

## High quality health services at a low cost

### Family Medicine

- Initial and annual health assessments
- Routine medical appointments, including physicals
- HIV/AIDS care
- Immunizations and routine screenings
- Men's health
- Sick visits

### Pediatrics

- Asthma care
- Behavioral health and developmental assessments
- Circumcision for newborns
- Immunizations
- Health screenings: including: dental, hearing, vision, chronic disease, and nutrition
- School and sports physicals
- Sick care and injuries
- Teen health
- Well child visits
- Weight assessments and counseling

### Podiatry

- Foot/ankle treatment for various conditions including diabetic feet/neuropathy, preventive care, heel pain, bunions, sports injuries, calluses, fractures, ingrown nails, hammer toes, tendonitis

### Women's Health

- Pelvic exams
- Screening for breast and cervical cancer
- Comprehensive prenatal care
- Prenatal non-stress test (NST)
- Prenatal ultrasound
- Pre-conception counseling and postpartum care
- Support services including health education, nutrition counseling, childbirth education, prenatal counseling, and lactation education

### Family Planning

- Birth control methods including Long Acting Reversible Contraceptives (LARCs)
- Emergency contraception
- Family planning health education and counseling
- Free pregnancy testing
- Testing and treatment of sexually transmitted infections

### Behavioral Health

Treatment for:

- Depression
- ADHD
- Anxiety
- Bipolar disorder
- Trauma
- Adjustment to Life Changes
- Post-partum depression
- Substance abuse

### Therapy Services

- Therapy for Individuals, Couples, and Families

### Psychiatry Services

- Medications for Children, Adolescents and Adults









### Dental

- Dental exams and X-rays
- Preventive care, including cleanings, sealants and fluoride varnish
- Treatment including emergency care, extractions, and fillings
- Referrals to dental specialists

### Optometry

- Comprehensive eye health exams
- Pediatric vision exams
- Diagnostic and medical treatment of eye diseases
- Urgent care for eye infections and injuries
- Cataract and glaucoma surgery consults and referrals

### Speciality Care

-  Acupuncture
-  Cancer Screenings
-  Chiropractic Care
-  Gender Affirming Care
-  HIV Care
-  Liver Clinic
-  Medication Assisted Treatment Program
-  Reproductive and Sexual Health Care
-  Senior Care

### For your convenience we offer:

- Patient Portal with self-scheduling options
- Extended evening and weekend hours
- Same day appointments
- Telehealth (virtual) Services
- Pharmacy and laboratory services on-site
- Staff fluent in English and Spanish
- Online Patient Portal to access your health record, lab results, request appointments, self-schedule and communicate with your clinician
- A wide array of education and outreach programs to help our patients and community “choose health”

### Payment Options:

- Sliding fee scale for uninsured patients
- Application Assistance for Medi-Cal, Medicare, and Covered California health plans
- Most public and private insurances accepted, including Medi-Cal, Medicare, Covered CA health plans, and TRICARE

Call or text for appointments:  
**844-308-5003**

For more information:

[www.vcc.org](http://www.vcc.org)

“At VCC, our main focus is on providing quality care to all members of the community, regardless of insurance status.”

Sarah Fatland, D.O.  
Chief Medical Officer



## Our Locations:

### 1. VCC: Vale Terrace

1000 Vale Terrace  
Vista, CA 92084  
760-631-5000

### 2. VCC: Grapevine

134 Grapevine Road  
Vista, CA 92083  
760-631-5000

### 3. VCC: Pier View

818 Pier View Way  
Oceanside, CA 92054  
760-631-5000

### 4. VCC: Horne

517 N. Horne Street  
Oceanside, CA 92054  
760-631-5000

### 5. VCC: North River

4700 North River Road  
Oceanside, CA 92057  
760-631-5000

### 6. VCC: Durian Pediatrics

105 Durian Street, Suite A  
Vista, CA 92083  
760-724-8562

### 7. VCC: Durian Senior Adult Care

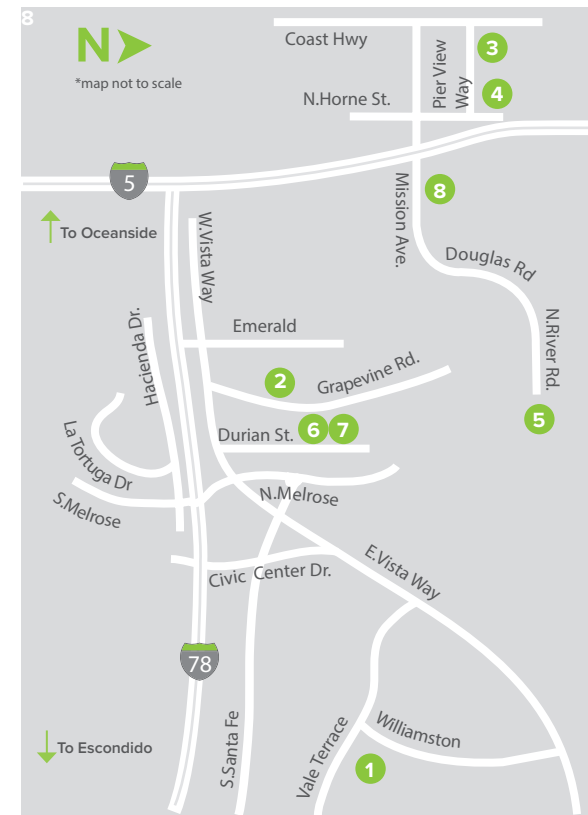
105 Durian Street, Suite B  
Vista, CA 92083  
760-724-8562

### 8. VCC: Mission Pediatric & Family Dentistry

1910 Mission Ave.  
Oceanside, CA 92058  
760-631-5000

### VCC: Fallbrook Pediatrics

321 E. Alvarado Street  
Fallbrook, CA 92028  
760-723-6200



For hours and more information visit our website at:

[www.vcc.org](http://www.vcc.org)

# Health Services



## Why Choose VCC?

Anyone can be a patient of Vista Community Clinic (VCC) – we provide **access to excellent and affordable healthcare** to every member of our community.

VCC offers high quality, low-cost primary health care at eight state-of-the-art clinic sites for **adults, children and families** in North County San Diego. Our services include regular checkups, screenings, and treatment for illness and preventive care. We also help you manage chronic conditions such as diabetes and hypertension, and coordinate your care with specialists.

VCC is an **accredited Patient-Centered Medical Home (PCMH) provider**. This means we take a patient-centered approach to health care that is comprehensive, team-based, coordinated, accessible and focused on quality and safety.

