



Community Based Organization Clinic Care & Urgent Care Clinics in Alameda County

Community Based Organization (CBO) Care:

- For **long term and continuation** of medical care, **needing a Primary Care Physician (PCP)** and establishment at a healthcare clinic for **non-emergency medical services**.
- CBO registration is about 3-4 weeks out for an appointment, this is to speak with an HSS specialist to create a medical chart for a new patient or help with renewal of establishment or health insurance renewal.
- If case/contact cannot wait for registration appt and is having an urgent medical need and cannot wait for DCCA or RN advice call, then advise to seek care at either a County Hospital ex. Highland Hospital or San Leandro Hospital.
- **Benefits of having PCP:** access to telehealth appts with PCP, vaccinations, screening/ testing, medications, referrals to specialists, referrals to Case Manager/ Social Worker, work exclusion letters/medical clearance letters, and triage advice by RN.
- Can be self-pay on sliding scale if found eligible for clinic discount or insurance can be used if appropriate to site ex. PPO or HMO; no private insurance- if case/contact has private insurance then have them call their member services for PCP linkage

Facility Name	Phone Number	Location/Website	Additional Notes
<i>Berkeley</i>			
Lifelong Medical Care	510-981-4100	2344 6th St. Berkeley	Medi-Cal, Health PAC, FamilyPACT
<i>Fremont</i>			
Bay Area Community Health	(510) 770-8040	39500 Liberty St. Fremont	Medi-Cal, Health PAC, FamilyPACT
<i>Hayward</i>			
Alameda Health Systems (Hayward Wellness)	(510)266- 1700	664 Southland Mall Dr. Hayward	
Tiburcio Vazquez Health Center	(510)471-5880	22331 Mission Blvd. Hayward	



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Livermore			
Axis Community Health	(925) 462-1755	3311 Pacific Ave. Livermore	
Newark			
Alameda Health Systems (Newark)	(510) 505-1600	6066 Civic Terrace Ave. Newark	
Oakland			
Alameda Health Systems (Highland Hospital)	(510)437-8500	1411 East 31st St. Oakland	
Alameda Health Systems (Eastmont Wellness Center)	(510)567-5700	6955 Foothill Blvd. Suite 200 Oakland	
Asian Health Services	(510) 986-6880	818 Webster St. Oakland	
Asian Health Service (Frank Kiang Medical Center)	(510)735-3888	250 East 18th St. 2nd floor Oakland	
East Oakland Health Center	(510)430-9401	7450 International Blvd. Oakland	East Oakland Health Center
La Clinica de la Raza - Transit Village	(510) 535-3500	3451 E. 12th St. Oakland	
La Clinica de La Raza-Clinica Alta Vista	(510) 535-6300	1515 Fruitvale Ave. Oakland	
La Clinica de la Raza -San Antonio Neighborhood Health Center	(510) 238- 5462	1030 International Blvd. Oakland	
Lifelong Medical Care (East Oakland)	510) 981-4100	10700 MacArthur Blvd. Suite 14b Oakland	



**Alameda County Health Care Services Agency
Public Health Department**

www.acphd.org

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**Colleen Chawla, Director
Kimi Watkins-Tartt, Director
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Lifelong Medical Care (Downtown Oakland)	(510) 981-4100	616 16th St. Oakland	
Native American Health Center	(510) 535-4400	3124 International Blvd. Oakland	
West Oakland Health Center	(510) 835- 9610	700 Adeline St. Oakland	
Pleasanton			
Axis Community Health- Pleasanton	(925) 462-1755	4361 Railroad Ave. Pleasanton	
Union City			
Tiburcio Vazquez Health Center- Union City	(510) 471-5880/ (510) 471-5907	33255 9th St. Union City	
<i>Health Insurance Enrollment</i>	<i>Phone Number</i>	<i>Address</i>	<i>Additional Notes</i>
Alameda County Social Services- Enterprise Office	(510) 777-2300/ (510)263-2420	8477 Enterprise Way Oakland	Medi-Cal
Alameda County Social Services- Eden Multi-Service Center	(510) 670-6000	24100 Amador Street, Suite 250 Hayward	Medi-Cal
Alameda County Social Services - Fremont/ Family Resource Center	(510) 795-2428/ (510) 574-2000	39155 Liberty St Ste C330 Fremont	Medi-Cal
Alameda County Social Services- Livermore Outstation	(925) 455-0747	2499 Constitution Dr. Livermore	Medi-Cal
<i>Health Insurance Information</i>	<i>Phone Number</i>	<i>Address</i>	<i>Agency</i>
Health Care Services Agency- Health Insurance Enrollment	1-800-422-9495	1000 San Leandro Blvd. Suite 300 San Leandro	Medi-Cal, Health PAC, Kaiser Child Health
Health PAC	1-877-879-9633	HealthPACCustomerService@acgov.org County program for residents ineligible for MediCal	Alameda County Health Care Services
Alliance Group Care /IHSS	(510)577-3551		Public Authority



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Unemployment & COBRA	1-866-444-3272		Employee Benefits Security Administration
Medicare	1-800-772-1213	Check website for limited in-person services. Appointments taken on phone or online www.socialsecurity.gov	Social Security Administration
Health Insurance Counseling and Advocacy Program (HICAP)	(510)839-0393	Virtual meetings for MediCare information	

Urgent Care Clinic:

- For **short term access to health provider**, yet **immediate medical access** that does **not** require surgical procedure or equipment.
- Typically used for: allergies, asthma, nausea, diarrhea, earache, UTI, STD testing, Covid testing, ankle sprain, cuts, small wounds, rash, eye irritation
- Sites vary with self-pay consult rate and some due take insurance.

Facility Name	Phone Number	Location/Website	Additional Notes
Berkeley			
Berkeley Free Clinic	(510) 548-2570	2339 Durant Ave. Berkeley	Services modified due to COVID. Limited in person services. All services free of charge, recommended to call prior to arriving. Services offered over the phone STI, TB, Hep counseling and screening. Assistance with local resource navigation. Peer counseling M-F 6:30pm-8:30 pm. For more info and scheduling visit www.berkeleyfreeclinic.org/
Carbon Health	(510) 686-3621 (Berkeley)	Telegraph Ave. #Suite 100, Berkeley	Primary care: 9am-5pm, Urgent Care: 9am-7pm (Everyday), COVID Testing: 9am- 7pm (everyday)
John Muir Health Urgent Care	(510) 985-5000	3100 San Pablo Ave. Suite 300, Berkeley	Open M-F 8am-8pm & Sat/Sun 8am-2pm. Joint and muscle pain rash, abdominal pain (mild to moderate), urination concerns,



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			headache (mild to moderate), minor cuts, ear pain, sore throat and sinus pain, cough and fever. Any health insurance can be used and self-pay.
Sutter Berkeley Urgent Care	(510) 204-5514	2500 Milvia St. Berkeley	Urgent Care Hours: Mon-Sun 8am- 5pm. Services: Diabetes Services, Pediatric Services. Urgent care services for non-life-threatening illnesses and injuries.
Livermore			
STAT MED Urgent Care	(925) 828-9211 or teledem line: (844) 782-8633	4464 First St. Livermore	Located in Arroyo Park shopping center. Open 7 days a week, M-F 9am to 5pm. Sat/Sun 9am-3pm. Appts preferred for in person/ Walk-ins OK; COVID tests need appt; consults \$175, Covid test \$125;
Oakland			
Carbon Health	(510) 844-4097	411 Grand Ave. Oakland	Urgent Care: Mon-Sun, from 8am - 6pm. Primary Care open Mon-Fri from 9am-5pm. Coronavirus Testing (everyday) 8am - 6pm. Same Day Appointment, Clinic Services: vaccination, in house-lab tests and x-rays, prescription delivery option, chronic disease management Commonly Treat: Urinary Tract Infection symptoms, abdominal pain rash and pain.
City Health Urgent Care	(510)-984-2489	13690 E 14th St. Suite 100 San Leandro	Open Mon-Sun from 9am-5pm for urgent care/ walk-ins. New patient \$175 for consult, established \$150, Follow up \$110, Telemedicine \$150. Need valid US identification for free COVID testing.
Concentra Urgent Care	(510) 465-9565	384 Embarcadero West, Oakland	Medical Center & Physical Therapy hours: M-F 9am-5pm. Offer workers comp injury treatment, injury treatment, physical therapy, occupational, health services, drug screening, physicals, immigration physicals, urgent care, biometric testing. We accept most insurance plans, cash, check, and all major credit cards. We offer online bill pay, if you receive additional bills from your visit.
Dignity Health Urgent Care	(415)-432-7899	3900 Piedmont Ave. Oakland	Open M-F 8am-8pm. Sat/Sun 9am-5pm. Walk-ins okay, \$210 for a virtual visit, and \$250 for an on-site visit.



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			https://www.gohealthuc.com/bayarea/san-francisco/piedmont-ave
LG Mini Clinic	(510) 479-1313	1416 35th Ave. CA Oakland	Open M-T-TH 10am-5pm & Saturdays 9:30am-5pm. Closed W, F, & Sun. Walk-ins and urgent care available. Consultations starts at \$85.
Sutter Walk-In Care Oakland	(800) 972-5547	5095 Telegraph Ave, Suite B Oakland	Open Mon-Sun 8am -8pm, Primary Care Services- self pay for consult \$129, vaccines \$125-273, and screenings: \$90. Also take some insurances; Holiday Hours: 8:00 am – 2:00 pm, Holidays Observed: Independence Day, Christmas Eve and New Year's Eve; Closed: Thanksgiving and Christmas
Terra Nova Medical Group	(510) 534-5331	3608 International Blvd. Oakland	Open M-T-Th-F 9am-5pm; Closed on Wednesdays & Sundays. Open two Saturdays a month, call to for dates. No insurance, consults \$80 plus any medications needed, cash preferred.

Hospital:

- If uninsured/ undocumented, advise of County Hospital ex. Highland Hospital in Oakland and San Leandro Hospital; if case has private insurance ex. Kaiser, Sutter Health, John Muir direct them to that ER; if case/contact is in serve trauma/unconsciousness stay on the line and call 9-11 for assistance
- Hospitals are used for **immediate health care**: severe trauma, need of immediate surgery, heart attack, strokes, SOB, chest pain, numbness of face or extremities
- County hospitals have financial advisors/ case workers that can help enroll uninsured patients to health care coverage or County program like: HealthPAC; County hospitals can occasionally also offer pro-bono care at no charge to the patient but is not a guarantee



UC vs. ER

Knowing when to go to Urgent Care or the ER can be confusing. And when accidents happen or sickness strikes, deciding where to go for help in the moment can be hard. The most important thing is to get the right care, from the right place.

 Strains or sprains	 Cuts that need stitches	 Heart Attack symptoms	 Chest Pain or heaviness
 Rash or allergic reaction	 Cold or Flu (cough or sore throat)	 Symptoms of Stroke	 Broken Bones or dislocations
 Eye Irritation or redness	 Shortness of Breath	 Adventist Health Urgent Care is quick and convenient, with multiple locations in the Portland area. Get the care you need from providers you can trust.	
		 The Emergency Department at Adventist Health is the fastest in the Portland metro area, with the shortest wait times to see a provider.	