

Personalized Care You Deserve

At Sharp Rees-Stealy, you'll receive the highest level of care, delivered by our compassionate team of experts. Here, your primary care doctor will partner with you and your family to help keep you well. We have 19 locations and more than 580 doctors to deliver convenient care throughout San Diego County. With Sharp Rees-Stealy, you can receive most of the services you need — including primary and specialty care, plus lab, pharmacy, radiology and urgent care — all under one roof or virtually with a full range of video and phone visits.

Locations

**Carmel Valley
(temporarily closed)**
12710 Carmel Country Rd.
San Diego, CA 92130

Chula Vista*†
525 Third Ave.
Chula Vista, CA 91910

**Chula Vista
Rehabilitation Services**
344 F St., Suite 300
Chula Vista, CA 91910

Del Mar
2600 Via De La Valle
Suite 200
Del Mar, CA 92014

Downtown*†
300 Fir Street
San Diego, CA 92101

Frost Street
8008 Frost St., Suite 106
San Diego, CA 92123

Frost Street North
8010 Frost St.
San Diego, CA 92123

Genesee
2020 Genesee Ave.
San Diego, CA 92123

La Mesa†
5525 Grossmont Center Dr.
La Mesa, CA 91942

Mira Mesa
8933 Activity Rd.
San Diego, CA 92126

Murphy Canyon
9610 Granite Ridge Dr.
Suite C
San Diego, CA 92123

Otay Ranch†
1400 East Palomar St.
Chula Vista, CA 91913

Point Loma
3555 Kenyon St.
Suites 201 & 202
San Diego, CA 92110

Rancho Bernardo*†
16899 West Bernardo Dr.
San Diego, CA 92127

San Diego†
2929 Health Center Dr.
San Diego, CA 92123

Santee*†
8701 Cuyamaca St.
Santee, CA 92071

Scripps Ranch
10670 Wexford St.
San Diego, CA 92131

Sorrento Mesa*†
10243 Genetic Center Dr.
San Diego, CA 92121

**Surgical Eye Consultants
at Sharp Memorial
Outpatient Pavilion**
3075 Health Center Dr.
4th Floor
San Diego, CA 92123

**Urgent care open daily at
these locations*

†Pharmacy on-site

Sharp Rees-Stealy Coordinated, Quality Care



sharp.com/srs

SHARP

SHARP Rees-Stealy
Medical Centers



Convenient Access to Care

Sharp Rees-Stealy's programs and services are designed to help you and your family feel your best.

- **Same-day or next-day primary care appointments** for the care you need when you're not feeling well
- **FollowMyHealth**, a secure online tool, allows you to view test results, schedule and cancel appointments, send and receive messages from your doctor's office, and more — all from your computer, tablet or smartphone
- **Urgent care centers open daily**, including holidays — no referral needed, online wait times and save your spot
- **Nurse Connection** to speak to a registered nurse after hours: 1-800-767-4277
- **After-hours pediatric appointments** to ensure your children are taken care of, day or night, including weekends and holidays: 858-499-2701
- **Video or phone appointments** with your doctor or on demand for more urgent needs.
- **Express kiosks** and online check-in available to check in to your doctor's appointment, update contact information, make payments and more
- **Free shuttle service** available between many Sharp Rees-Stealy locations
- **Health education classes**, including weight management and fall prevention

We also provide hospitalization, if necessary, at Sharp Chula Vista Medical Center, Sharp Coronado Hospital, Sharp Grossmont Hospital, Sharp Mary Birch Hospital for Women & Newborns, Sharp Memorial Hospital, Sharp Mesa Vista Hospital and Rady Children's Hospital-San Diego.

We accept most payment methods, health insurance plans and provider networks, including HMO, PPO, ACO, EPO, indemnity, fee-for-service, workers' compensation and Medicare.

We are committed to going beyond what patients need to what they really want and deserve.



A Full Range of Services

Sharp Rees-Stealy offers a variety of patient-centered, coordinated health care services, including:

- Allergy/Immunology
- Audiology
- Breast Cancer Education
- Cardiology
- Clinical Research
- Dermatology
- Diabetes Education
- Disease Management
- Employee and Executive Health and Wellness
- Endocrinology
- Family Medicine
- Gastroenterology
- Health Education
- Hematology/Oncology
- Internal Medicine
- Laboratory Services
- Mammography
- Musculoskeletal and Sports Medicine
- Neurology
- Nuclear Medicine
- Nutritional Counseling
- Obstetrics/Gynecology
- Occupational Health
- Occupational Performance Center
- Ophthalmology
- Optical Shops
- Optometry
- Orthopaedic Surgery
- Otolaryngology (ENT)
- Pediatrics
- Pharmacy
- Physical Medicine and Rehabilitation
- Podiatry
- Pulmonary Medicine
- Radiology
- Rehabilitation Services
- Rheumatology
- Speech Pathology
- Surgery
- Travel Clinic
- Urgent Care
- Urology
- Weight Management

To find a Sharp Rees-Stealy doctor who is right for you, visit sharp.com/srs or call 1-800-82-SHARP (1-800-827-4277). For general information or primary care, call 858-499-2600.




When You Need the Best Care Turn to Sharp Rees-Stealy

Get convenient, quality care virtually or nearby.

Virtual urgent care


Care from the comfort of home.

 Days, nights and weekends

Urgent care

Quick care for sudden health concerns.

 Walk-in

 Save a spot

Online appointment scheduling

Schedule in-person and virtual visits.

Sharp Rees-Stealy accepts almost all health insurance.

SHARP Rees-Stealy
Medical Centers

sharp.com/srs • 858-499-2600

Understanding Medicare

Free Webinars and Options for Medicare-Eligible Patients

If you or a family member are turning 65 within the next year — or are over 65 and retiring soon — it's time to start thinking about Medicare and your coverage options. Join us for a free educational webinar or video series to learn how Medicare works in clear, easy-to-understand language.

You'll learn about Medicare Parts A and B, the special enrollment requirements if you start using Medicare after age 65 and the difference between Medicare Advantage and Medicare Supplement insurance plans. You will also have the opportunity to ask all your personal questions.

Medicare options include:

- Medicare Advantage (HMO) Plans
- Original Medicare
- Retiree Plans
- TRICARE for Life

Scan this QR code or visit sharp.com/medicare to find webinar dates
or learn more about your options.



We're here to help.

Please Contact:
Roberta Moran Curry
858-262-6402
roberta.curry@sharp.com

Your Safety Comes First

During these uncertain times, Sharp Rees-Stealy is here to provide the care you need, safely and responsibly. We frequently disinfect our clinics and adhere to all measures to help you feel comfortable when you come in for an appointment.

If you want to stay in the convenience of your own home, video visits are available from your computer, smartphone or tablet. Visit [sharp.com/videovisits](https://www.sharp.com/videovisits) to learn more.



Video Visits With Your Doctor

At Sharp Rees-Stealy, we combine expert care with advanced technology to meet your every need. We're proud to provide video visits to help you get the care you need from the convenience of your smartphone, computer or tablet.

If you want to save yourself a trip to the doctor's office, a video visit with your doctor may be right for you.

Ask us if a video visit is right for you.



Video visits are ideal for many routine medical conditions and for follow-up appointments.

To learn more visit
sharp.com/videovisits.

Sharp Rees-Stealy Doctors Welcoming New Patients

Sharp Rees-Stealy Medical Group accepts almost all health insurance plans.
(see page 2)



Sharp Rees-Stealy Offers Coordinated, Quality Care That's Accessible Day or Night

At Sharp Rees-Stealy, you'll receive quality care, delivered with compassion and expertise. As your Medical Home, your primary care doctor will partner with you and your family to keep you well.

Online appointment scheduling — New and existing patients can easily book appointments on sharp.com.

FollowMyHealth® — Schedule appointments, email your doctor's office and more. Visit sharp.com/followmyhealth to enroll.

Sharp Rees-Stealy Pharmacy — Refill your prescriptions at pharmacy.sharp.com. Now offering free delivery and curbside pickup.

Nurse Connection®* — After hours, speak with a nurse who can offer health advice, Monday through Friday, from 5 p.m. to 8 a.m., and 24 hours a day on Saturday and Sunday.

Urgent care — When you need urgent medical care, we have five locations open, including weekends and holidays. View wait times at sharp.com/urgentcare and you'll also be able to save your spot.

After-hours pediatric appointments* — If your child is sick, we offer evening, weekend and holiday appointments.

Video or phone appointments with your doctor — Ask if your visit can be virtual. Learn more at sharp.com/videovisits.

Virtual urgent care visits — Virtually meet with a Sharp Rees-Stealy doctor when you need urgent care, 8 a.m. to 8 p.m. daily. Visit sharp.com/urgentcare to learn more.

Getting Started Is Easy

Get the care you need when you need it, starting with these three steps:

1. Select Sharp Rees-Stealy as your medical group through your health insurance plan. Our multispecialty group includes 19 clinic locations throughout San Diego and more than 550 doctors representing most fields of medicine.
2. Select a primary care doctor in the department of Family Medicine, Internal Medicine or Pediatrics (see pages 3 to 6). For information about all of our Sharp Rees-Stealy doctors, including photos and video profiles, visit sharp.com/srs.
3. When you need primary care, visit sharp.com for a list of phone numbers or see page 7. Schedule an appointment, receive medical advice or learn about other care options.

Health Insurance Carriers With Plans We Accept

Health insurance carriers frequently add new plans and update covered services. Please call your insurance carrier to confirm coverage under your specific plan.

Aetna	Coventry Healthcare/First Health	Sharp Health Plan
Anthem Blue Cross	Health Net	Tricare
Blue Shield	Healthsmart	UnitedHealthcare
ChoiceCare/Network (Humana)	Medicare	
CIGNA	MultiPlan (includes Beech Street/ Private Healthcare Systems)	

*Phone numbers for these services are listed on page 7.

Find Your Doctor

The following is a partial list of doctors who are currently accepting new patients. Call us Monday through Friday, 7 a.m. to 7 p.m. at 1-800-82-SHARP (1-800-827-4277) to select your doctor.

If you are unsure which doctor to choose, our physician referral nurses can provide personalized guidance to find the Sharp Rees-Stealy doctor who's right for you. You may also view each doctor's complete profile anytime at sharp.com/srs.

*Doctors with the most availability are highlighted.
See location addresses on back cover.*

Central San Diego Downtown



Prachi Karnik, MD

Board Certified: Internal Medicine

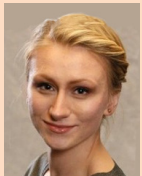
"I believe in forming a partnership to improve the quality of life for my patients."



Abisola Olulade, MD

Board Certified: Family Medicine

"I became a doctor because I truly love caring for people. I believe every patient should be treated with respect and dignity."



Lilia Peress, MD

Board Certified: Family Medicine
Additional Languages Spoken: Russian, Ukrainian

"The Sharp Experience means a chance to practice medicine the way it is meant to be."



Adam Sacks, MD

Board Certified: Family Medicine

"My goal is to assist my patients in becoming the happiest and healthiest they can be."

Genesee



Paul Matsumoto, DO

Board Certified: Family Medicine

"I strive to be a patient advocate in a health system that is ever-changing."



Udesh Shah, DO

Specialty: Internal Medicine

"My mission is to treat every patient as a valued individual with compassion and integrity."

Genesee (continued)



Luz Yee-Fernandez, MD

Board Certified: Family Medicine
Additional Language Spoken: Spanish

"The Sharp Experience is providing quality care with compassion and respect."

Point Loma



Daniel Brown, MD

Board Certified: Internal Medicine

"I encourage an active partnership between doctor and patient."



Adam Pacal, MD

Board Certified: Internal Medicine

"I enjoy helping patients stay healthy and enjoy their lives."

San Diego



Resham Batra, MD

Board Certified: Pediatrics
Additional Language Spoken: Hindi

"I accommodate patient needs with care and compassion."

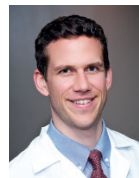


Beti Nissan, MD

Board Certified: Pediatrics
Additional Language Spoken: Farsi

"The Sharp Experience is about compassionate care and treating patients like they are a part of my family."

North Coastal and North Inland Carmel Valley



David Hall, MD

Board Certified: Internal Medicine, Pediatrics

"My mission is to assist patients with achieving optimal health and well-being."



Jaclyn Jensen, DO

Board Certified: Family Medicine

"My mission is to provide high-quality, personal health care to each and every patient."



Michael Martin, MD

Board Certified: Internal Medicine, Pediatrics
Additional Language Spoken: French

"I strive to do my absolute best for every patient, every visit."

Carmel Valley (continued)



Matthew Messoline, MD

Board Certified: Family Medicine

"I understand my patients' sacrifice of time and ensure experiences in my care are always positive."



Rebecca Preziosi, MD

Board Certified: Internal Medicine, Pediatrics

"The Sharp Experience means going the extra mile for patients."

Del Mar



Michelle Cao, MD

Board Certified: Family Medicine

"The Sharp Experience is providing quality care with compassion and respect."



Bennett Gross, MD

Board Certified: Internal Medicine

"I focus on patient-centered care and developing long-standing relationships."



David Reynaldo, MD

Board Certified: Internal Medicine, Pediatrics
Additional Language Spoken: Spanish

"I've dedicated my life to meeting both the psychological and physical needs of my patients."

Mira Mesa



Camille Santos, MD

Board Certified: Family Medicine
Additional Language Spoken: Tagalog/Filipino

"The Sharp Experience is patient care that is genuine and sincere."



Joanna Whiteley, MD

Board Certified: Family Medicine
Additional Language Spoken: Spanish

"I believe in providing personalized care that patients can't find anywhere else in San Diego."



Daniel Zanotti, DO

Board Certified: Family Medicine

"I try to work with my patients to build a plan to improve their total health."

Rancho Bernardo



Brian Barmettler, MD

Board Certified: Internal Medicine

"The Sharp Experience means delivering superior patient care for optimal health and well-being."

Rancho Bernardo (continued)



Audra Budde, DO

Board Certified: Family Medicine

"The Sharp Experience means treating every patient with respect and dignity as if they were a family member."



Amity Clow, MD

Board Certified: Family Medicine

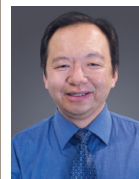
"I believe in the delivery of high-quality health care with the goal of maximizing patient satisfaction."



Uma Devaki, DO

Board Certified: Family Medicine
Additional Language Spoken: Telugu

"I enjoy working with people and assisting them in their time of need."



James Lin, MD

Board Certified: Internal Medicine

"I believe that high-quality health care is best achieved through strong patient-physician relationships and open communication."



Vivek Nazareth, MD

Board Certified: Family Medicine
Additional Language Spoken: Hindi

"I am grateful to practice medicine and for the opportunity to do what I truly love."



Howard Smart, MD

Board Certified: Pediatrics

"My patients will always have my full attention and I will do my best to help them."



Jason Spring, DO

Board Certified: Family Medicine

"My goal is for patients to leave my office knowing that all of their concerns were addressed in a practical, meaningful and appropriate manner."



Timothy Strouse, MD

Board Certified: Internal Medicine

"I strive to do more than expected for my patients so that they can receive the best care possible."

Scripps Ranch



Emelya Ahadian, MD

Board Certified: Internal Medicine
Additional Languages Spoken: Farsi, Spanish

"The patient is my top priority, and providing excellent patient care is my goal."

Scripps Ranch (continued)



Lisa DeLeon (Gabhart), MD

Board Certified: Pediatrics

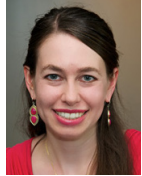
"I aim to provide the best quality care in a warm environment."



Nathan Freeman, MD

Board Certified: Family Medicine
Additional Language Spoken: French

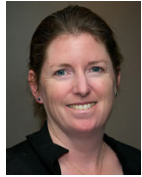
"I am committed to delivering superior service to each of my patients."



Natalie Hoffman, MD

Board Certified: Family Medicine

"The Sharp Experience means providing superior care to maintain optimal patient health."



Teresa O'Dea, MD

Board Certified: Pediatrics

"My role is to help keep kids happy and healthy into adulthood."

Sorrento Mesa



Basil Abramowitz, MD

Board Certified: Family Medicine
Additional Languages Spoken: Afrikaans, Hebrew

"I try to exceed expectations in a kind and caring manner."



Marta Awdykovych, MD

Board Certified: Pediatrics
Additional Languages Spoken: French, Spanish, Ukrainian

"I truly enjoy contributing to a child's well-being."



Jennifer Dolby, MD

Board Certified: Pediatrics

"My job is to be an advocate for your child's health and, as such, I want to be a trusted resource for parents."



Kathlyn Ignacio, MD

Board Certified: Internal Medicine

"Patients can feel confident that their questions will be answered and that I am a trusted partner in their health care."

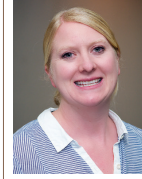


Sanaz Missaghi-Lajvardi, MD

Board Certified: Family Medicine
Additional Language Spoken: Farsi

"I strive to provide quality and individualized care, where patients feel like they matter."

Sorrento Mesa (continued)



Rachel Palma, DO

Board Certified: Family Medicine

"I care for my patients in the same way I care for a member of my family."

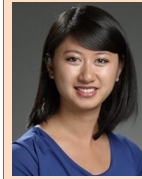


Albana Smurlo, MD

Board Certified: Family Medicine

"My goal is to provide excellent care to my patients in a caring, compassionate manner."

South Bay Chula Vista



Iris Ha, MD

Board Certified: Internal Medicine
Additional Language Spoken: Vietnamese

"The Sharp Experience means excellent patient-focused care with an amazing team of physicians and nurses in an integrated health system."

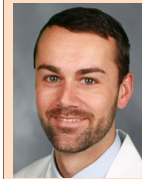


Min Zhao, MD

Board Certified: Internal Medicine
Additional Language Spoken: Chinese

"My goal is to provide the highest quality of care for all of my patients."

Otay Ranch



Charles Clark, MD

Specialty: Internal Medicine

"I strive to practice evidence-based, high-quality medicine while making sure patients feel heard and involved in the decisions affecting their care."



Sarah Giguere, DO

Board Certified: Pediatrics

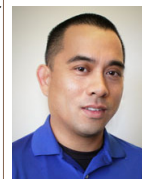
"The Sharp Experience means being part of a family — you will always find smiling faces and eager team members to make your experience easy."



Ricardo Indacochea, MD

Board Certified: Internal Medicine, Pediatrics
Additional Language Spoken: Spanish

"The Sharp Experience means receiving care that exceeds one's expectations."



Ernesto Mendoza, MD

Board Certified: Family Medicine
Additional Languages Spoken: Spanish, Tagalog/Filipino

"The Sharp Experience means quality health care with an emphasis on the doctor-patient relationship to help patients live healthier, happier lives."



Jorge Pelayo-Garcia, MD

Board Certified: Family Medicine
Additional Language Spoken: Spanish

"The most important aspects in a physician-patient relationship are the trust and confidence that develop."

Doctors with the most availability are highlighted.

See location addresses on back cover.

Otay Ranch (continued)



Juan Torres, MD

Board Certified: Pediatrics
Additional Language Spoken: Spanish
"The Sharp Experience means receiving up-to-date medicine with a warm, caring hand."



Michael Wilson, MD

Board Certified: Family Medicine
Additional Language Spoken: Spanish
"I create a caring environment and listen to my patients to assist them in achieving optimal health."

East County

La Mesa



Dennis Butler, MD

Board Certified: Pediatrics
Additional Language Spoken: Spanish
"Best job in the world: pediatrician. To watch a child grow and develop, and to walk that path alongside the family, is the greatest privilege."



Firas Gorges, MD

Board Certified: Family Medicine
Additional Languages Spoken: Arabic, Aramaic
"My philosophy is to never compromise the integrity of patient care."



Brenda Green, MD

Board Certified: Family Medicine
Additional Language Spoken: Spanish
"The Sharp Experience means providing excellent care to all patients."



Teresa Hardisty, MD

Board Certified: Pediatrics
Additional Language Spoken: Spanish
"I love working with children and their families."



Ronald Kwok, MD

Board Certified: Internal Medicine
Additional Language Spoken: Cantonese
"I believe in building strong partnerships with my patients."



Kathleen Outcalt, DO

Board Certified: Family Medicine
Additional Language Spoken: Spanish
"The Sharp Experience means making meaningful connections with my patients, listening without judgement, and providing quality, personalized care."



Sara Rourke, MD

Board Certified: Pediatrics
"The Sharp Experience is forming a partnership with patients and their families to optimize the health of each individual child."

La Mesa (continued)



LaDocia Schuetz, MD

Board Certified: Family Medicine
"The Sharp Experience means treating every person who walks through the door as if they were a family member."



Neema Shakibai, MD

Board Certified: Internal Medicine
"The Sharp Experience means providing the best quality care through positive partnerships, open communication and collaboration."



Brenda Watts, MD

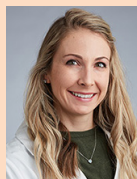
Board Certified: Internal Medicine
Additional Language Spoken: Spanish
"I am committed to building strong partnerships with my patients to achieve their health goals."

Santee



Tonya Henderson, MD

Board Certified: Pediatrics
"I love kids! I enjoy working with patients and their families to promote optimal health."



Alexandra Jubran, DO

Board Certified: Family Medicine
Additional Language Spoken: Spanish
"The Sharp Experience means providing optimum care to patients in a judgment-free setting where they are able to partner with their care team to achieve health and wellness."



Amro Mahmoud, DO

Board Certified: Internal Medicine
"Medicine, for me, has always been a calling as well as a privilege. I am both honored and excited to work with my patients toward their health goals."



Kelly Murphy, MD

Board Certified: Pediatrics
"As your pediatrician, my role is more than providing quality medical care. I am your child's advocate and an avenue of support for your family."



Sung Song, MD

Board Certified: Family Medicine
"The Sharp Experience means providing the best care by the whole organization."

*Doctors with the most availability are highlighted.
See location addresses on back cover.*

Frequently Called Phone Numbers

For people who are deaf (TDD/TTY)	858-499-4645
Family Medicine and Internal Medicine	
Carmel Valley	858-499-2708
Chula Vista	858-499-2713
Del Mar	858-499-2708
Downtown	858-499-2703
Genesee	858-499-2710
La Mesa	858-499-2711
Mira Mesa	858-499-2704
Otay Ranch	858-499-2707
Point Loma	858-499-2712
Rancho Bernardo	858-499-2705
Santee	858-499-2715
Scripps Ranch	858-499-2714
Sorrento Mesa	858-499-2704
Mammography/Imaging	858-586-6730
Nurse Connection®	800-767-4277
OB-GYN	858-499-2702
Pediatrics	
All sites (except Carmel Valley and Del Mar) [†]	858-499-2701
Carmel Valley or Del Mar	858-499-2708

[†]After-hours pediatrics appointments available at Chula Vista, La Mesa and Sorrento Mesa locations.

Find a doctor by calling **1-800-82-SHARP** (1-800-827-4277).

For more information and additional department phone numbers, visit **sharp.com/srs**.

Sharp Rees-Stealy Locations by Region

CENTRAL

Downtown * + 🏪 🧪
300 Fir Street
San Diego, CA 92101

Frost Street
8008 Frost St., Suite 106
San Diego, CA 92123

Frost Street North
8010 Frost St.
San Diego, CA 92123

Genesee * 🧪
2020 Genesee Ave.
San Diego, CA 92123

Murphy Canyon
9610 Granite Ridge Drive, Suite C
San Diego, CA 92123

Point Loma * 🧪
3555 Kenyon St., Suites 200 and 201
San Diego, CA 92110

San Diego * 🏪 🧪
2929 Health Center Drive
San Diego, CA 92123

**Surgical Eye Consultants at
Sharp Memorial Outpatient Pavilion**
3075 Health Center Drive, Fourth Floor
San Diego, CA 92123

EAST

La Mesa * + 🏪 🧪
5525 Grossmont Center Drive
La Mesa, CA 91942

Santee * + 🏪 🧪
8701 Cuyamaca St.
Santee, CA 92071

El Cajon — *permanently closed*
La Mesa West — *permanently closed*
Mt. Helix — *permanently closed*
San Carlos — *permanently closed*

NORTH COASTAL

Carmel Valley * 🧪
12710 Carmel Country Road
San Diego, CA 92130

Del Mar * 🧪
2600 Via De La Valle, Suite 200
Del Mar, CA 92014

Sorrento Mesa * + 🏪 🧪
10243 Genetic Center Drive
San Diego, CA 92121

NORTH INLAND

Mira Mesa * 🧪
8933 Activity Road
San Diego, CA 92126

Rancho Bernardo * + 🏪 🧪
16899 West Bernardo Drive
San Diego, CA 92127

Scripps Ranch * 🧪
10670 Wexford St.
San Diego, CA 92131

SOUTH BAY

Chula Vista * + 🏪 🧪
525 Third Ave.
Chula Vista, CA 91910

Chula Vista Rehabilitation Services
344 F St., Suite 300
Chula Vista, CA 91910

Otay Ranch * 🏪 🧪
1400 East Palomar St.
Chula Vista, CA 91913

* Primary Care + Urgent Care 🏪 Pharmacy 🧪 Lab



Sharp Rees-Stealy Pharmacies

We make prescription orders and refills easy and convenient for you. Save yourself an extra trip by picking up your prescription right after your doctor's visit – it's easy to transfer your prescription to one of our eight locations throughout San Diego. We even offer convenient home delivery.

Full-Service Pharmacies

In addition to prescription medications, all of our pharmacies offer a complete selection of over-the-counter items, including cough and cold remedies, first-aid treatments, skin care products and more.

Order Refills

To refill a prescription, call any of our pharmacy locations listed below or submit your request online at sharp.com/pharmacy. Our pharmacist will contact your doctors and have your prescription(s) ready for pick up or home delivery. We can even send a text message to update you when your order is ready.

Transfer Prescriptions

We can transfer prescriptions from any pharmacy – just give us a call, stop by or visit us online.

Curbside Pick-Up and Prescription Delivery

Have your prescriptions delivered to your home within three business days with no delivery fee. Now offering curbside pick-up at our pharmacies.

Sharp Rees-Stealy Chula Vista

525 Third Ave., Chula Vista, 91910
619-420-7120
Weekdays, 8 a.m. to 7 p.m.
Saturdays, 8:30 a.m. to 1:30 p.m.

Sharp Rees-Stealy Downtown

300 Fir Street, San Diego, 92101
619-446-1512
Weekdays, 8:30 a.m. to 6:30 p.m.

Sharp Rees-Stealy La Mesa

5525 Grossmont Center Drive, La Mesa, 91942
619-644-6650
Weekdays, 8:30 a.m. to 7 p.m.

Sharp Rees-Stealy Otay Ranch

1400 East Palomar St., Chula Vista, 91913
619-397-3072
Weekdays, 8:30 a.m. to 5:30 p.m.

Sharp Rees-Stealy Rancho Bernardo

16899 West Bernardo Drive, San Diego, 92127
858-521-2290
Weekdays, 8:30 a.m. to 5:30 p.m.

Sharp Rees-Stealy San Diego

2929 Health Center Drive, San Diego, 92123
858-939-6540
Weekdays, 8:30 a.m. to 5:30 p.m.

Sharp Rees-Stealy Santee

8701 Cuyamaca Street, Santee, CA 92071
619-568-8050
Weekdays, 8:30 a.m. to 6:30 p.m.

Sharp Rees-Stealy Sorrento Mesa

10243 Genetic Center Drive, San Diego, 92121
858-526-6080
Weekdays, 8:30 a.m. to 6 p.m.

Visit sharp.com/pharmacy for more information.

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Sharp Rees-Stealy Radiology Services

For your convenience, Sharp Rees-Stealy offers digital radiology services at the 13 medical centers listed below. All services are offered Monday through Friday.

To schedule an appointment, call **858-586-6730**. If you have a FollowMyHealth[®] account, you can view test results from your computer, tablet or smartphone. To sign up for a free account, visit sharp.com.

Chula Vista

525 Third Ave., Chula Vista, CA 91910
General radiology
8 a.m. to 5 p.m.

Del Mar

2600 Via De La Valle, Suite 200, Del Mar, CA 92014
General radiology
8 a.m. to 5 p.m.

Downtown

300 Fir Street, San Diego, CA 92101
DEXA bone scan, general radiology,
mammography, ultrasound
8 a.m. to 5:30 p.m.

Frost Street

8008 Frost St., Suite 106, San Diego, CA 92123
General radiology
8 a.m. to 5 p.m.

Genesee

2020 Genesee Ave., San Diego, CA 92123
General radiology
8 a.m. to 5 p.m.

La Mesa

5525 Grossmont Center Dr., La Mesa, CA 91942
General radiology, ultrasound
8 a.m. to 5:30 p.m.

Mira Mesa

8933 Activity Rd., San Diego, CA 92126
CT, DEXA bone scan, general radiology, MRI,
mammography, PET, stereotactic biopsies,
ultrasound
7 a.m. to 5 p.m.

Otay Ranch

1400 East Palomar St., Chula Vista, CA 91913
General radiology, mammography, MRI
8 a.m. to 5 p.m.

Rancho Bernardo

16899 West Bernardo Dr., San Diego, CA 92127
General radiology, mammography
8 a.m. to 5 p.m.

San Diego

2929 Health Center Dr., San Diego, CA 92123
General radiology, nuclear medicine
8 a.m. to 5 p.m.

Santee

8701 Cuyamaca St., Santee, CA 92071
General radiology, ultrasound, mammography -
screenings only, weekdays, 7 a.m. to 5 p.m.
X-ray and DEXA bone scan, weekdays,
8 a.m. to 5 p.m.

Scripps Ranch

10670 Wexford St., San Diego, CA 92131
General radiology
8:30 a.m. to 5 p.m.

Sorrento Mesa

10243 Genetic Center Dr., San Diego, CA 92121
General radiology, mammography
8 a.m. to 5 p.m.

858-499-2600 • sharp.com/srs



Sharp Rees-Stealy Laboratory Services

For your convenience, Sharp Rees-Stealy offers laboratory services at the 15 medical centers listed below. You can walk into any of these laboratory locations without an appointment, or schedule an appointment by calling **619-446-1543** between the hours of 8 a.m. and 5 p.m.

If you have a FollowMyHealth® account, you can schedule your appointment online, as well as see select lab results as soon as they've been reviewed by your doctor. To learn more about FollowMyHealth® and managing your health care online, visit sharp.com/followmyhealth.

Carmel Valley (temporarily closed)

12710 Carmel Country Rd., San Diego, CA 92130
Monday to Friday, 8 a.m. to noon and 1:30 to 4:30 p.m.

Chula Vista

525 Third Ave., Chula Vista, CA 91910
Monday to Friday, 7:30 a.m. to 5 p.m.
Saturday, 8 a.m. to noon, by appointment only.

Del Mar

2600 Via De La Valle, Suite 200, Del Mar, CA 92014
Monday to Friday, 8 a.m. to 5 p.m., by appointment only.

Downtown

300 Fir Street, San Diego, CA 92101
Monday to Friday, 7:30 a.m. to 6 p.m.
Saturday, 7:30 a.m. to 4 p.m., by appointment only.

Genesee

2020 Genesee Ave., San Diego, CA 92123
Monday to Friday, 7:30 a.m. to 5 p.m., by appointment only.

La Mesa

5525 Grossmont Center Dr., La Mesa, CA 91942
Monday to Friday, 7:30 a.m. to 6 p.m. Saturday,
7:30 a.m. to 1 p.m. Sunday, 8 a.m. to noon, by
appointment only.

Mira Mesa (temporarily closed)

8933 Activity Rd., San Diego, CA 92126
Monday to Friday, 8 a.m. to 12:45 p.m. and 1:15 to 5
p.m.

Otay Ranch

1400 East Palomar St., Chula Vista, CA 91913
Monday to Friday, 7:30 a.m. to 5 p.m., by
appointment only.

Point Loma

3555 Kenyon St., San Diego, CA 92110
Monday to Friday, 8 a.m. to 5 p.m., by appointment
only.

Rancho Bernardo

16899 West Bernardo Dr., San Diego, CA 92127
Monday to Friday, 7:30 a.m. to 6 p.m.
Saturday, 7:30 a.m. to 1 p.m., by appointment only.

San Diego

2929 Health Center Dr., San Diego, CA 92123
Monday to Friday, 7:30 a.m. to 5 p.m., by
appointment only.

Santee

8701 Cuyamaca St., Santee, CA 92071
Monday to Friday, 7:30 a.m. to 6 p.m., by
appointment only. Saturday and Sunday, 7:30 a.m.
to 12:30 p.m., by appointment only.

Scripps Ranch

10670 Wexford St., San Diego, CA 92131
Monday to Friday, 7:30 a.m. to 5 p.m., by
appointment only.

Sorrento Mesa

10243 Genetic Center Dr., San Diego, CA 92121
Monday and Friday, 7:30 a.m. to 6 p.m., by
appointment only.

858-499-2600 • sharp.com/srs

Urgent Care Locations

Chula Vista

525 Third Ave.
Chula Vista, CA 91910
619-585-4000
8 a.m. to 8 p.m. daily

Santee

8701 Cuyamaca St.
Santee, CA 92071
619-568-8025
8 a.m. to 8 p.m. daily

Downtown

300 Fir Street
San Diego, CA 92101
619-446-1575
8 a.m. to 10 p.m. on
weekdays
8 a.m. to 8 p.m. on
weekends and holidays

Sorrento Mesa

10243 Genetic Center Dr.
San Diego, CA 92121
858-526-6100
8 a.m. to 8 p.m. daily

Rancho Bernardo

16899 West Bernardo Dr.
San Diego, CA 92127
858-521-2300
8 a.m. to 8 p.m. daily

For more information about Sharp Rees-Stealy
Urgent Care Centers, visit sharp.com/srs.



Sharp Rees-Stealy
Urgent Care





Health Care the Way It Should Be

Sharp Rees-Stealy is one of San Diego's most comprehensive medical groups with more than 580 physicians and 2,800 staff members. We are dedicated to delivering patient-centered care that is friendly, convenient, cost-effective and accessible. It's all part of the extraordinary level of care we call The Sharp Experience.

Comprehensive, Convenient Care

The physicians and staff at Sharp Rees-Stealy Urgent Care help diagnose and treat many urgent but non-life-threatening conditions, such as earaches, flu, sprains and sore throats. With five locations throughout San Diego, patients can receive expert medical care any day of the year on a walk-in basis — without an appointment or referral.

- Open 365 days a year, including all holidays (specific locations and hours listed on back)
- Access to specialty consultation and referrals, if required
- On-site laboratory, radiology and pharmacy services
- Educational information provided about your specific illness or injury
- Wait times and Save Your Spot available online

Most Insurance Plans and Payment Methods Accepted

You don't need to be a Sharp Rees-Stealy patient to receive care at any of our urgent care centers. Sharp Rees-Stealy accepts most payment methods, health insurance plans and provider networks, including Medicare, HMO, PPO, ACO, EPO, fee-for-service, indemnity and workers' compensation plans. Call your health plan member services department if you have any questions about coverage.



Patients can receive comprehensive medical care — without an appointment.

FollowMyHealth®

Access your personal health information anywhere, anytime using FollowMyHealth, a secure, personal and easy way to manage your health care — and the care of your loved ones — online.

Schedule appointments

View test results and immunizations

Send and receive messages from your doctor's office

View summaries of your visits

And more . . .

All from the convenience of your computer, laptop, tablet or smartphone.

sharp.com/followmyhealth



Getting Started with FollowMyHealth

Follow the steps below to sign up or connect an existing account.

Create a NEW account via sharp.followmyhealth.com

1. Visit sharp.followmyhealth.com and click “I need to sign up”
2. Fill out form and click “Confirm and Continue”
3. Create a username, password and click “Confirm and Continue”
4. Upon log in, you will be instructed to request a connection with your medical group; use the search bar to type “Sharp” or “Sharp Rees-Stealy”
5. Find Sharp Rees-Stealy Medical Group among the search results and click “Connect”
6. Click “Next” and accept the authorization
7. You will receive notification that your request to connect was sent; click “OK”
8. You can expect an email response to your connection request within two business days

Request a connection to an EXISTING account

If you have an existing FollowMyHealth account not yet associated with Sharp HealthCare, you will need to request a connection.

1. Visit sharp.followmyhealth.com and sign in
2. Go to “My Account,” select “My Connections” and click “Add Organization”
3. Use the search bar to type “Sharp” or “Sharp Rees-Stealy”
4. Find Sharp Rees-Stealy Medical Group among the search results and click “Connect”

Need assistance?

Contact us 24 hours a day, seven days a week at 858-627-5201.

If this is your first visit with us, please follow the steps above or you may wait for an email invitation.

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Understanding Medicare

Free Webinars and Options for Medicare-Eligible Patients

If you or a family member are turning 65 within the next year — or are over 65 and retiring soon — it's time to start thinking about Medicare and your coverage options. Join us for a free educational webinar or video series to learn how Medicare works in clear, easy-to-understand language.

You'll learn about Medicare Parts A and B, the special enrollment requirements if you start using Medicare after age 65 and the difference between Medicare Advantage and Medicare Supplement insurance plans. You will also have the opportunity to ask all your personal questions.

Medicare options include:

- Medicare Advantage (HMO) Plans
- Original Medicare
- Retiree Plans
- TRICARE for Life

Scan this QR code or visit sharp.com/medicare to find webinar dates
or learn more about your options.



We're here to help.

Please Contact:
Roberta Moran Curry
858-262-6402
roberta.curry@sharp.com