UC San Diego Health

What's the Difference Between Express Care, Urgent Care and Emergency Care (ER)?

When you're dealing with an injury or illness — whether it's minor or critical — and want help right away at a walk-in facility, UC San Diego Health has three options for you: Express Care, Urgent Care and Emergency Care (ER). If you think you're in a life-threatening situation, **call 9-1-1.**

When to Go to Express Care

- **Minor health issues:** When you have a common illness or injury, or face a relatively minor situation that can't wait for an appointment with a primary care provider.
- **Prompt wellness services:** When you want same-day wellness services, such as flu shots or sports physicals.
- **Save time:** Wait times usually shorter than at ER or Urgent Care.
- **Tele-video appointments available:** Talk to a nurse practitioner on your computer, tablet or phone.
- **Note:** Express Care clinics are staffed by nurse practitioners. X-ray services are available at some locations, but there are no lab services. Co-pays are typically the same as a clinic appointment.

When to Go to Urgent Care

- **Non-emergency health problems:** When you face a condition that is not life- or limb-threatening, but still requires prompt care within 24 hours.
- **X-ray and lab services:** When you may need diagnostic X-ray and lab services.
- **Access to physicians:** When it's important to have a physician available on site.
- **Note:** Co-pays at Urgent Care clinics are often lower than those for an ER visit but may be higher than a regular clinic visit.

When to Go to ER / Emergency Care

- **Emergencies:** When you have a major, life-threatening injury or a very severe illness that requires immediate attention.
- **Full array of services:** When access to on-site surgical, diagnostic and lab services is important to you.
- **Access to specialists:** When it's important to be seen by an emergency medicine doctor or a specialist.
- **Note:** Co-pays are typically higher for ER services and wait times may be longer.

Visit **health.ucsd.edu/specialties/emergency-services/Pages/er-or-urgent.aspx** for specific conditions treated at each type of treatment center. You may also check for current wait times and self-schedule appointments at Express Care and Urgent Care Locations.

See locations map on the back of this flyer.

Primary Care Locations

Emergency Care .... ER

Urgent Care .... UC

Express Care .... EC

Emergency Care (ER) Locations

Medical Center - Hillcrest
200 West Arbor Drive
San Diego, CA 92103
(619) 543-6222

Medical Center - La Jolla
9350 Campus Point Drive
La Jolla, CA 92037
(858) 657-7000

Urgent Care Locations*

La Jolla
8910 Villa La Jolla Drive
La Jolla, CA 92037
(858) 657-7000

Rancho Bernardo
16950 Via Tazon
San Diego, CA 92127
(800) 926-8273

Express Care Locations

Downtown San Diego
203 West F St., San Diego, CA 92101

Encinitas
1505 Encinitas Blvd., Encinitas, CA 92024

Chula Vista/Eastlake
2295 Otay Lakes Road, Suite 110
Chula Vista, CA 91915

Express Care all locations: (800) 926-8273

*Visit health.ucsd.edu/specialties/emergency-services/Pages/urgent-care.aspx for additional affiliate Urgent Care provider locations available to patients who have a UC San Diego Health primary care physician and have certain kinds of insurance. Check with your insurance provider to verify your eligibility to use these affiliate providers.