GRASS VALLEY	Western Sierra Medical Clinic	844 Old Tunnel Rd	Mon-Fri, 8:15 am – 7 pm Sat-Sun, 10 am – 6 pm	530.274.9762
NATOMAS	Carbon Health	4112 E Commerce Wy	Daily, 8 am – 6 pm	916.538.5821
	Natomas Urgent Care	4321 Truxel Rd, Ste F3	Daily, 9 am – 9 pm	916.947.9110
ORANGEVALE	American River Urgent Care	9490 Madison Ave, Ste 100	Mon-Fri, 9 am – 7 pm Sat-Sun, 9 am – 3 pm	916.354.5089
PLACER	Granite Bay Urgent Care	5290 Douglas Blvd, Ste 102	Mon-Sat, 8 am – 8 pm Sun, 9 am – 5 pm	916.570.7265
ROCKLIN	Turnure Medical Group Urgent Care	6805 Five Star Blvd, Ste 100	Mon-Fri, 11 am – 8 pm Sat, 9 am – 6 pm	916.632.7425
ROSEVILLE	MD Stat Urgent Care	851 Pleasant Grove Blvd, Ste 110	Daily, 9 am – 9 pm	916.773.9222
	Carbon Health	701 Sunrise Ave	Daily, 8 am – 6 pm	916.772.6337
SACRAMENTO	Pediatric Urgent Care of Sacramento	7601 Hospital Dr, Ste 101	Mon-Fri, 6 pm – 10 pm Sat-Sun, 10 am – 10 pm	916.682.7777
	Sacramento Urgent Care	7200 S Land Park, Ste 100	Daily, 9 am – 9 pm	916.422.9110
	West Sacramento Urgent Care	2455 Jefferson Blvd, Ste 100	Daily, 9 am – 9 pm	916.238.6865



Dignity Health Urgent Care – East Woodland
Dignity Health Urgent Care – Midtown Sacramento
Dignity Health Express Primary Care
All-Inclusive Medical Services – Urgent Care
Davis Urgent Care
MD Stat Urgent Care
Elk Grove Urgent Care
Folsom Urgent Care

Carbon Health Urgent Care
Lincoln Urgent Care
Granite Bay Urgent Care
Natomas Urgent Care
Sacramento Urgent Care
Pediatric Urgent Care Center
Jovive Urgent Care



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

If your condition is potentially life-threatening, call 911 or go to the nearest hospital. Call for holiday hours.