

# SAN YSIDRO HEALTH CENTER CLINIC LOCATIONS

## CHULA VISTA MEDICAL PLAZA

678 3<sup>rd</sup> Avenue  
Chula Vista, CA 91910  
Monday - Friday, 8:00 AM to 5:00 PM

### URGENT CARE HOURS

Monday - Friday 8:00 AM to 8:00 PM  
Saturday - 8:00 AM to 4:00 PM

## MATERNAL & CHILD HEALTH CENTER

4050 Beyer Blvd.  
San Ysidro, CA 92173  
Monday - Friday, 8:00 AM to 5:00 PM

## NATIONAL CITY FAMILY CLINIC

1136 D Avenue  
National City, CA 91950  
Monday - Friday, 8:00 AM to 5:00 PM

## OTAY FAMILY HEALTH CLINIC

1637 3<sup>rd</sup> Avenue  
Chula Vista, CA 91911  
Monday - Friday, 8:00 AM to 5:00 PM

## PARADISE HILLS FAMILY CLINIC

2400 E. 8<sup>th</sup> Street  
National City, CA 91950  
Monday - Friday, 8:00 AM to 5:00 PM

## SAN YSIDRO HEALTH CENTER

4004 Beyer Blvd.  
San Ysidro, CA 92173  
Monday - Friday 8:00 AM to 7:30 PM  
Saturday - 8:30 AM to 2:00 PM

## CHC OCEAN VIEW CLINIC

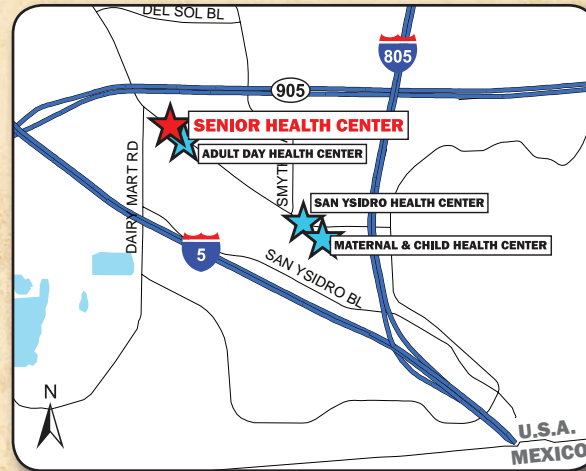
3177 Ocean View Blvd.  
San Diego, CA 92113  
Monday - Friday 8:00 AM to 5:00 PM  
Saturday - 8:00 AM to 12:00 PM

## CHC EUCLID CLINIC

286 Euclid Avenue, Suite 302  
San Diego, CA 92114  
Tuesday 1:00 PM to 5:00 PM

## SAN DIEGO CHILDREN'S DENTAL CLINIC

8110 Birmingham Way, Bldg. 28  
San Diego, CA 92123  
Monday - Friday, 8:00 AM to 5:00 PM



### LOCATION:

3364 Beyer Blvd., Suite 103  
San Ysidro, CA 92173

### HOURS OF OPERATION:

Monday - Friday  
8:00 AM to 5:00 PM

For appointments, questions  
or further information, please  
call **(619) 662-4100**.

Learn more about us at:  
**www.syhc.org**



## Senior Health Center

*Committed to providing innovative,  
compassionate and culturally-sensitive  
health care.*

Keeping Families  
*Together*

If you are unable to keep your appointment,  
please call (619) 662-4100 to reschedule.

# At San Ysidro Health Center, the health and well-being of our seniors is a high priority.

The need for senior health services is rapidly growing as members of our “greatest generation” age. We believe that seniors deserve healthy and independent lives.

With this in mind, SYHC recently opened a beautiful new 3,000 square foot Senior Health Center designed to serve patients 55 years of age and older. While the Senior Health Center is a state-of-the-art facility, the medical providers and staff have been hand-picked and excel at exceeding patients’ health care needs.

Visit our Senior Health Center and experience health care at its best for yourself.

## Services Offered

All Senior Health Center services are provided in a warm and welcoming setting by compassionate doctors and staff experienced in senior care. You can expect quality, personalized care, including:

- **Preventive Care Services** such as physical exams and routine health and wellness visits;
- **Chronic Disease Management Services** for conditions such as:
  - › Diabetes,
  - › Hypertension,
  - › Coronary Artery Disease,
  - › Stroke/History of Stroke,
  - › Memory Loss, Dementia/Alzheimer’s,
  - › Depression/Anxiety;
- **Care Coordination Services** will allow you to access specialty care and other community resources to improve your overall health and quality of life;
- **Free Transportation Services** will assist you to get to and from your appointments; and,
- **Assistance with Insurance Enrollment** such as Medi-Cal, Medicare and Covered California.



## How to make an appointment at the Senior Health Center

**Please call (619) 662-4100** to make an appointment at the Senior Health Center

### Location:

Senior Health Center  
3364 Beyer Blvd., Suite 103  
San Ysidro, CA 92173

### Hours of Operation:

Monday through Friday  
8:00 AM to 5:00 PM

If you have questions regarding health insurance options, please call (619) 600-3000 and speak with a Certified Enrollment Specialist. We can help you understand your health insurance options and enroll you in a free or low-cost plan that will meet your health needs.