

# After Hours Care

If you are experiencing a medical emergency



**CALL 911**

Or go immediately to:

[Goleta Valley Cottage Hospital](#)

351 S. Patterson Ave., CA 93117

**After Hours Nurseline**

1 (877) 351-3457

**COUNSELING & SUPPORT  
(24 Hours/Day)**

UCSB Counseling Services (805) 893-4411

UCSB Sexual Assault Services (805) 893-4613

## ◆ 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  
Mon – Sun: 8:00 am – 8:00 pm | [Apts: cottagehealth.org](#)

Cottage Urgent Care (Calle Real) (805) 879-4239  
5652 Calle Real, Goleta, CA 93117  
Mon – Sun: 8:00 am – 8:00 pm | [Apts: cottagehealth.org](#)

Cottage CareNow (telehealth) [www.cottagecarenow.org](http://www.cottagecarenow.org) (No Appointment Needed)

Sansum Urgent Care (805) 563-6110  
215 Pesetas Ln, Santa Barbara, CA 93111  
Mon – Fri: 8:00 am – 7:00 pm  
Saturday: 9:00 am – 5:00 pm  
Sunday: 9:00 am – 3:00 pm

The MedCenter Urgent Care (805) 681-7411  
271 N. Fairview Ave., Suite 101, Goleta, CA 93117  
Mon – Sat: 8:00 am – 8:00 pm  
Sunday: 10:00 am – 6:00 pm

## ◆ In Network Clinics

Goleta Neighborhood Clinic\* (805) 617-7878  
5580 Calle Real, Goleta, CA 93111  
Mon, Tue, Wed: 8:15 am - 7:00 pm  
Thurs, Fri: 8:15 am - 6:00 pm  
Saturday: 8:30 am - Noon

Jackson Medical Group\* (805) 979-4646  
220 Pacific Oaks Rd, Suite 2, Goleta, CA 93117  
Mon – Fri: 8:00 am - 5:00 pm  
Saturday: 9:00 am - 2:00 pm

IV Neighborhood Clinic\* (805) 617-7878  
970 Embarcadero Del Mar, Isla Vista, CA 93117  
Mon, Tue, Fri: 8:15 am - 6:00 pm  
Wed, Thurs: 8:15 am - 8:00 pm  
Saturday: 8:30 am - Noon

Eye & Vision Care (805) 692-6977  
5300 Hollister Ave., Santa Barbara, CA 93111  
Mon – Fri: 8:00 am - 5:00 pm  
Saturday: 8:00 am - 3:00 pm

LiveHealth Online [livehealthonline.com](http://livehealthonline.com)

## 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.
3. Return to Student Health during regular hours for follow-up appointments.

UCSHIP Medical ID CARD | <https://studenthealth.sa.ucsb.edu/insurance/uc-ship-academic-year-2022-23>

◆ 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

## 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. If you don't have one, download instructions can be found at: <https://studenthealth.sa.ucsb.edu/insurance/uc-ship-academic-year-2022-23> or [Delta Dental Evidence of Coverage](#) | Delta Dental Customer Service [\(800\) 765-6003](tel:8007656003)
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.

Dental ID CARD or Find a PPO Dentist (Register with Student ID number)

[Deltadentalins.com/ucsb](https://deltadentalins.com/ucsb) | [\(800\) 765-6003](tel:8007656003)

## Local Dentists (Delta Dental providers)

### [Goleta Dental Practice](#)

5370 Hollister Ave., Suite A  
Santa Barbara, CA 93111  
[805-683-7777](tel:8056837777)

### [Goleta Neighborhood Dental Clinic](#)

164 Kinman Ave.,  
Goleta, CA 93117  
[\(805\) 617-7900](tel:8056177900)

### [Ocean Oral and Maxillofacial Surgery](#)

2425 Bath Street #9  
Santa Barbara, Ca 93105  
[\(805\) 682-0933](tel:8056820933)

## Local Vision Providers

### Eye and Vision Care

5300 Hollister Ave, Goleta  
Hours: Mon-Fri 9-7  
[805-692-6977](tel:8056926977)

### Goleta Valley Optical

(Magnolia Shopping Ctr)  
5124 Hollister Ave, Goleta 93111  
Hours: Mon-Fri 9-6, Sat 10-3  
[\(805\) 967-1012](tel:8059671012)

### Hollister Optometric Center

6831 Hollister Ave. #F  
Goleta 93117  
Hours: Mon-Fri 9-7  
Ph: [\(805\) 968-3937](tel:8059683937)

### Tang Optometry

(Located Inside Target store)  
6865 Hollister Ave Goleta, 93117  
Mon-Fri 10-6 | Sat 10-5, Sun 1-4  
Ph: [\(714\) 305-4783](tel:7143054783) | [\(805\) 979-3527](tel:8059793527)

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

- ◆ 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**.