

**UCDAVIS
HEALTH**



Choose UC Davis Health
for your care

Open Enrollment | Sept. 18 – Oct. 13
health.ucdavis.edu/calpers

Choosing your UC Davis Health provider is as simple as 1-2-3

1

Choose a CalPERS health plan that we accept

You can view the list at our open enrollment website, ChooseHealth.ucdavis.edu/calpers.

2

Choose UC Davis Health as your medical group

We may be listed as UC Davis Health or as UC Davis Medical Group in your materials.

3

Primary care doctor assignment

You will be prompted to select your provider in the system. Alternately, you may call **800-2-UCDAVIS** for assistance.

To request a UC Davis Health primary care provider or to learn more, read on, visit our website at ChooseHealth.ucdavis.edu or call **800-2-UCDAVIS (800-282-3284)**.

Connecting you to remarkable discoveries and health expertise

Our health is precious. A key part of protecting it is choosing the right personal physician for our everyday care — someone who listens carefully to our health goals, and then delivers powerful knowledge and tools to help us achieve them.

Selecting a UC Davis Health primary care provider can give you the peace of mind that comes with a connection to the health expertise of a world-class public research university.

Our physicians and nurse practitioners offer patient-focused care and access to the resources of the region's only academic health system, such as:

- A wide range of nationally ranked medical specialties
- Leading-edge technologies, diagnostics and treatments
- A tradition of important health insights and advances.

Working together, we're proud to offer services for all of your health needs — from the most routine to the most complex.

WHAT'S INSIDE:

3 Your health care home base

Our primary care approach features “patient-centered medical homes,” a model of well-coordinated care that empowers you and your physician to spend more time on your goals.

5 Everyday convenience for your busy life

Our primary care clinics are located in many area communities — from Auburn to Elk Grove — with conveniences such as online scheduling and urgent care options.

9 A team of renowned experts behind you

Choosing a UC Davis Health personal physician also means access to renowned specialty care and the latest health options.

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14 Support for your wellness goals

We offer a variety of quality-of-life resources.



A U.S. News & World Report best hospital in COPD, colon cancer surgery, cancer, cardiology, heart & vascular surgery, diabetes & endocrinology, ENT, geriatrics, neurology & neurosurgery, obstetrics & gynecology, and pulmonology & lung surgery.



A U.S. News high-performing hospital in COPD, colon cancer surgery, diabetes, heart attack, heart failure, hip fracture, hip replacement, kidney failure, leukemia, lymphoma & myeloma, lung cancer surgery, ovarian cancer surgery, pneumonia, prostate cancer surgery, stroke, TAVR, uterine cancer surgery, gastroenterology & GI surgery, and orthopedics.



A U.S. News best children's hospital in diabetes & endocrinology, nephrology, and orthopedics* (*with Shriners Children's).

Your health care home base

As members of a university organization that studies how to improve health care, we know how important it is to understand your perspective, concerns, ideas and expectations — as well as your symptoms.

Whether your personal focus is reducing stress, staying active, aging gracefully or managing a chronic condition, our primary care providers are here to help.



A focus on listening

Most UC Davis Health primary care clinics have earned the Patient-Centered Medical Home designation from the nonprofit National Committee for Quality Assurance (NCQA).

The “medical home” is a model that involves:

- Shared decision-making with you
- A more structured, teamwork-based approach to coordinating your care
- Strong communication among all of your health providers

This support allows your personal doctor to spend more time listening to you and getting to the heart of your health goals and challenges.



Personalized care

Our focus on patient-centered care is grounded in our own longstanding research about the importance of human interaction in medicine.

For example, UC Davis studies have found that physicians who have more personalized discussions with patients, and encourage them to take a more active role in their own care, can help to lower medical costs and reduce the need for some services.

We're proud to offer a welcoming environment and culturally sensitive care to patients of all races, ethnicities, gender identities, sexual orientations, ages, religions, languages and abilities.



A welcoming, culturally sensitive environment

UC Davis Health is a recognized leader in diversity, inclusion, and LGBTQ healthcare equality. We're proud to offer a welcoming environment and culturally sensitive care, to patients of all races, ethnicities, gender identities, sexual orientations, ages, religions, languages and abilities.

Many UC Davis primary care providers, nurses and staff members are bilingual or multilingual, and select interpreting services are available at primary care locations throughout the region.



Language and interpreting services

To find a physician who speaks your preferred language:

- Use the “Find a Doctor” tool online and search for your desired language in the languages field.
- You can also call the office of your choice and ask if they have physicians who speak your language and are currently accepting new patients.
- Or call our Consumer Resource Center at **800-2-UCDAVIS (800-282-3284)**, where certified interpreters are available as needed.

Interpreting services can be provided in-person in select locations, as well as over the phone or by video conference.



Many insurance plans accepted

UC Davis Health accepts many major health insurance plans, including HMO and PPO/standard insurance plans. For the latest list, please visit our website at **ChooseHealth.ucdavis.edu**.

- If your health insurance plan includes UC Davis Health or UC Davis Medical Group but you are currently assigned to another medical group, your plan may allow you to switch anytime.
- If your plan does not include UC Davis Health, you may want to consider switching health plans during your employer's open enrollment period, the annual window for benefit changes.
- If UC Davis Health is not part of your insurance provider's network of primary care doctors and specialists, the type of insurance you have may result in additional fees to see an “out-of-network” provider. For example, if you are in a managed care plan, you may be responsible for the cost of an exam or procedure by an out-of-network physician.

Choose and start soon! Talk to your health insurance provider about your options if you would like to see a UC Davis Health primary care doctor or specialist.



Everyday convenience for your busy life

Modern life can be hectic! We know that your health care shouldn't add unnecessary stress to your busy day. With convenient UC Davis Health options, you can always stay connected to your health — anytime and anywhere.



Specialty care options in your community

Most of our primary care clinics also offer onsite specialty care, ranging from dermatology and OB/GYN to cardiology, diabetes care and infusion services. Services are also available at the UC Davis Medical Center campus.



Video visits

If you prefer the convenience of seeing your doctor from the comforts of home, we offer telehealth video visits for many kinds of care through the MyUCDavisHealth app and web portal. You can use these visits for cold and flu symptoms, pre- and post-procedure care, chronic disease management and more.



Online tools

Our secure, confidential MyUCDavisHealth web portal and app give you the freedom to:

- Request medical appointments
- Communicate with your care team
- Join a video visit with a member of your care team for select services
- Request prescription renewals
- View your test results, and parts of your electronic health record
- Access trusted health information resources, and more



Pharmacy services

- UC Davis Health operates several outpatient pharmacies on its Sacramento campus, as well as a pharmacy at the Covell Blvd. clinic in Davis. Conveniences such as online refills, curbside pickup, and immunizations are available.
- The URAC-accredited UC Davis Specialty Pharmacy also provides patient education and clinical management of specialty therapies by highly trained clinical pharmacists, with home delivery available and 24/7 available pharmacist phone support. Service areas include cardiology, dermatology, endocrinology, gastroenterology, hepatology, infectious diseases, neurology, oncology, pulmonology, rheumatology and transplant.



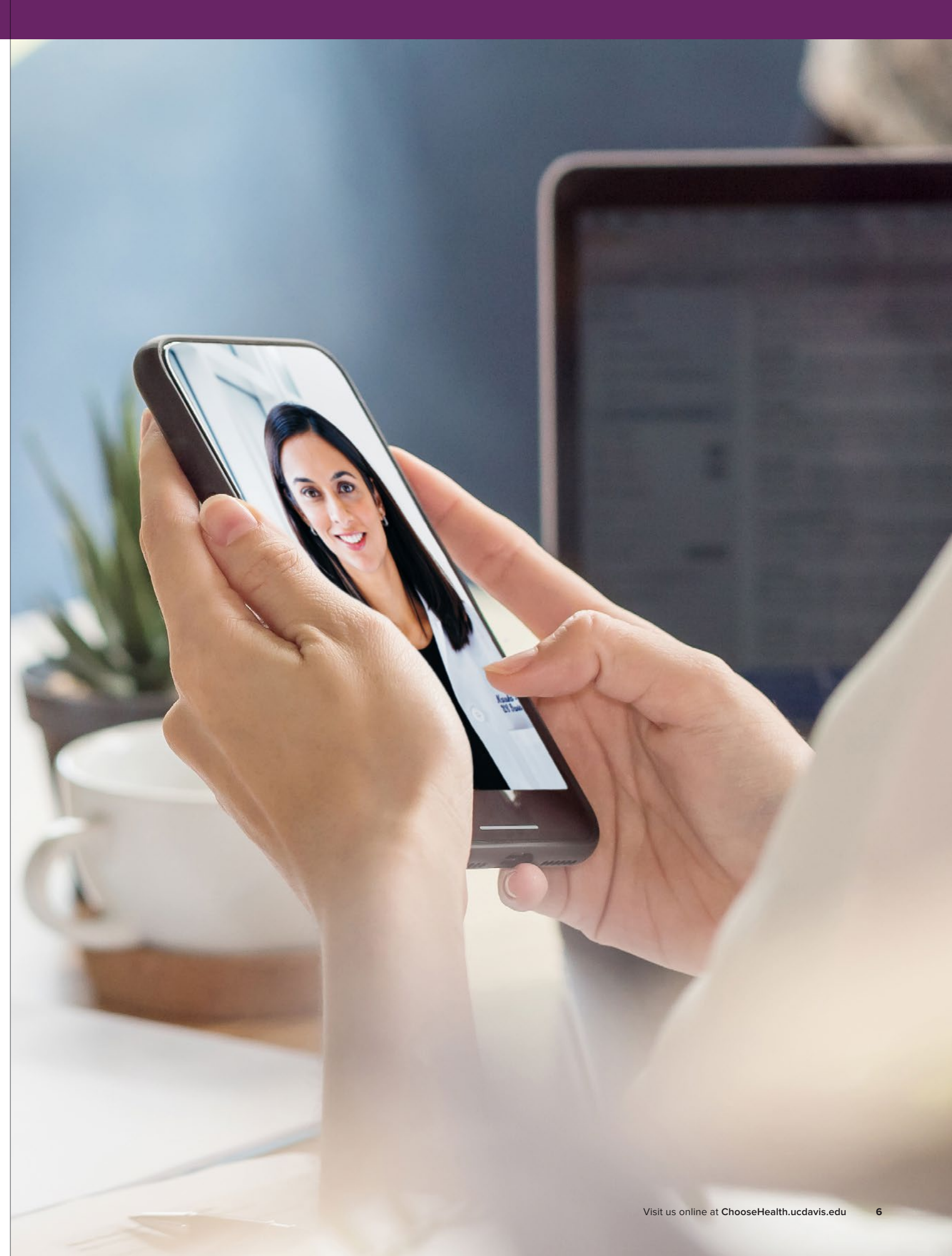
Options for urgent and same-day care

- If you develop a sudden illness or urgent health problem, your primary care clinic may be able to accommodate a request for a same- or next-day urgent care appointment.
- You can also use our online express care option, Telehealth Express Care, available to anyone in California for same-day and extended-hours video visits with UC Davis clinicians to discuss non-emergency issues such as flu-like symptoms, urinary tract issues, GI problems, and more.
- Your UC Davis Health provider may also assign access to a new same-day, in-home urgent medical care service in collaboration with DispatchHealth.

Locations close to home

UC Davis Health primary care clinics are conveniently located in many area communities — including Auburn, Carmichael/Citrus Heights, Davis, Elk Grove, Folsom, Rancho Cordova, Rocklin, Roseville and Sacramento. Additional offices are located on the UC Davis Medical Center campus in Sacramento.

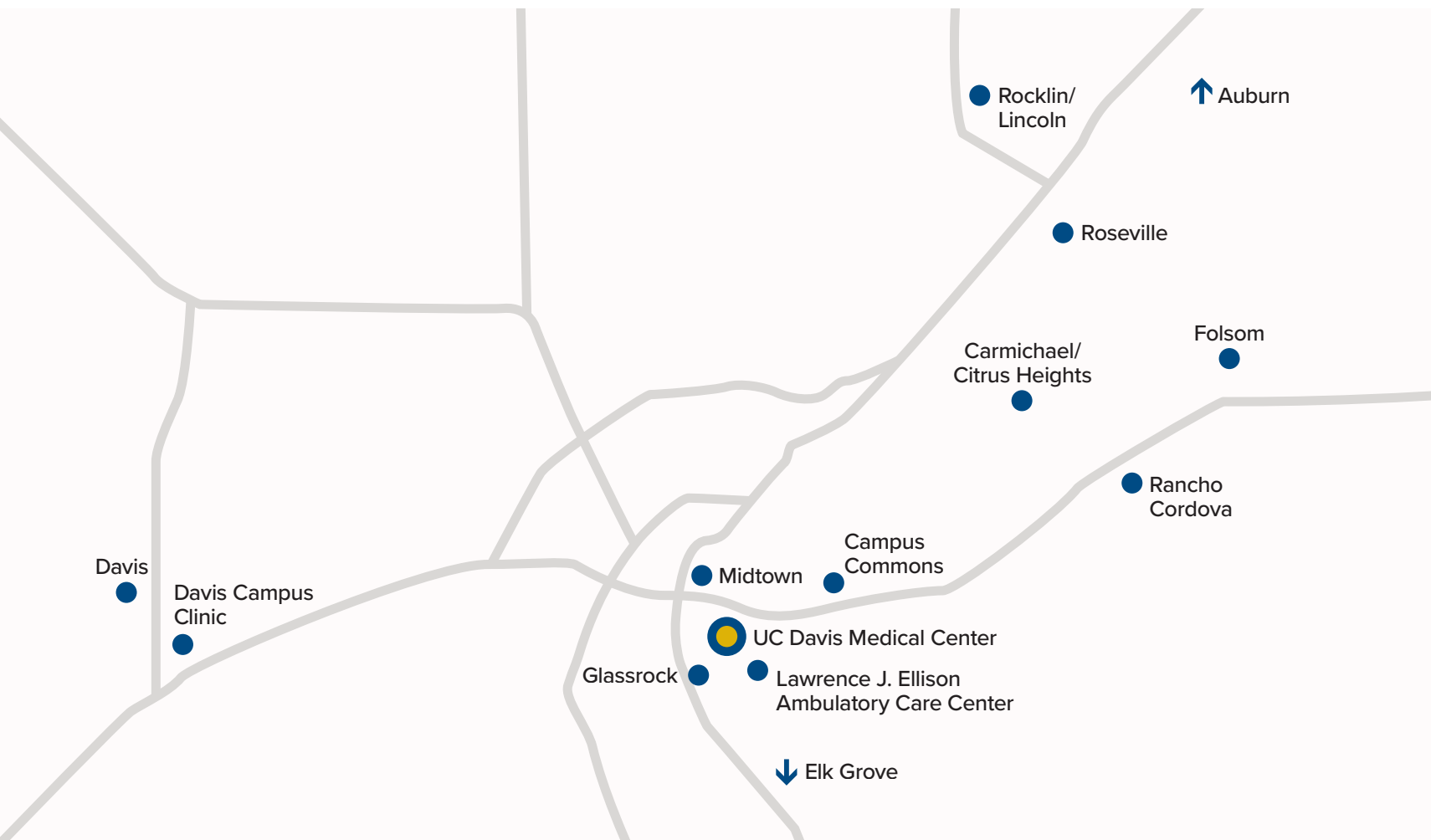
For details, see our map and listings on the next page.



UC Davis Health locations

For listings by location and by primary care specialty, visit physicians.ucdavis.edu and use the search tool. For assistance, please call **800-2-UCDAVIS (800-282-3284)**.

Specialties and support services at UC Davis Health clinics can change over time. To verify a specific service, please call the clinic.



New primary care clinics

We're proud to offer a unique combination of personalized care and extraordinary expertise at our newest primary care clinics in Roseville and Davis:

- 1620 East Roseville Pkwy, Suite 200
- Davis campus clinic, conveniently located on the UC Davis campus at 684 Hutchison Drive

Auburn

Family Medicine, Internal Medicine, Pediatrics and Specialty Care
3200 Bell Road
Auburn, CA 95603
530-888-7616

Carmichael/Citrus Heights

Family Medicine, Internal Medicine, and Specialty Care
7551 Madison Ave.
Citrus Heights, CA 95610
916-904-3000

Davis

Family Medicine, Internal Medicine, OB/GYN, Pediatrics and Specialty Care
2660 W. Covell Blvd., Suites A, B & C
Davis, CA 95616
530-747-3000

Davis Campus Clinic

Family Medicine
684 Hutchison Drive
Davis, CA 95616
530-297-2330

Elk Grove

Family Medicine, Internal Medicine, OB/GYN, Pediatrics and Specialty Care
8110 Laguna Blvd.
Elk Grove, CA 95758
916-683-3955

Folsom

Family Medicine, Family Medicine with Obstetrics, Internal Medicine and Specialty Care
271 & 251 Turn Pike Drive
Folsom, CA 95630
916-985-9300

OB/GYN, Pediatrics and Specialty Care
1370 Prairie City Road
Folsom, CA 95630
916-985-9300

Rancho Cordova

Family Medicine and Specialty Care
3201 Data Drive
Rancho Cordova, CA 95670
916-851-1440

Rocklin

Family Medicine, Internal Medicine and Specialty Care
550 W. Ranch View Drive, Suite 2005
(in the Placer Center for Health)
Rocklin, CA 95765
916-295-5700

Roseville

Family Medicine, Internal Medicine, OB/GYN, Pediatrics and Specialty Care
1620 East Roseville Pkwy., Suite 200
Roseville, CA 95661
916-783-7109

Sacramento

Family Medicine, Internal Medicine, Pediatrics and Specialty Care
Midtown Ambulatory Care Center
3160 Folsom Blvd.
Sacramento, CA 95816
916-734-5846 (Family Medicine/Pediatrics)
916-734-7777 (Internal Medicine)

Healthy Aging Clinic
3160 Folsom Blvd., Suite 1400
Sacramento, CA 95816
916-731-1831
(located in the Midtown Ambulatory Care Center)

Family Medicine, Internal Medicine with Pediatrics, and Specialty Care
Campus Commons Clinic
500 University Ave., Suite 220
Sacramento, CA 95825
916-286-8700

Family Medicine
4860 Y St., Suite 1600
Sacramento, CA 95817
916-734-3630

Internal Medicine
4860 Y St., Suites 0101 & 0400
Sacramento, CA 95817
916-734-2737

Pediatrics
2521 Stockton Blvd., Suite 2200/2304B
Sacramento, CA 95817
916-734-3112

Physical Therapy and Rehabilitation, Integrative Medicine, Specialty Care
Point West Clinic
1535 River Park Drive
Sacramento, CA 95815

Obstetrics and Gynecology
4860 Y St., Suite 2500
Sacramento, CA 95817
916-734-6900

Women's Clinic
2521 Stockton Blvd., Suite 4200
Sacramento, CA 95817
916-734-6900

*Please inquire



An entire team of **experts** behind you

When needed, your UC Davis Health primary care provider can connect you with renowned UC Davis Health specialists on the leading edge of innovation and discovery in more than 150 areas of health care — meaning that you can be among the first to benefit from the latest care strategies.



A center for knowledge and discovery

Academic health centers such as UC Davis Health include a teaching hospital and a physician practice group, associated with major medical and health professional schools. They conduct research to discover new and improved treatments for patients, and also train the next generation of health care professionals.

UC Davis has trained many of the top physicians in our region and across California.



Unique advantages for patients

Because we're at the forefront of scientific development, academic health centers provide a distinctive brand of high-quality patient care informed by the latest science and medical insights.

Unique advantages for patients include access to:

- New treatments and cures
- Help for the most complex and severe conditions
- State-of-the-art technologies
- Leading experts in their fields



Nationally ranked expertise

UC Davis Health is the region's only health system to offer expertise nationally ranked by *U.S. News & World Report* across a variety of medical fields. UC Davis Medical Center and UC Davis Children's Hospital routinely rank among the nation's best in the publication's annual "Best Hospitals" surveys.

Clinical trials

As the region's academic health system, we conduct hundreds of research studies at any time with the goal of bringing new, effective and safe treatments to patients more quickly. This includes voluntary clinical research studies or "clinical trials," which are at the heart of all medical advances. They help generate evidence to evaluate new treatments, determine best practices, and compare alternatives.

Clinical trials offer hope for many people, and an opportunity to help find better treatments for others in the future.

Resident-based clinics

As a center for learning and academics, we take pride in educating health leaders. Some of our primary care clinics on the UC Davis Medical Center campus in Sacramento are teaching clinics, where patients receive care from a team of resident and faculty physicians.

- Primary care providers at these clinics are resident physicians — medical school graduates who are completing additional training in a medical specialty.
- Each resident is overseen by a board-certified faculty physician who will also review your care plan. In this way, you benefit from both experience and a fresh perspective.
- You can choose to select a resident physician for your care. Our residency program is routinely recognized nationally for excellence, and develops many top physicians in California.

Highlights: Adult specialty care

UC Davis Medical Center routinely ranks among the nation's best hospitals for several types of adult specialty care in *U.S. News & World Report* annual surveys, and as the top hospital in Sacramento.



Major-league services for active people

- UC Davis physicians have provided care or consultation for athletes and teams at the Olympic and major-league levels, and we're proud to offer the same high-level service for our patients.
- The UC Davis sports medicine program is a one-stop center for physically active people of all ages, goals and abilities — from aspiring pros to “weekend warriors” and fitness buffs.
- Our orthopaedics service is a key player in UC Davis Medical Center's level I trauma program, a major source of new knowledge about injury treatment.



Highly specialized dermatology care

- We're home to the region's first specialty center for multicultural dermatology.
- In addition to common conditions, our board-certified dermatologists are leaders in treating even the most complex skin disorders.



Kidney disease experts

- Our kidney transplant program is routinely one of the nation's largest by volume. We score at the top level for kidney failure in *U.S. News* procedures and conditions ratings.



World-class cancer care

- UC Davis Comprehensive Cancer Center is the only in inland Northern California to have earned “comprehensive” designation from the National Cancer Institute, awarded to a very small percentage of U.S. centers. We routinely rank among the nation's top hospitals for cancer care.
- Physicians from many different specialties collaborate to provide comprehensive care covering a broad range of cancer types.
- We provide multidisciplinary care for all stages of breast cancer. Patients receive all care in one location from a team of physicians, and have access to clinical trials.
- We also offer multidisciplinary care for all stages of prostate cancer, backed by multiple researchers and with access to a large clinical trials network.



Diabetes expertise

U.S. News ranks UC Davis Medical Center among the nation's best hospitals for diabetes & endocrinology, and at the top level for diabetes in conditions ratings.



Women's health services

- Our obstetrics & gynecology service is ranked among the nation's best and includes many physicians ranked among the region's top doctors, and offers quality care to women in every stage of life — including contraceptive or fertility advice, routine and high-risk pregnancy care, and treatment for menopausal symptoms.
- Choosing UC Davis Health obstetrics and gynecology also means rapid access to subspecialists in high-risk obstetrics, gynecologic oncology, family planning and urogynecology.
- Ranked one of *Newsweek's* Best Maternity Care Hospitals for 2023, and a Baby-Friendly hospital for breastfeeding care standards.



Men's health expertise

Our urology service offers comprehensive diagnostic and treatment options for conditions such as sexual dysfunction, infertility, low testosterone, incontinence, prostate cancer, kidney stones and kidney dysfunction.



Pioneering cardiovascular care

- We rank among the nation's best hospitals in cardiology & heart surgery, and at the top level for heart attack care, heart failure care, stroke care, and transcatheter aortic valve replacement (TAVR).
- UC Davis is often the first in the region to offer new diagnostic tools and therapies, such as disappearing stents, TAVR, magnetic guided catheter systems, and certain robotic heart surgeries.
- The pioneering UC Davis Women's Cardiovascular Medicine Program uniquely integrates primary and specialty health services.



Comprehensive neuroscience services

- Our neuroscience services involve multiple UC Davis specialty areas, many of which routinely rank among the nation's best.
- UC Davis physician-researchers investigate the causes and treatments of migraines and headaches to help inform clinical practice.
- Our sleep medicine laboratory evaluates disorders such as sleep apnea, restless leg syndrome, narcolepsy and sleep walking.
- Our team features experts in spinal problems and in peripheral nerve disease, a common complication of diabetes.



Healthy aging care and services

- The Healthy Aging Clinic at UC Davis Health is a new interdisciplinary clinic designed to serve adults 65 and older and their family caregivers.
- Located in Midtown Sacramento, it provides comprehensive care, including consults; cognitive care; and support services from the Family Caregiving Institute at the Betty Irene Moore School of Nursing at UC Davis.
- Specialties typically include cognitive neurology, geriatric medicine, and family caregiver services (such as assessment of stress and preparedness).

*Most specialists require a referral from a primary care physician or another specialist. It is important to note that your ability to see a UC Davis specialist may be determined by your health plan; please refer to your health insurance plan for details.

Highlights: Support for growing families

UC Davis Children's Hospital routinely ranks among America's top 50 hospitals for several types of pediatric specialty care in *U.S. News & World Report* annual surveys.

UC Davis Medical Center ranked as one of *Newsweek's* Best Maternity Care Hospitals for 2023, and is a Blue Distinction Center for Maternity Care by Blue Shield of California.



Unique fetal care and treatment center

- To help save infants at their earliest stages and give them the best opportunity for high quality of life, we founded inland Northern California's first comprehensive multidisciplinary fetal diagnosis and therapy center — and performed the region's first in-utero surgery.
- The UC Davis Fetal Care and Treatment Center offers interventions in utero or in real time during the birthing process. We're proud to be one of a limited number of U.S. hospitals to offer these services.



Highly advanced neonatology services

- UC Davis Children's Hospital holds the highest-level rating for its Neonatal Intensive Care Unit (NICU) — a level IV-designated nursery — and regularly treats infants transferred from other hospitals around the region.
- Our neonatology service cares for premature and term infants with a variety of health conditions, including those who are born very prematurely, are extremely ill, or require surgery.
- We're recognized by the National Safe Sleep Hospital Certification Program as a gold safe sleep champion for our commitment to best practices and education on infant safe sleep.



West Coast's first level I Children's Surgery Center

- In 2016 we became the first hospital on the West Coast and just the fourth in the nation to earn verification as a level I Children's Surgery Center from the American College of Surgeons.
- Level I centers have specialty trained children's surgeons in every discipline, with pediatric anesthesiologists and dedicated operating rooms for children available 24 hours a day.

Expertise in 30 pediatric subspecialties

- UC Davis Children's Hospital is Sacramento's only nationally ranked, comprehensive hospital for children. With board-certified physicians in more than 30 subspecialties, we can offer the highest level of care for virtually every pediatric health condition when needed.
- For example, congenital heart problems are the most common types of birth defects, affecting nearly one percent of U.S. births each year. UC Davis Health is home to a full-service pediatric heart center and provides some of the region's most sophisticated specialty and surgical expertise, with a focus on less-invasive options whenever possible.

Support for your wellness goals

Our top priority is to provide helpful information that empowers you to manage your health and improve your daily self-care.



Educational health and wellness classes

Choose from programs — including virtual — that focus on heart health, specific medical conditions, smoking cessation, childbirth and more.



Trauma Prevention and Outreach Program

We're committed to decreasing preventable injuries and deaths through education, research and community outreach. Some focus areas include car seat safety, senior fall prevention, teen distracted driving and a youth violence intervention program.



Sports performance and wellness

The UC Davis Sports Performance and Wellness program offers a wide range of metabolic, physical and nutritional assessments to help you evaluate your current level of fitness, determine an effective course of action, and monitor your improvement.



Patient and family support groups

UC Davis Health offers multiple support groups that provide comfort, teach coping skills, help reduce anxiety, and provide a place for people to share common concerns and emotional support.

Ready to get started?

To find a UC Davis Health physician or clinic near you, call **800-2-UCDAVIS (800-282-3284)** or visit **[ChooseHealth.ucdavis.edu](https://www.choosehealth.ucdavis.edu)**.



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