



County of San Bernardino



PHYSICIANS REFERRAL LIST FOR OCCUPATIONAL INJURIES AND ILLNESSES

In the event of an occupational injury or illness, the employee is to be referred to a doctor on this list by the employer, as required by law. Please prepare a Medical Service Order and refer the injured employee to one of the facilities listed, except in cases of emergency.

Employees injured in the San Bernardino Valley area will be referred to the Center for Employee Health and Wellness and Employees injured in the High Desert area will be referred to the High Desert Wellness Center, unless they exercise their right to a pre-designated treating doctor.

In case of an emergency, the employee should be taken to the nearest hospital or urgent care facility for immediate treatment. Supervisors should accompany their employees to the doctor. This is so they may reassure the employee and speak to the doctor. They can also explain the employee's job duties, advise that the County has a mandatory Modified Duty Program, what temporary accommodations can be made to facilitate early return to work, and answer any questions.

Employees cannot be referred to their personal or health plan physicians unless they are included on the list or have written pre-designation of their personal physician on file with the Risk Management Division prior to the injury occurring.

Your cooperation will ensure prompt benefits to your employees. If there are any questions, please call Risk Management Division, (909) 386-8655. Fax: (909) 386-8711.

County of San Bernardino

**Center for Employee Health and Wellness
Arrowhead Regional Medical Center
400 N. Pepper Avenue
Colton, CA 92324
(909) 580-1701
7am – 5pm Monday thru Friday**

**Center for Employee Health and Wellness
High Desert Wellness Center
17330 Bear Valley Road, Suite A-106
Victorville, CA 92392
(760) 962-1450
7:30am – 4:00pm Monday thru Friday**

ADELANTO

DESERT VALLEY MEDICAL GROUP
 8am - 5pm Monday thru Friday
(After Hours use URGENT CARE Listed under VICTORVILLE)
 11499 Bartlett Ave
 Adelanto, CA 92301
 (760) 246-8000

BARSTOW

BARSTOW COMMUNITY HOSPITAL
(After 5:00 P.M. or Emergency Care Only)
 555 South Seventh Street
 Barstow, CA 92311
 (760) 256-1761

FAMILY PRACTICE ASSOCIATES MEDICAL GROUP
 8am - 5pm Monday thru Friday
 1301 E. Main St
 Barstow, CA 92311
 (760) 256-3864

CATHEDRAL CITY

EISENHOWER IMMEDIATE CARE CENTER
 8am - 8pm Monday thru Friday
 8am - 4pm Weekends
 67780 East Palm Canyon Dr.
 Cathedral City, CA 92234
 (760) 328-1000

CHINO

CHINO VALLEY MEDICAL CENTER
 ER - 24 hrs
 5451 Walnut Ave.
 Chino, CA 91710
 (909) 464-8666 or (909) 627-6111
 Dr. Paul Umof (909) 980-1002

US HEALTH WORKS
 Open 24 Hours
 14726 Ramona Ave, Suite 110
 Chino, CA 91710
 (909) 393-7322 or (909) 628-6011

COLTON

SAN BERNARDINO COUNTY CENTER FOR EMPLOYEE HEALTH AND WELLNESS (CEHW)
At Arrowhead Regional Medical Center
7am – 5pm Monday thru Friday
400 North Pepper Ave.
Colton, CA 92324
(909) 580-1701

ARROWHEAD REGIONAL MEDICAL CENTER (ARMC)
 ER – 24 hours
 (only for emergency medical care and after 5pm on weekdays--Center for Employee Health & Wellness clinic would be closed)
 400 North Pepper Avenue
 Colton, CA 92324
 (909) 580-1000

US HEALTHWORKS MEDICAL GROUP
 8am - 5pm Monday thru Friday
 Closed Weekends
 850 E. Washington St.
 Colton, CA 92324
 (909) 370-0572

HESPERIA

FAMILY PRACTICE ASSOCIATES MEDICAL GROUP
 8am – 5pm Monday thru Friday
 11919 Hesperia Rd.
 Hesperia, CA 92345
 (760) 948-1454

JOSHUA TREE

HI-DESERT MEDICAL CENTER
 ER - 24 hrs
 6601 White Feather Road
 Joshua Tree, CA 92252
 (760) 366-3711

LOMA LINDA

LOMA LINDA UNIVERSITY HEALTH CARE
 8am - 5pm
 Occupational Health Center
 24 hours Emergency Room
 Professional Plaza
 25455 Barton Road, Suite 106B
 Loma Linda, CA 92354
 (909) 558-6222

MONTCLAIR

CENTRAL AVE. URGENT CARE CENTER
 8am - 8pm Monday thru Friday
 9am - 5pm Saturday & Sunday
 8891 Central Ave
 Montclair, CA 91763
 (909) 625-4848

MORENO VALLEY

RIVERSIDE MEDICAL CLINIC URGENT CARE
 8am - 9pm Weekdays
 9am - 9pm Saturday & Sunday
 6405 Day Street
 Riverside, CA 92507
 (951) 697-5454

U.S. HEALTHWORKS MEDICAL GROUP
 8am - 5 pm Monday thru Friday
 Closed Weekends
 6485 Day St, Suite 302
 Riverside, CA 92507
 (951) 653-5291

MOUNTAIN AREAS

BEAR VALLEY COMMUNITY HOSPITAL
 ER - 24 hrs
 41870 Garstin Drive
 Big Bear Lake, CA 92315
 (909) 866-6501

MOUNTAINS COMMUNITY HOSPITAL
 ER - 24 hrs
 29101 Hospital Road
 Lake Arrowhead, CA 92352
 (909) 336-3651

NEEDLES & ARIZONA AREA

COLORADO MEDICAL CTR
 24 hours
 1401 Bailey Avenue
 Needles, CA 92363
 (760) 326-4531

HAVASU REGIONAL MED CTR
 101 Civic Center Lane
 Lake Havasu City, AZ 86403
 (928) 855-8185

LA PAZ REGIONAL HOSPITAL
 1200 Mohave Rd.
 Parker AZ 85344
 (928) 669-9201
 (928) 669-7420 (ER)
(Needles & Arizona Area Cont.)

VALLEY VIEW MEDICAL CTR
5330 South Highway 95
Fort Mohave, AZ 86440
(928) 788-2273
(928) 788-7064 (ER)

WESTERN ARIZONA REGIONAL
MEDICAL CENTER
2735 Silver Creek Rd.
Bullhead City, AZ 86442
(928) 763-2273

ONTARIO

U.S. HEALTHWORKS MED GRP.
24 hrs / 7 days a week
3200 Inland Empire Blvd, Ste. 100
Ontario, CA 91764
(909) 945-5011

CONCENTRA MEDICAL GROUP
7am - 6:00 pm Weekdays
Closed Weekends
1101 S. Milliken Ave Suite C
Ontario, CA 91761
(909) 390-2799

PALM SPRINGS

DESERT HOSPITAL
FAST TRACK CLINIC
24 hrs / 7 days a week
1150 North Indian Ave.
Palm Springs, CA 92262
(760) 323-6788

POMONA

POMONA VALLEY MED CENTER
ER - 24 hrs
1798 North Garey Ave
Pomona, CA 91767
(909) 865-9500

RANCHO CUCAMONGA

CONCENTRA MEDICAL CENTER
24 hrs 7 days a week
9190 Haven Ave., Suite 100
Rancho Cucamonga, CA 91730
(909) 481-7345

REDLANDS

REDLANDS COMMUNITY
HOSPITAL
ER - 24 hrs
350 Terracina Blvd
Redlands, CA 92373
(909) 335-5524

RIDGECREST AND TRONA

DRUMMOND MEDICAL GROUP
7am - 7pm Monday thru Friday
8am - 6pm Saturday
Closed on Sunday
1111 N. China Lake Blvd
Ridgecrest, CA 93555
(760) 446-4571

RIDGECREST REGIONAL HOSPITAL
ER - 24 hrs
1081 N. China Lake Blvd.
Ridgecrest, CA 93555
(760) 446-3551 ext. 232

RIVERSIDE

U.S. HEALTHWORKS MEDICAL
GROUP
7am - 7pm Monday thru Friday
1760 Chicago Ave, Suite J3
Riverside, CA 92507
(951) 781-2200

RIVERSIDE COMMUNITY HOSPITAL
ER - 24 hrs
4445 Magnolia Ave
Riverside, CA 92501
(951) 788-3000

SAN BERNARDINO

SAN BERNARDINO COUNTY
CENTER FOR EMPLOYEE HEALTH &
WELLNESS (CEHW)
At Arrowhead Regional Medical Center
8am – 4:30 pm Monday thru Friday
400 North Pepper Ave.
Colton, CA 92324
(909) 580-1701

ARROWHEAD REGIONAL MEDICAL
CENTER
ER – 24 hours
(only for emergency medical care and after
4:30pm on weekdays--Center for
Employee Health & Wellness clinic would
be closed)
400 North Pepper Avenue
Colton, CA 92324
(909) 580-1000

FOX OCCUPATIONAL MEDICAL
CENTER
8 am – 5 pm Monday thru Friday
Closed Weekends
1375 Camino Real, Suite 130
San Bernardino, CA 92408
(909) 884-1500

SOUTHERN CALIF.
OCCUPATIONAL HEALTH
SERVICES
(located at St. Bernardine Med Ctr)
8:30am – 5:00pm Mon thru Fri
2101 N. Waterman Ave.
San Bernardino, CA 92404
(909) 881-4335

VICTORVILLE

**SAN BERNARDINO COUNTY
CENTER FOR EMPLOYEE
HEALTH & WELLNESS
High Desert Wellness Center
7:30am – 4pm Monday thru
Friday
17330 Bear Valley Rd, #A-106
Victorville, CA 92392
(760) 962-1450**

VICTOR VALLEY COMMUNITY
HOSPITAL
ER 24 hours
(only for emergency medical care
and after 4pm on weekdays--
Center for Employee Health &
Wellness clinic would be closed)
15248 Eleventh Street
Victorville, CA 92392
(760) 245-8691

DESERT VALLEY MEDICAL
HOSPITAL
& URGENT CARE CENTER
8am – 5pm Monday thru Friday
ER 24 hours
(only for emergency medical care
and after 4pm on weekdays--
Center for Employee Health &
Wellness clinic would be closed)
16850 Bear Valley Road
Victorville, CA 92392
(760) 241-8000 ext. 8600

DESERT VALLEY MEDICAL
GROUP
(Dr. Braham)
8am-5pm Monday thru Friday
12401 Hesperia Rd., Ste #9
Victorville, CA 92395
(760) 245-2474