About Us

LifeLong Medical Care is an innovative, nonprofit Federally Qualified Health Center serving Alameda, Contra Costa and Marin Counties. LifeLong has 11 primary care medical centers, two dental centers, an adult day health center, four school-based health centers and a supportive housing program.

We contract with Emergency Department Physicians, Physician Assistants and Nurse Practitioners. We are here because we believe the urgent care experience should be about doing what is best for patients and their families.

Our mission is to provide high quality urgent care services in a caring and convenient environment by focusing on your needs from the time you walk through our door until the time you leave. When you have an urgent medical need, we are here for you.

“We at LifeLong Medical Care are committed to doing everything that we can to provide care in our community. While this will not replace a hospital or emergency room, we will be able to treat urgent care needs for patients who would otherwise have sought services at Doctors Medical Center.”

~ LifeLong CEO Marty Lynch

Open 7 days a week

New and expanded hours starting August 17, 2015

Monday—Friday
10 a.m. to 8 p.m.

Saturday and Sunday
9 a.m. to 5 p.m.

2023 Vale Road
San Pablo, CA 94806
(in our LifeLong Brookside San Pablo facility across from Doctors Medical Center)

(510) 231-9800

Visit us on the web:
www.lifelongmedical.org
Urgent Care to Fit Your Needs

LifeLong Urgent Care is your alternative to the Emergency Room for minor illnesses and injuries. We are committed to providing prompt, professional, and cost effective medical care for both adult and pediatric patients.

Our team of experienced Emergency Room clinicians are ready to treat you for all types of medical conditions. We have X-ray, blood and urine testing services available on-site.

No appointments or referrals needed. We are happy to refer you back to your Primary Care Physician (PCP) for follow up care or connect you with a PCP if you do not currently have a provider.

WE ARE HERE FOR YOU!

Payment Options

We welcome all, regardless of whether you have insurance.

We accept:
- Medi-Cal
- Medicare
- Family Pact
- Most managed care plans including Covered California

We also offer a sliding scale discount based upon your family size and income.

You should expect to pay any required copay at the time of service. As insurance policies vary, we recommend you call your provider to confirm that your Urgent Care visit will be covered.

Contact Us

LifeLong Urgent Care—San Pablo (across from Doctors Medical Center)
2023 Vale Road
San Pablo, CA 94806

(510) 231-9800
Walk-ins welcome!

Visit us on the web:
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What is Urgent Care?

Urgent care centers treat medical conditions that require immediate medical attention (usually within 24 hours), but are not serious enough to require hospitalization and/or are not life threatening. If your condition may be an emergency, please call 911.

Come to us for (a partial list):
- Accidents and falls
- Sprains and strains
- Back injuries
- Breathing difficulties (i.e., mild to moderate asthma)
- Eye irritation and redness
- Fever or flu
- Vomiting or diarrhea
- Severe sore throat or cough
- Broken bones
- Skin infections or rash
- Urinary tract infections