After Hours Care

If you are **experiencing** a **medical emergency**

Or go immediately to: Goleta Valley Cottage Hospital 351 S. Patterson Ave., CA 93117 *Ambulance/Emergency transportation is covered with UC SHIP.

24 Hour Services free for all Students

After Hours Nurseline (877) 351-3457

COUNSELING & SUPPORT (24 Hours/Day)

(805) 893-4411 **UCSB** Counseling Services UCSB Sexual Assault Services (805) 893-4613

TeleHealth

LiveHealth Online (Free to UC SHIP Members) https://livehealthonline.com Cottage CareNow (No Appointment Needed) https://www.cottagehealth.org/urgent-care/

Urgent Care - The following businesses may be used as alternatives when Student Health is closed.

Cottage Urgent Care (Hollister Village) (805) 324-9270 7070 Hollister Ave, #103, Goleta, CA 93117 Appts: cottagehealth.org		Cottage Urgent Care (Calle Real) (805) 879-4239 5652 Calle Real, Goleta, CA 93117 Appts: cottagehealth.org	
Sansum/Sutter Health Urgent Care 215 Pesetas Ln, Santa Barbara, CA 93111	<u>(805) 563-6110</u>	The MedCenter Urgent Care 2954 State St, Santa Barbara, CA 93105	<u>(805) 681-7411</u>
♦ In Network Clinics			
◆ Goleta Neighborhood Clinic 5580 Calle Real, Goleta, CA 93111	<u>(805) 617-7878</u>	◆ Jackson Medical Group (805) 979-4646 220 Pacific Oaks Rd, Suite 2, Goleta, CA 93117	
IV Neighborhood Clinic	(844) 594-0313	Eye & Vision Care	(805) 692-6977

Pharmacies

Costco (805) 685-4141 7095 Marketplace Dr. Goleta, CA 93117 (Membership not required)

CVS (805) 967-5677 5875 Calle Real Goleta, CA 93117

CVS (805) 562-1480 7030 Hollister Ave. Bldg. E Goleta, CA 93117

Rite Aid (805) 964-9892 199 N. Fairview Ave. Goleta, CA 93117

5300 Hollister Ave., Santa Barbara, CA 93111

Walgreens (805) 967-3798 5900 Calle Real Goleta, CA 93117

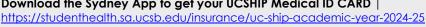
How to Use your Medical Insurance

970 Embarcadero Del Mar, Isla Vista, CA 93117

- Bring your insurance card and use network providers for the least cost.
- Co-pays are \$25 for urgent care and \$200 for emergency department - unless admitted to the hospital. (Deductibles are waived for UC/ER visits.)



Download the Sydney App to get your UCSHIP Medical ID CARD |







sydney
**Note: Referrals are needed for all non-emergency visits outside Student Health if you are within 50 miles of UCSB!

The University does not recommend, endorse, warrant or guarantee any specific provider of medical services, or any product or service that they may offer and will not be a party to any transaction between you and such providers. The names of these medical providers are for your information only. As with the purchase of any product or service it is your responsibility to use your best judgment in the selection of any appropriate medical provider.

Dental Emergencies

Oral injuries are often painful, and should be treated by a dentist as soon as possible. Dental Emergencies may include teeth that have been knocked out, forced out of position, or broken. Sometimes lips, gums or cheeks have cuts.

When a tooth is knocked out you should: Attempt to find the tooth

- Gently rinse, but do not scrub the tooth to remove dirt or debris
- ♦ Place the clean tooth in your mouth between the cheek and gum
- ◆ Do not attempt to replace the tooth into the socket. This could cause further damage
- If it is not possible to store the tooth in the mouth of the injured person, wrap the tooth in a clean cloth or gauze and immerse in milk
- Get to the dentist as soon as possible. If it is within a half an hour of the injury, it may be possible to re-implant the tooth

If the tooth is pushed out of place (inward or outward), Do not force the tooth into the socket. Hold the tooth in place with a moist tissue or gauze. Again, it is vital that a dentist see the injured individual as quickly as possible.

How to Use your Dental Insurance

- Bring your UCSHIP Delta Dental ID card and use network providers for the least cost.
 Download instructions can be found at: https://studenthealth.sa.ucsb.edu/insurance/uc-ship-academic-year-2024-25
 or Delta Dental Customer Service (800) 765-6003
- 2. You have a yearly maximum dental benefit of \$1,200, with in-network providers.
- 3. Out-of-network or premier providers' yearly maximum dental benefit is only \$700.





Download App to get your Dental ID CARD or to Find a PPO Dentist (Register with Student ID number)

Deltadentalins.com/ucsb | (800) 765-6003



Local Dentists (Delta Dental providers)

Goleta Dental Practice

5370 Hollister Ave., Suite A Santa Barbara, CA 93111

805-683-7777

Goleta Neighborhood Dental Clinic

164 Kinman Ave., Goleta, CA 93117

(805) 617-7900

Dr. Gregg Welsh Oral & Maxillofacial Surgery

38 S. La Cumbre Road Santa Barbara, Ca 93105

(805) 692-8500

DZD Dental

Doran Z. Dobranszky, DDS 5901 Encina Road Suite#C-1 Goleta, CA 93117

(805) 967-5671

TO FIND A VISION CARE PROVIDER | https://www.anthem.com/ca/find-care/

(UCSHIP Members - Download the Sydney App)

Local Vision Providers

Eye and Vision Care

5300 Hollister Ave, Goleta

805-692-6977

Goleta Valley Optical

(Magnolia Shopping Ctr) 4850 Hollister Ave,

Goleta 93111

(805) 967-1012

Hollister Optometric Center

6831 Hollister Ave. #F Goleta 93117

(805) 968-3937

Tang Optometry

(Located Inside Target store) 6865 Hollister Ave Goleta

(714) 305-4783 | (805) 979-3527

The University does not recommend, endorse, warrant or guarantee any specific provider of medical services, or any product or service that they may offer and will not be a party to any transaction between you and such providers. The names of these medical or dental providers are for your information only. As with the purchase of any product or service it is your responsibility to use your best judgment in the selection of an appropriate medical or dental provider.

4/2025