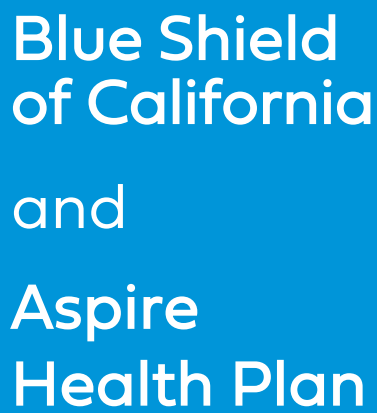




Working together for members



Blue Shield of California and Aspire Health Plan

Blue Shield of California and Aspire Health Plan have teamed up to work toward a better healthcare experience. We're working together to create better coordination and communication among our members' health plan, doctors, and hospitals.

Together, we're helping to provide members with clinical care that is more personalized and easier to access.

About Aspire Health Plan

At Aspire, we are committed to the health and wellness of our Monterey County community. As a provider owned network, our provider partners **Montage Health** and **Salinas Valley Health** created Aspire to improve access to affordable, high-quality, compassionate health care across the county. We are dedicated to creating a healthier population, improving patient experience, and lowering the cost of care in Monterey.

As a comprehensive health care network, we are serving the whole person, and advancing best practices. Aspire is committed to improving the health of Monterey County residents through world class care and community investment to transform care for this generation and beyond.



trio^{HMO}

Part of **Blue Shield's Trio ACO HMO Network**, focused on delivering choice, affordability, and coordinated care. Learn more at blueshieldca.com/trio.



Access and convenience

Aspire's network makes it easy to access care when you need it.

- Montage Health offers same day appointments at all of their primary care locations and walk-ins are available at their three MoGo Urgent Care locations in Monterey, Marina, and Carmel.
- Salinas Valley Health offers same day appointments at all of their primary care locations and walk-ins are available at their eight Doctors on Duty Urgent Care locations.

Service and support

Our facilities, programs, and services provide extra health and wellness support.

- Montage Health Wellness Centers offer locations in Marina and Salinas and provide services including medical fitness and outpatient rehabilitation. Learn more at: montagehealth.org/about/wellness-center
- The Monterey County Diabetes Collaborative provides programming, resources, and support to Monterey County residents who are experiencing or are at risk for diabetes. To learn more, visit dontfeedthediabetes.com or call (831) 644-7490.

Online services

Montage Medical Group and Salinas Valley Medical Clinic both provide access to myChart. This free self-service tool gives you a secure way to:

- Access your medical records
- Send messages to your provider
- Request or cancel appointments
- Request prescription renewals
- View test and lab results

URGENT CARE CENTERS

When you're afflicted by non-life-threatening conditions, but still need immediate treatment:

- **Monterey**
MoGo Urgent Care
831-622-6930
Doctors on Duty
831-425-7991
- **Marina**
MoGo Urgent Care
831-622-6935
Doctors on Duty
831-883-3330
- **Seaside** Doctors on Duty
831-899-1910
- **Santa Cruz**
Doctors On Duty
831-425-7991
- **Aptos**
Doctors On Duty
831-662-3611
- **Watsonville**
Doctors On Duty
831-722-1444
- **Carmel**
MoGo Urgent Care
831-622-6940
- **Salinas**
Doctors on Duty - South Main
831-422-7777
Doctors on Duty - Abbott
831-755-7880
Doctors on Duty - Harden
831-443-8200

HOSPITAL AFFILIATIONS

- **Community Hospital of the Monterey Peninsula**
23625 Holman Highway, Monterey, CA 93940
- **Salinas Valley Memorial Hospital**
450 E Romie Ln, Salinas, CA 93901

MEDICAL GROUPS AND AFFILIATED PHYSICIANS

Medical Groups

- Montage Medical Group
- Salinas Valley Medical Clinic

Select Affiliated Physicians

- Monterey Peninsula Pediatric Medical Group
- Pacific Coast Pediatrics
- LPCH Medical Group - Monterey
- Vantage Eye Center
- California Skin Institute - Monterey & Salinas
- Central Coast Head & Neck Surgeons
- Central Coast Nephrology
- Monterey Bay GI Consultants
- Monterey County Surgical Associates
- Monterey Spine & Joint
- Pacific Cancer Care

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Provider Contact Information



www.montagehealth.org
www.svmh.com



831-624-5311
831-757-3627