

URGENT CARE LOCATIONS

- Carson**
21501 South Avalon Blvd., Suite 100
(entrance at rear of the campus)
Monday - Friday 8am - 7pm
310-835-9227
- Canoga Park**
20905 Sherman Way
Monday - Friday 9am - 6pm,
Saturday and Sunday 9am - 5pm
818-564-4961
- Manhattan Beach**
1010 N. Sepulveda Blvd.
(at Manhattan Beach Blvd. and N. Sepulveda Blvd.) Monday - Friday 8am - 7pm,
Saturday and Sunday 9am - 5pm
310-376-6262
- Reseda**
6830 Reseda Blvd.
Monday - Friday 9am - 6pm,
Saturday 9am -5pm, Sunday 9am - 3pm
818-996-4888
- San Pedro**
1499 W. First St. (at S. Western Ave. and W. First St) Monday - Friday 8am - 7pm
310-241-2590
- Santa Clarita**
24035 Newhall Ranch Rd.
Monday - Friday 8am - 8pm,
Saturday and Sunday 9am - 3pm
661-291-3444
- Torrance**
2382 Crenshaw Blvd., Suite 5 (at Crenshaw and Sepulveda Blvd.) Monday - Friday 8am - 7pm,
Saturday and Sunday 9am - 5pm
310-618-9200

Exer More Than Urgent Care® Locations
Visit Providence.org to find hours by location.

- Calabasas**
26777 Agoura Rd.
818-880-2225
- Los Angeles – Culver City**
8985 Venice Blvd
424-502-1020
- Los Angeles – Playa Vista**
6020 Seabluff Drive
310-862-0400
- Los Angeles – Westwood**
2090 Westwood Blvd.
213-814-4070
- Manhattan Beach**
3215 North Sepulveda Blvd.
424-295-0540
- Marina Del Rey**
4730 Lincoln Blvd.
424-352-0371
- Newbury Park**
701 N Wendy Dr.
805-375-4400
- Northridge**
19436 Nordoff St.
818-727-2040

- Redondo Beach**
725 South Pacific Coast Highway
424-296-3100
- Rolling Hills Estate**
395 Silver Spur Road
424-323-3500
- Santa Clarita**
14550 Soledad Canyon Road
661-488-7402
- Sherman Oaks**
13303 Riverside Drive
818-722-3230
- Stevenson Ranch**
25548 The Old Road
661-556-9020
- Tarzana**
18700 Ventura Blvd.
747-307-3323
- Torrance**
2613 Pacific Coast Highway
424-625-0220
- West Hills**
6440 Platt Avenue
818-946-1103

HOSPITAL LOCATIONS

- Providence Little Company of Mary Medical Center San Pedro**
1300 7th St.
San Pedro, CA 90732
310-832-3311
- Providence Little Company of Mary Medical Center Torrance**
4101 Torrance Blvd.
Torrance, CA 90503
310-540-7676
- Providence Saint Joseph Medical Center**
501 S. Buena Vista St.
Burbank, CA 91505
818-843-5111
- Providence Holy Cross Medical Center**
15031 Rinaldi St.
Mission Hills, CA 91345
818-365-8051
- Providence Saint John’s Health Center**
2121 Santa Monica Blvd.
Santa Monica, CA 90404
310-829-5511
- Providence Cedars-Sinai Tarzana Medical Center**
18321 Clark St.
Tarzana, CA 91356
818-881-0800

You have
options for
your care



P.A.U.S.E. Plan

Primary Care Support

Call your primary care provider when you are experiencing any health concerns. Same day appointments often available.

Primary Contact: (_____) _____ - _____

After Hours Support

If you are experiencing a health concern when our clinics are closed, call your primary care physician to get advice on where to go for care.

Urgent Care Support

Our Urgent Care clinics can see you with an appointment when you can't get into your Primary Care Provider. X-rays are available. Reserve your spot online to avoid a wait:
[ProvidenceMedicalAssociates.org/urgent-care](https://www.providencemedicalassociates.org/urgent-care)

Urgent Care near you: _____

Phone: (_____) _____ - _____

Support Team

If you don't know what to do, you have a Support Team to call or log onto your MyChart account.

Your Team Member: _____

Phone: (_____) _____ - _____

Emergency Care

If you are experiencing a medical emergency for a life threatening condition with severe symptoms, please call 911! When not an emergency, please PAUSE and review your options above.

PRIMARY CARE



- Cost-effective care for acute/chronic conditions and preventive care.
- Same day appointments often available.

LOW COST OPTION

VIRTUAL VISIT



- Flexible, online visits for minor medical concerns by appointment.
- Use your MyChart account to make virtual visits and ask questions to your Support Team

LOW COST OPTION

URGENT CARE



- Immediate medical care for non-life threatening ailments when primary-care physician is unavailable.
- No appointment needed.

MEDIUM COST OPTION

EMERGENCY ROOM



- Life-threatening conditions.
- Severe symptoms that occur suddenly and unexpectedly.

HIGH COST OPTION

	PRIMARY CARE	VIRTUAL VISIT	URGENT CARE	EMERGENCY ROOM
COST	\$	\$	\$\$	\$\$\$\$
ALLERGIC REACTION/HIVES	.		.	.
ANIMAL/INSECT BITES	.	.	.	
BLADDER INFECTION	.	.	.	
BLURRED VISION	.		.	.
BROKEN BONES	.		.	
CHEST PAIN	.		.	.
COLD & FLU SYMPTOMS	.	.	.	
CONCUSSION	.		.	.
DIFFICULTY BREATHING	.		.	.
DIGITAL X-RAYS	.		.	.
DIZZINESS	.		.	.
EAR PAIN/INFECTION	.	.	.	
FAINTING	.		.	.
FEVER	.	.	.	
FOREIGN BODY IN EAR/NOSE	.		.	.
HIGH BLOOD PRESSURE	.	.	.	
MILD ASTHMA	.		.	
MINOR CUTS/BURNS	.	.	.	
NAUSEA/VOMITING/DIARRHEA	.		.	.
PINK EYE	.	.	.	
POISON INGESTION			.	.
SEASONAL ALLERGIES	.	.	.	
SEIZURES				.
SEVERE BLEEDING			.	.
SINUS INFECTION	.	.	.	
SKIN RASH	.	.	.	
SPRAINS	.		.	
STITCHES	.		.	.
STOMACH PAIN	.		.	.
STREP THROAT	.	.	.	
SUDDEN LOSS OF VISION				.
VACCINATIONS	.		.	
YEAST INFECTION	.	.	.	

