

MEDICAL FACILITIES

For Injuries after January 2019

Revised 01/01/19

<p>East County Urgent Care 1625 East Main Street El Cajon, CA 92021 619-442-9896 M-F 8:15 am – 5:00 pm Sat-Sun 9:00 am – 3:00 pm</p>	<p>Concentra 8090 Parkway Drive La Mesa, CA 91942 619-697-3093 M-F 8:00 am – 5:00 pm No weekends</p>
<p>Sharp Rees-Stealy Occupation Health (OC Med) Grossmont Medical Plaza 5525 Grossmont Center Dr. Suite 601 La Mesa, Ca 91942 619-644-6600 M-F 8:00 am – 5:00 pm If closed you may go to urgent care on the 1st floor, M-F 5pm-8pm & Sat/Sun 8am-8pm</p>	<p>Concentra 9745 Prospect Avenue ste. 100 Santee, CA 92071 619-448-4841 M-F 7:00 am – 5:00 pm</p>
<p>*See Note Below</p>	<p>Concentra 5575 Ruffin Road, Suite 100 San Diego, CA 92123 858-277-2744 Open 24 hours a day, 7 days a week</p>

Principal/Office Manager/Site Manager:

The injured employee may choose any of these facilities above. Be sure to write the name of the facility on the Supervisor’s Report of Accident. Complete the Medical Service Order and instruct worker to give it to the medical facility when they check in. If prior to the injury, the employee has on file in the District Office, their own “pre-designated” medical doctor form, they may go to their own doctor. Call Risk Management to verify, 619-588-3008. If they see their own doctor and do not have a pre-designated form on file, the treatment will not be covered.

Injured Worker:

You should receive a doctor’s note after each appointment, if you do not, ASK. Submit the note to your supervisor immediately after the appointment. This note will determine if you may return to work with or without restrictions. Please remember your supervisor will need a copy of every note form every visit. Follow up appointments should be scheduled outside your regular work hours.

Supervisor:

Check the notes carefully and monitor the need for modified duty and follow up appointments. If modified work is indicated, you will need to meet with the employee to complete a Transitional Work Plan (TWP) as required by the District’s Return To Work Program.