



# Are You Ready to Switch to Scripps?

You know your health is important and make choices every day to ensure your well-being. Choosing the right doctor is another very important choice you need to make for your health. Making a switch to Scripps Health gives you and your family access to a vast network of primary care doctors at locations throughout San Diego, as well as nationally recognized specialists.

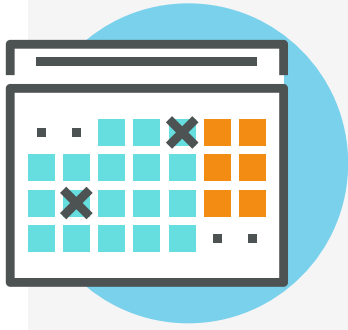
There are two simple ways to find the Scripps provider that is right for you and your family:

- Search with our easy-to-use **Doctor Finder:** [scripps.org/doctorfinder](https://scripps.org/doctorfinder).
- Call **1-800-SCRIPPS (727-4777)** Monday–Friday, 7 a.m.–7 p.m., to speak with a physician referral specialist who can help you find the right doctor.



# Now is the time to consider your options.

Make the change to better health today by selecting a health insurance plan with access to Scripps. We can help. Here's a checklist to help make the process easier.



- Know your deadlines!** The annual open enrollment period for most health insurance often takes place during the fall. However specific deadlines to renew or change health plans vary:

<b>Employer-provided health insurance:</b>	Check with your employer for specific enrollment dates and deadlines during the fall.
<b>Covered California:</b>	Purchase health coverage through the state-based marketplace <b>November through January each year.</b>
<b>Medicare:</b>	Sign up during the annual enrollment period for Medicare coverage <b>October 15–December 7.</b>
<b>Special Enrollment Period</b>	You can make changes to your health coverage throughout the year for life events, including marriage, birth or adoption of a child or losing minimum essential health coverage.

- Examine your health coverage** and the needs of your family:

- What do you like and dislike about your current plan?
- Understand your deductible and out-of-pocket costs
- How many routine doctor visits do you make each year?
- Do you require care from a specialist?
- Do you take medication?

- Next, think carefully about your preferences:**

- **Providers:** Review the network for the plan you are selecting to be sure the doctors and facilities you prefer are included. You may be able to keep your existing providers or may be required to select new providers.
- **Medications:** Check the health plan's drug formulary if you take medications to make sure your prescriptions will be covered.
- **Procedures:** If you are anticipating a medical procedure such as childbirth or surgery, check the plan to be certain it will be covered in the coming year.

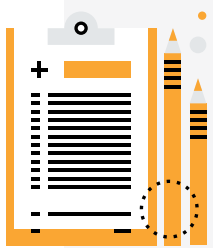




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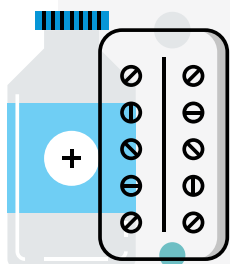
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Remember to ask questions and carefully understand the health plan you select. Now that you have selected a health insurance plan that includes Scripps Health, it's time to familiarize yourself with the system and plan for your medical care.



### These tips will help you prepare for the first visit with your Scripps doctor:

- Plan your first visit** after your coverage effective date.
- Refill current prescriptions** to ensure you do not run out prior to your first appointment with your Scripps doctor.
- Request your medical records** be sent to your new provider.
- Visit [scripps.org](https://scripps.org) for more information about your provider and Scripps including directions, parking and more.



**Scripps Clinic**

**1 Scripps Clinic Carmel Valley**  
3811 Valley Centre Drive  
San Diego, CA 92130

**2 Scripps Clinic, Coronado**  
(Dermatology only)  
1317-A Ynez Place  
Coronado, CA 92118

**3 Scripps Clinic, Del Mar**  
12395 El Camino Real  
San Diego, CA 92130

**4 Scripps Clinic, Encinitas**  
310 Santa Fe Drive  
Encinitas, CA 92024

**5 Scripps Clinic, Hillcrest**  
4020 Fifth Ave., Suite 401  
San Diego, CA 92103

**6 Scripps Clinic John R. Anderson V Medical Pavilion**  
9898 Genesee Ave.  
La Jolla, CA 92037

**7 Scripps Clinic, La Jolla**  
(Multiple specialties)  
9834 Genesee Ave.  
San Diego, CA 92121

**8 Scripps Clinic, La Jolla**  
(OB-GYN only)  
9333 Genesee Ave., Suite 170  
San Diego, CA 92121

**9 Scripps Clinic Mission Valley**  
7425 Mission Valley Road  
7565 Mission Valley Road  
San Diego, CA 92108

**10 Scripps Clinic OB-GYN Fifth Avenue**  
(OB-GYN only)  
2918 Fifth Ave., Suite 100  
San Diego, CA 92103

**11 Scripps Clinic, OB-GYN La Jolla Campus**  
(OB-GYN only, including surgery)  
9850 Genesee Ave., Suites 510 and 600  
La Jolla, CA 92037

**12 Scripps Clinic Rancho Bernardo**  
15004 Innovation Drive  
San Diego, CA 92128

**13 Scripps Clinic Rancho San Diego**  
10862 Calle Verde  
3835 Avocado Blvd., Suite 160  
La Mesa, CA 91941

**14 Scripps Clinic, Santee**  
278 Town Center Parkway  
Suite 105  
Santee, CA 92071

**15 Scripps Clinic, Torrey Pines**  
10666 N. Torrey Pines Road  
La Jolla, CA 92037

**Scripps Coastal Medical Center**

**16 Scripps Coastal Medical Center**  
2176 Salk Ave.  
Carlsbad, CA 92008

**17 Scripps Coastal Medical Center**  
971 Lane Ave.  
Chula Vista, CA 91914

**18 Scripps Coastal Medical Center**  
477 N. El Camino Real,  
Suites A208, B303 and C206  
Encinitas, CA 92024

**19 Scripps Coastal Medical Center**  
(OB-GYN only)  
332 Santa Fe Drive, Suite 115  
Encinitas, CA 92024

**20 Scripps Coastal Medical Center**  
(OB-GYN only)  
320 Santa Fe Drive, Suite 300  
Encinitas, CA 92024

**21 Scripps Coastal Medical Center**  
488 E. Valley Parkway  
Suite 411  
Escondido, CA 92025

**22 Scripps Coastal Medical Center**  
501 Washington St.  
Suites 525 and 600  
San Diego, CA 92103

**23 Scripps Coastal Medical Center**  
4318 Mission Ave.  
Oceanside, CA 92057

**24 Scripps Coastal Medical Center**  
(OB-GYN only)  
3998 Vista Way, Suite C202  
Oceanside, CA 92056

**25 Scripps Coastal Medical Center**  
380 Stevens Ave., Suite 100  
Solana Beach, CA 92075

**26 Scripps Coastal Medical Center**  
130 Cedar Road  
Vista, CA 92083

