After Hours Care
If you are **experiencing** a **medical emergency**

Dial 911

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)** UCSB Counseling Services **(805) 893-4411** 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 **(805) 563-6110** 215 Pesetas Ln, Santa Barbara, CA 93111	**The MedCenter Urgent Care** **(805) 681-7411** 2954 State St, Santa Barbara, CA 93105

♦ In Network Clinics

♦ Goleta Neighborhood Clinic **(805) 617-7878** 5580 Calle Real, Goleta, CA 93111	**♦ Jackson Medical Group** **(805) 979-4646** 220 Pacific Oaks Rd, Suite 2, Goleta, CA 93117
♦ IV Neighborhood Clinic **(844) 594-0313** 970 Embarcadero Del Mar, Isla Vista, CA 93117	**Eye & Vision Care** **(805) 692-6977** 5300 Hollister Ave., Santa Barbara, CA 93111

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

How to Use your Medical Insurance

1. Bring your insurance card and use network providers for the least cost.

2. **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 |
 https://studenthealth.sa.ucsb.edu/insurance/uc-ship-academic-year-2024-25

**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

1. 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 Evidence of Coverage | **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.

GET IT ON Google Play
Download on the App Store

**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**

4/2025

UC **SANTA BARBARA**
Student Health Service