

Injured on the Job?

FOR WORK-RELATED INJURIES, PLEASE VISIT ONE OF OUR
CORPORATE HEALTH SERVICES LOCATIONS:

1 POWAY

Monday – Friday: 8 a.m. – 5 p.m.
(Last patient must be registered by 4:30 p.m.)

15611 Pomerado Road, Suite 580, Poway, CA 92064

☎ **858.613.6280**

*Modified Hours on Some Holidays

2 ESCONDIDO

Monday – Friday: 8 a.m. – 5 p.m.
(Last patient must be registered by 4:30 p.m.)

2125 Citracado Parkway, Suite 130, Escondido, CA 92029

☎ **760.510.7373**

*Modified Hours on Some Holidays



AFTER HOURS URGENT CARE

Arch Health Medical Group

3 POWAY

15611 Pomerado Road
3rd Floor, North
Poway, CA 92064

858.675.3200

Daily: 9 a.m. – 8 p.m.
(Located in Pomerado Outpatient Pavilion
adjacent to Pomerado Hospital)

4 RAMONA

211 13th Street
Ramona, CA 92065

760.789.5174

Monday – Friday: 12 – 7 p.m.
Saturday: 9 a.m. – 4 p.m.

* Modified Hours on Some
Holidays

24-HOUR EMERGENCY CARE

5 ESCONDIDO

Palomar Medical Center
Escondido
Emergency Department

2185 Citracado Parkway
Escondido, CA 92029

442.281.4444

6 POWAY

Palomar Medical Center
Poway
Emergency Department

15615 Pomerado Road
Poway, CA 92064

858.613.4000

Life or Limb Threatening Emergencies: Call 9-1-1

PALOMAR HEALTH
Corporate Health Services
PalomarHealth.org/CorporateHealth