**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*

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**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*

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**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**

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**After Hours and Weekends Life or Limb Threatening Emergencies: Call 9-1-1**

**Note:** Substance abuse testing is NOT supported by the Emergency Department. Employees will need to be sent to Corporate Health the next business day for this service. If a Post Accident Drug Test or Breath Alcohol Test is needed after hours or on the weekend, we have a relationship with **Drug Testing Network (800.989.1206)** who will assist you.
After Hours and Weekends Life or Limb Threatening Emergencies: Call 9-1-1

Note: Substance abuse testing is NOT supported by the Emergency Department. Employees will need to be sent to Corporate Health the next business day for this service. If a Post Accident Drug Test or Breath Alcohol Test is needed after hours or on the weekend, we have a relationship with Drug Testing Network (800.989.1206) who will assist you.

**1 POWAY**

**DIRECTIONS**

1. TURN into Palomar Medical Center Poway
2. First RIGHT to Outpatient Pavilion
3. FOLLOW back to the parking structure
4. PARK on the 2nd Floor
5. ENTER building from walking bridge (do NOT use outside elevators)
6. TAKE inside elevators to the 5th floor
7. SUITE 580 is on the South end of the building

**2 ESCONDIDO**

**DIRECTIONS**

1. From Citracado Parkway,
2. Turn onto Health Center Drive South
3. Building and parking lot are on the left
4. Enter building to Suite 130 on the 1st Floor