

**If injured on the job, first call Company Nurse at  
(855) 342-9942. If treatment is required, you  
may choose from the following first care facilities:**



**AFC Urgent Care**  
27522 Antonio Pkwy., Ste. P3  
Ladera Ranch, CA 92694  
(949) 207-3786

7 days a week, 8:00 am - 8:00 pm



**Concentra**  
22741 Lambert St., Ste. 1608  
Lake Forest, CA 92630  
(949) 581-3011

Monday - Friday, 8:00 am - 5:00 pm



**Sand Canyon Urgent Care**  
15775 Laguna Canyon Rd., Ste. 100  
Irvine, CA 92618  
(949) 417-0272

Monday - Friday, 8:00 am - 8:00 pm

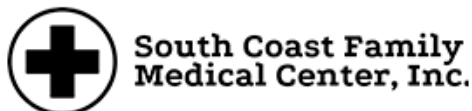
Saturday, 9:00am - 5:00 pm & Sunday, 11:00 am - 5:00 pm



**Sand Canyon Urgent Care**  
23521 Paseo De Valencia, Ste. 101  
Laguna Hills, CA 92653  
(949) 206-4633

Monday - Friday, 9:00 am - 5:00 pm

Saturday, 9:00 am - 1:00 pm



**South Coast Family Medical Center**  
25500 Rancho Niguel Road, Ste. 100  
Laguna Niguel, CA 92677  
(949) 643-0500

Monday - Friday, 8:00 am - 6:30 pm

Saturday - Sunday, 9:00 am - 4:30 pm

*For More Information, Contact:*

**Kay Connolly**  
Insurance & Risk Management Department  
(949) 234-9401  
[workcomp@capousd.org](mailto:workcomp@capousd.org)