#### **Urgent Care Centers Locations and Hours**

Brentwood 2400 Balfour Road, Suite #120 Brentwood, CA 94513 (925) 308-8111

San Ramon 2305 Camino Ramon, Suite 100 at Bishop Ranch 11, San Ramon, CA 94583 (925) 866-8050

Concord 2700 Grant St., Suite 110 Concord, CA (925) 674-2500

Walnut Creek 1455 Montego Way, Suite 205 Walnut Creek, CA 94598 (925) 939-4444

MONDAY - FRIDAY:
9:00 a.m. - 9:00 p.m.

SATURDAY AND SUNDAY:
9:00 a.m. - 5:00 p.m.

HOLIDAY HOURS:
9:00 a.m. - 3:00 p.m.

To provide the best service to you and to minimize your wait time, we strongly encourage you to call our office prior to your visit. Our staff will provide you with a same-day or next-day appointment at one of our four convenient locations. We do accept walk-in patients, but they may experience longer delays.

# Urgent Care Services





johnmuirhealth.com

Injuries and illness don't always happen weekdays between 9 and 5.

Many times, things happen on weeknights and over the weekend and you need to see a doctor right away. At John Muir Health, you can avoid a long wait in a crowded hospital emergency room if the illness or injury isn't too severe. We make it easy for you to access one of our four Urgent Care Centers seven days a week, including holidays. In addition to weekday hours, each center offers evening and weekend hours. And, they're located within John Muir Health doctor's offices so you can count on high quality, compassionate care at whichever location you visit.

#### When to go where

The seriousness and nature of your illness or injury determines where you should seek care. At John Muir Health Urgent Care Centers, we offer primary care services — including pediatric care — for many urgent, non-life threatening medical symptoms.

If you are concerned that your condition may be an emergency please call your personal physician, call 911 or go to the nearest emergency room.

## Visit an Urgent Care Center if you have mild to moderate symptoms such as:

- Joint and muscle pain
- Rash
- Abdominal pain (mild to moderate)
- Burning with urination
- Headache (mild to moderate)
- Minor cuts
- Ear pain
- Sore throat and sinus pain
- Cough and fever

### Go directly to an emergency room if you have severe conditions such as:

- Difficulty in breathing
- Unconsciousness
- Severe bleeding
- Poisoning or suspected poisoning
- Chest pain or pressure
- Moderate to severe burns
- Convulsions or seizures
- Serious head, neck, or back injury
- Loss of limb or broken bone

### Make an appointment with your primary care doctor for conditions such as:

- Chronic pain
- Chronic disease management
- Physicals

If you don't have a primary care doctor and would like one, please visit **johnmuirhealth.com** and click on "Find a Doctor"

