



San Diego Locations

North County

- 1. Carlsbad**
5810 El Camino Real, Ste A
Carlsbad, CA 92008
Mon-Fri: 8 am - 5 pm
Ph: 760.929.8269
Fx: 760.929.8556
- 2. Escondido**
860 W Valley Pkwy, Ste 150
Escondido, CA 92025
Mon-Fri: 8 am - 5 pm
Ph: 760.740.0707
Fx: 760.740.0730
- 3. Murrieta**
25115 Madison Ave
Murrieta, CA 92562
Mon-Fri: 8 am - 5 pm
Ph: 951.600.9070
Fx: 951.600.9177
- 4. Oceanside**
3910 Vista Way, Ste 106
Oceanside, CA 92056
Mon-Fri: 8 am - 5 pm
Ph: 760.941.2000
Fx: 760.941.4900
- 5. San Marcos**
740 Nordahl Rd, Ste 131
San Marcos, CA 92069
Mon-Fri: 8 am - 8 pm
Sat: 8 am - 5 pm
Ph: 760.432.9000
Fx: 760.741.0746

San Diego

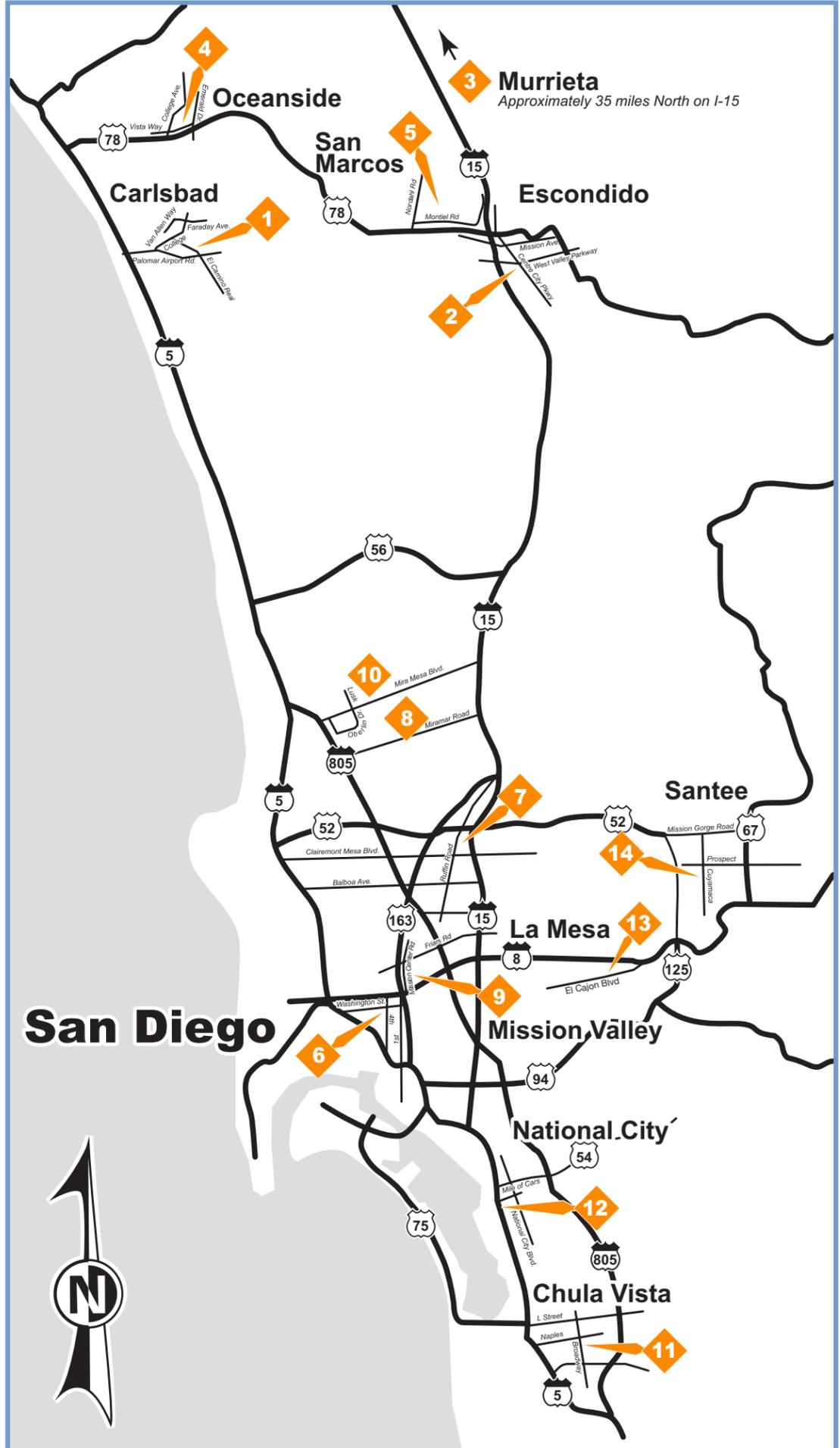
- 6. Hillcrest**
3930 Fourth Ave, Ste 200
San Diego, CA 92103
Mon-Fri: 8 am - 5 pm
Ph: 619.297.9610
Fx: 619.297.2244
- 7. Kearny Mesa**
5575 Ruffin Rd, Ste 100
San Diego, CA 92123
Open 24/7
Ph: 858.277.2744
Fx: 858.277.3085
- 8. Miramar**
7590 Miramar Rd, Ste C
San Diego, CA 92126
Mon-Fri: 8 am - 5 pm
Ph: 858.549.4255
Fx: 858.549.4552
- 9. Mission Valley**
5333 Mission Center Rd, Ste 100
San Diego, CA 92108
Mon-Fri: 8 am - 5 pm
Ph: 619.295.3355
Fx: 619.542.1317
- 10. Sorrento Mesa**
10350 Barnes Canyon Rd, Ste 200
San Diego, CA 92121
Mon-Fri: 8 am - 5 pm
Ph: 858.455.0200
Fx: 858.455.0044

South County

- 11. Chula Vista**
542 Broadway, Ste G
Chula Vista, CA 91910
Mon-Fri: 8 am - 5 pm
Sat - Sun: Closed
Ph: 619.425.8212
Fx: 619.425.1604
- 12. National City**
102 Mile of Cars Way
National City, CA 91950
Mon-Fri: 7 am - 7 pm
Sat: 9 am - 3 pm
Ph: 619.474.9211
Fx: 619.474.2000

East County

- 13. La Mesa**
7862 El Cajon Blvd
La Mesa, CA 91942
Mon-Fri: 8 am - 5 pm
Ph: 619.697.3093
Fx: 619.697.3135
- 14. Santee**
9745 Prospect Ave, Ste 100
Santee, CA 92071
Mon-Fri: 8 am - 5 pm
Ph: 619.448.4841
Fx: 619.448.8700



- Work-related injuries receive immediate triage assessment.
- Concentra provides all necessary occupational health forms and an easy way to authorize visits online with Concentra HUB.
- No contract is required when working with Concentra. Our fees are competitive and adhere to the applicable state workers' compensation fee guidelines.
- Visit concentra.com/our-locations for a list of locations and driving directions.



How it works

1. After getting injured at work, report your injury to your supervisor.
2. If you need transportation to a medical center and want to use Concentra, you or your supervisor will call the local Concentra clinic to request transportation. When calling, you will need to provide:
 - Name
 - Your cell phone number
 - Pick-up location
3. You will receive an SMS text message confirming you're getting a ride.
4. The driver will arrive at the scheduled pick-up location to take you to the nearest Concentra medical center to receive medical care.
5. The medical center staff will arrange your return transportation.

How you benefit

- > **Fast access to expert care.**
We'll take you right to the medical center, making it easy to get care right away after you're injured.
- > **Convenience.**
We provide curbside pick-up and drop-off, no smartphone app or tip required.
- > **Reduced time away from work.**
We take you to and from your appointment, with minimal wait time. No time spent on arranging transportation, and your time is only spent at the appointment.
- > **Safety and privacy.**
Rides are actively monitored and both employees and drivers have masked numbers for added protection and to prevent arrangement of transportation outside of the Concentra rides.
- > **Pleasant experience.**
Vetted drivers deliver a hassle-free experience.

➤ Ready to ride?

Contact your local Concentra medical center. We'll be happy to arrange transportation for you or your staff member's initial injury visit. **AT NO COST.**