# COVID-19 + Seasonal Flu = TWINDEMIC

# You're in our Circle of Care 24.7.365



## HELPLINE

**760-969-6555** Around the clock, get nurse

Around the clock, get nurse advice or connected to a doctor or pharmacist.



### **OFFICE VISITS**

760-320-8814

See your doctor in COVID-safe conditions. Wear your mask.



#### VIRTUAL VISITS 760-320-8814

See your doctor or care team from the comfort and safety of your home.



#### **ACCESS**

We partner with all local area hospitals and hundreds of specialists, so you can get your care close to home.



#### **IMMEDIATE CARE**

7 days a week at 4 COVID-safe locations for non life-threatening injuries and illnesses.



#### PERSONALIZED PROGRAMS

Make healthy choices in eating and exercise, reduce stress, preserve balance and prevent falls. Manage diabetes, hypertension and more.



