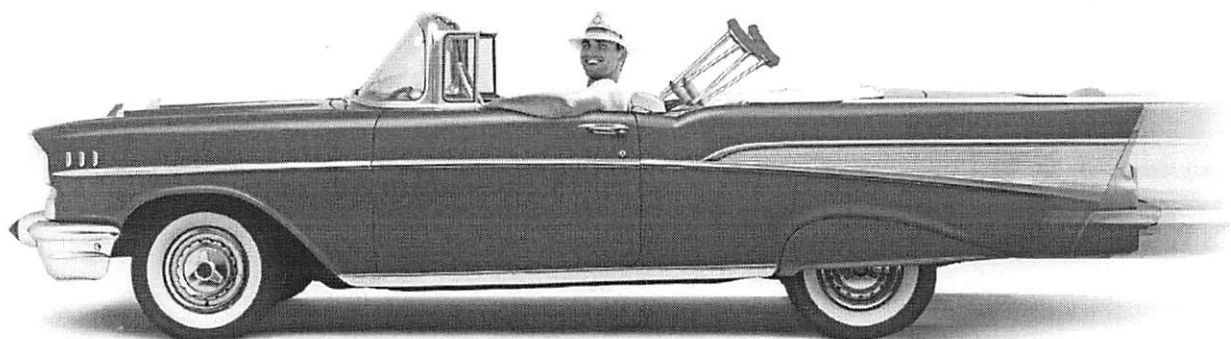


An urgent care center can get you back on the road *faster!*



Why sit idle in the ER? Visit your nearest urgent care center instead.

While the average wait at a California ER can be over four hours,
urgent care wait times are usually under an hour.

POS members: You are able to access care within your HMO (level 1) and PPO (level 2) benefits.

To access your HMO (level 1) benefits, always call your doctor's office before visiting an urgent care center. If you receive care at an urgent care center that is not affiliated with your doctor's medical group or Independent Practice Association (IPA), your HMO plan may not cover the services you receive. It is always a good idea to know where your urgent care center is **BEFORE** you need to go.

Check the back of this flier for a listing of the local urgent care centers affiliated with **Choice Medical Group – Apple Valley** and **Heritage Victor Valley** as of May 2015. For the most current information, visit blueshieldca.com/ucc.

If you feel you're experiencing an emergency,
call 911 immediately or go to the nearest emergency room.

Choice Medical Group – Apple Valley

Dr. Mike's Walk In Clinic
12143 Navajo Road
Apple Valley, CA 92308
(760) 240-1144
M-F: 8 a.m. to 8 p.m.
Sat: 10 a.m. to 5 p.m.
Sun: 10 a.m. to 5 p.m.

Dr. Mike's Walk In Clinic
15626 Hesperia Road
Victorville, CA 92395
(760) 952-0244
M-F: 9 a.m. to 6 p.m.
Sat: 10 a.m. to 5 p.m.
Sun: 10 a.m. to 5 p.m.

Dr. Mike's Walk In Clinic
15791 Bear Valley Road
Hesperia, CA 92345
(760) 949-1231
M-F: Open 24/7
Sat: Open 24/7
Sun: Open 24/7

Dr. Mike's Walk In Clinic
716 E. Main Street
Barstow, CA 92311
(760) 256-6426
M-F: 8 a.m. to 8 p.m.
Sat: 10 a.m. to 5 p.m.
Sun: 10 a.m. to 5 p.m.

Friendly Medical Center
15462 Main Street
Hesperia, CA 92345
(760) 949-7000
M,T,F: 9 a.m. to 4 p.m.
(Lunch from 12 p.m.-1 p.m.)
W,Th: 9 a.m. to 12 p.m.
Sat-Sun: Closed

The Meridian UC and Occupational Health Center Inc.
18522 Hwy 18, Suite 102
Apple Valley, CA 92307
(760) 242-7707
M-F: 8 a.m. to 8 p.m.
Sat-Sun: 9 a.m. to 5 p.m.

The Meridian UC and Occupational Health Center Inc.
1301 E. Main Street
Barstow, CA 92311
(760) 255-3200
M-F: 9 a.m. to 5 p.m.
Sat-Sun: 9 a.m. to 3 p.m.

The Meridian UC and Occupational Health Center Inc.
12821 Main Street, Suite 140
Hesperia, CA 92345
(760) 949-2500
M-F: 8 a.m. to 8 p.m.
Sat-Sun: 9 a.m. to 5 p.m.

Town Center Plaza Urgent Care
19015 Town Center Drive, Suite 102
Apple Valley, CA 92308
(760) 247-0581
M-F: 8 a.m. to 6 p.m.
Sat: 9 a.m. to 2 p.m.
Sun: Closed

Heritage Victor Valley

Dr. Ho's Urgent Care
15201 11th Street, Suite 100
Victorville, CA 92395
(760) 962-1028
M-F: 9 a.m. to 8 p.m. (Lunch from 12:30 to 2:30 p.m.)
Sat: 9 a.m. to 2 p.m.
Sun: Closed

Dr. Mike's Walk In Clinic
12143 Navajo Road
Apple Valley, CA 92308
(760) 240-1144
M-F: 8 a.m. to 8 p.m.
Sat: 10 a.m. to 5 p.m.
Sun: 10 a.m. to 5 p.m.

Dr. Mike's Walk In Clinic
15791 Bear Valley Road
Hesperia, CA 92345
(760) 949-1231
M-F: Open 24/7
Sat: Open 24/7
Sun: Open 24/7

Dr. Mike's Walk In Clinic
716 E. Main Street
Barstow, CA 92311
(760) 256-6426
M-F: 8 a.m. to 8 p.m.
Sat: 10 a.m. to 5 p.m.
Sun: 10 a.m. to 5 p.m.

Heritage Urgent Care Center
12370 Hesperia Road, Suite 15
Victorville, CA 92395
(760) 261-5292
M-F: 7 a.m. to 11 p.m.
Sat-Sun: 8:30 a.m. to 8:30 p.m.

The Meridian UC and Occupational Health Center Inc.
1301 E. Main Street
Barstow, CA 92311
(760) 255-3200
M-F: 9 a.m. to 7 p.m.
Sat-Sun: Closed

Michael Vizcarra, M.D.
11919 Hesperia Road
Hesperia, CA 92345
(760) 948-1454
M-F: 9 a.m. to 9 p.m.
Sat: 9 a.m. to 5 p.m.
Sun: 1 p.m. to 5 p.m.

Urgent Care – Big Bear
41949 Big Bear Blvd.
Big Bear Lake, CA 92315
(909) 878-3696
M-F: 9 a.m. to 5 p.m.
Sat-Sun: 10 a.m. to 4 p.m.
(Closed last Sunday of the month)

Heritage may only go to
Heritage Urgent Cares

If your medical group is **Premier**
or Alliance we are currently
waiting on Blue Shield to
provide us with a list of Urgent
Cares that will take our Medical
Group.

If your group is not listed
please let me know
immediately.

Jennifer Longueira

760-662-3975 call or text

jlongueira@vvuhsd.org