





Physical Health Resources




Legend



University Affiliated + University Health Services (UHS/Tang Center) Berkeley
 City Affiliated UCB Student Group Miscellaneous





NOTE: Hours and information below are subject to change. When in doubt, personally confirming information is advised. Last updated 4/3/18.


 Accommodations available	 Appointment required	 24/7 Hotline	 Other languages available	 Free/Low Cost
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Resource	Address and Hours	Phone and Website	Cost	Eligibility
Alta Bates Emergency Department (Ashby Campus)	2450 Ashby Ave Berkeley, CA 94720 24/7	(510) 204-4444 http://www.altabatesummit.org/clinical/emergencyservices.html	+\$100 copay with SHIP	+UC Berkeley students with SHIP
+ Emergency care offered through the Alta Bates Summit Medical Center + Students should present an electronic version of their Anthem insurance card				
PATH to Care Center  	24/7 over the phone services	(510) 643-2005 Appointments: (510) 642-1988 http://sa.berkeley.edu/dean/confidential-care-advocate/	+Free	+UC Berkeley students and faculty/staff
+ Support for sexual violence, sexual harassment, dating/domestic violence, and stalking. Helps individuals find medical, legal, administrative, housing, safety planning, and academic support resources. + Weekdays: Care Line calls are answered by PATH to Care Center's confidential advocacy team. Evenings and weekends: calls are answered by a partner agency; make sure to indicate that you are calling The Care Line from UC Berkeley. + Additional resources can be found at http://survivorsupport.berkeley.edu/				
University Health Services (UHS) 24/7 Advice Nurse Line  	24/7 over the phone services	(800) 681-4065 https://uhs.berkeley.edu/medical/advice-nurse	+Free	+UC Berkeley students with SHIP
+ Connects you to a University Health Services Advice Nurse during after hours				
University Health Services (UHS) After-Hours Assistance	Mon-Fri after 6pm Sat after 5pm Sun after 3pm	(510) 643-7197 https://uhs.berkeley.edu/after-hours https://uhs.berkeley.edu/medical/urgent-care-tang-center-campus	+\$35 copay regardless of coverage +Copay does not include fees for x-rays, lab services, etc.	+UC Berkeley students
+ For life-threatening emergencies, call 911 + Offers support when the Tang Center is closed; visit the website to find information that is most relevant to use				
University Health Services (UHS) - Tang Center	2222 Bancroft Way Berkeley, CA 94720-4300 Mon-Fri 8am-6pm Sat 9:30am-5pm Sun 11am-3pm	(510)-642-3188 https://uhs.berkeley.edu/medical/	https://uhs.berkeley.edu/medical/sample-fees	+UC Berkeley Students


<p>+ Drop-In service for urgent medical problems</p> <p>+ Wait times may be several hours, and last check-in on Saturday is 4:30pm. Special hours for holidays and events can be found at https://uhs.berkeley.edu/hours</p>				
<p>University Health Services (UHS) Urgent Care Clinic</p>	<p>2222 Bancroft Way Berkeley, CA 94720 Monday-Friday: 8am-6pm Saturday: 9:30am-5pm Sunday: 11am-3pm</p>	<p>(510) 642-3188 https://uhs.berkeley.edu/medical/urgent-care-tang-center-campus</p>	<p>\$35 co-pay for Urgent Care clinic visit with or without SHIP</p>	<p>+UC Berkeley Students</p>
<p>+ Drop-in access to on-campus Urgent Care Clinic services</p> <p>+ Will arrange transfers to a hospital, emergency room or local specialist for conditions that cannot be treated in Urgent Care</p> <p>+ Wait times can be several hours if clinic is busy</p>				
<p>University Health Services (UHS) International Travel Clinic</p> 	<p>2222 Bancroft Way Berkeley, CA 94720-4300 Mon-Fri 8am-5pm</p>	<p>(510) 643-7177 https://uhs.berkeley.edu/medical/international-travel-clinic</p>	<p>+\$0 copay with SHIP +\$65 copay without SHIP +Outside medical insurance not accepted</p>	<p>+UC Berkeley students</p>
<p>+ Offers travel consultation with medical professionals, immunizations, advice on preventing illness while traveling, education on safety concerns related to food, drink, and recreational activities.</p> <p>+ Travel visits are by appointment. There are charges for the consultation and immunizations.</p> <p>+ Schedule your appointment six to eight weeks before departure online via eTang, call, or at Specialty Reception Desk on the first floor of Tang behind the main elevator.</p> <p>+ Travel advice is not available by phone. Toward the end of the Fall and Spring semesters, the Travel Clinic appointments get filled quickly.</p>				
<p>University Health Services (UHS) Primary Care Clinic at Tang</p> 	<p>2222 Bancroft Way Berkeley, CA 94720-4300 Mon-Fri 8am-5pm</p>	<p>(510)-642-3188 https://uhs.berkeley.edu/medical/primary-care</p>	<p>+\$15 copay for students with or without SHIP +\$147 Health Clearance Physical Exam fee for students with or without SHIP +\$0 copay for Health and Wellness Coaching https://uhs.berkeley.edu/medical/sample-fees</p>	<p>+UC Berkeley students</p>
<p>+ Provides medical, mental health, insurance and health promotion services to UC Berkeley students</p> <p>+ Students are automatically assigned to a Primary Care Provider and a clinic team, and requests for changes can be made through the eTang portal</p> <p>+ How to make a primary care appointment: https://uhs.berkeley.edu/medical/primary-care/how-make-primary-care-appointment</p> <p>+ How to make the most of your appointment: https://uhs.berkeley.edu/medical/primary-care/how-make-most-your-medical-appointment</p> <p>+ Berkeley campus visiting scholars, postdocs and spouses/domestic partners of Berkeley students can use UHS on a fee-for-service basis</p>				
<p>University Health Services (UHS) Sexual Health Education Clinic</p> 	<p>2222 Bancroft Way Berkeley, CA 94720-4300 Mon-Fri 8am-5pm</p>	<p>(510)-642-3188 https://uhs.berkeley.edu/shep</p>	<p>+Free</p>	<p>+UC Berkeley students</p>
<p>+ Services provided are inclusive of all races/ethnicities, genders, sexual orientations and levels of sexual knowledge and experience</p> <p>+ Provides information about sex education, safe sex practices, and birth control methods</p> <p>+ Offers free condoms, dental dams, lube, and rapid HIV testing</p> <p>+ Students can meet one-on-one [and/or with their partner(s)] with a Sexpert Educator on Fridays from 12-3 pm in Health Promotion, 2nd floor of the Tang to discuss sexual decision-making, sexual communication, safer sex and contraceptive options.</p> <p>+ Free rapid HIV tests are offered once a month, space is limited, and tests are offered on a first come, first served basis. Dates and more info at https://uhs.berkeley.edu/rapidhivtesting.</p> <p>+ Low-cost safe sex supplies are sold at the UHS Pharmacy</p>				
<p>University Health Services (UHS) Pharmacy</p>	<p>2222 Bancroft Way Berkeley, CA 94720-4300 Mon-Fri 8am-6pm Sat 9:30am-12:30pm & 1-5pm. Sun 11am-3pm</p>	<p>(510)-642-3188 https://uhs.berkeley.edu/medical/pharmacy</p>	<p>+\$5 copay for generic medication (with SHIP) +\$25 copay for brand name medications (with SHIP)</p>	<p>+UC Berkeley students and school-associated individuals</p>

			+Students without SHIP must pay the full prescription cost	
<ul style="list-style-type: none"> + Provides prescription medication and prescription refills + Accepts valid prescriptions from licensed clinicians within the United States if the prescription is in stock + Carries some over-the-counter medications and contraceptive products (condoms, diaphragm jelly, etc.) at discounted prices + The Tang Pharmacy dispenses a maximum of a 90-day supply, with the exception of travelers abroad as long as they remain eligible for UHS services 				
University Health Services (UHS) Physical Therapy Services 	2222 Bancroft Way Berkeley, CA 94720-4300 Mon-Fri 8am-5pm	https://uhs.berkeley.edu/medical/physical-therapy	+Initial Evaluation (~1 hr): \$15 copay (with SHIP), \$200 (without SHIP) +Treatment Visit (~30 min): \$15 copay (with SHIP), \$100-200 (without SHIP)	+ UC Berkeley students and faculty/staff
<ul style="list-style-type: none"> + Provides outpatient orthopedic physical therapy services via referral from a clinician + Expertised staff provide comprehensive evaluation and individualized treatment programs including sports medicine, ergonomics, manual therapy and hand therapy + Treatment is limited to 6-12 visits, depending on the diagnosis. If further treatment is necessary, referrals to outside physical therapy providers may be offered + Appointments can be made in person or call from 8am-4pm (closed daily from 12-1pm and Thursdays from 11am-1pm). Cancel appointments with at least 24 hours of notice to avoid a \$25 late fee. The cancellation line is available 24 hours a day (a message on voicemail is acceptable) + Wear athletic and comfortable clothing to your appointment + Various types of medical supplies are available for Physical Therapy patients to purchase. SHIP generally covers 90% of supply costs. 				
University Health Services (UHS) Women's Health 	2222 Bancroft Way Berkeley, CA 94720-4300 Mon-Fri 8am-5pm	(510) 642-3188 https://uhs.berkeley.edu/medical/primary-care/womens-health/well-woman-care-and-gynecological-screening	+Free with SHIP + Fee varies depending on the exam without SHIP, more info at https://uhs.berkeley.edu/medical/sample-fees	+ UC Berkeley students
<ul style="list-style-type: none"> + Offers an array of routine preventative health exams, such as pelvic, speculum, pap smear, and breast exams + Exams provides an opportunity for a clinician to detect and test for abnormalities of the breast, vulva, vagina, cervix, ovaries, fallopian tubes, uterus, and colon + Services are available for students with a variety of gender identities, including ciswomen, transmen, transwomen and gender non-conforming people. 				
Alta Bates Comprehensive Cancer Center (Herrick Campus)	2001 Dwight Way Berkeley, CA 94704 Hours: flexible to fit your schedule	(510) 204-1591 http://www.altabatesummit.org/cancer/cc/#extended	+Refer to http://www.altabatesummit.org/physicians/health_plan.php?searchID=32	+ Everyone experiencing cancer-related issues
<ul style="list-style-type: none"> + Offers therapy options using medical technology in conjunction with clinical trials. The center provides care and survivorship support during and after treatment + Other services include: Comprehensive Care, Medical Oncology Treatment and Infusion Center, Radiation Oncology and Treatment Planning Center, Clinical Research Trials, On-site Oncology Laboratory, On-site Oncology Pharmacy, Integrative Medicine, Psychosocial Services, Social Workers, Nutritionists, Pain Management, Support Group + Offers full-time healthcare financial counselors to help assist with the cost of medical services 				
Ann Chandler Public Health Center	830 University Avenue Berkeley, CA 94710 Mon-Tues 8am-12pm, 1pm-5pm Thurs 10am-1pm, 2pm-6pm Closed Wed and Fri	(510) 981-5350 https://www.cityofberkeley.info/Ann_Chandler_Public_Health_Center/	+Only accepts Medi-Cal based in Alameda +Some fees subsidized +Does not accept private health insurance	+ Everyone
<ul style="list-style-type: none"> + Provides comprehensive sexual health care, family planning services, supplemental nutrition program for Women, Infants and Children (WIC), immunizations, tuberculosis skin testing, health education, and referrals to thousands of diverse community members each year + Clinic specializes in health care for sexually transmitted diseases and birth control. 				
Bay Area Women Against Rape	470 27th St Oakland, CA 94612 Mon-Fri 9am-5pm	Phone: (510) 430-1298 Crisis hotline: (510) 845-7273 https://www.bawar.org/	+ Free	+ Everyone

				
<p>+ Offers hotline counseling, in-person counseling, peer-counseling and advocacy 24-hours a day. Offers support, advice, legal assistance, for those who have experienced sexual assault, sex trafficking, or rape. Offers special services for: Disabled, Elderly, Family, LGBTQ, Under 12 years old, Male, Teens</p> <p>+ Services and hotline available in Spanish</p> <p>+ Currently two-month waiting list for in-person counseling in English, and no waiting list for in-person counseling in Spanish. For English-speakers who are in need of immediate counseling services, center is happy to provide referrals to low-cost counseling. Call the office during office hours for information.</p>				
<p>Berkeley Free Clinic</p> 	<p>2339 Durant Ave Berkeley, CA 94704 Mon-Fri 5:30pm-9pm Sat 11am-2pm Sun 3pm-6pm</p>	<p>(510) 548-2570 http://www.berkeleyfreeclinic.org/</p>	<p>+ Free</p>	<p>+ Everyone</p>
<p>+ Offers free primary care</p> <p>+ General services include: Acute Primary Medical Care, Tuberculosis (TB) Testing, Dental Services, Sexually Transmitted Infections (STIs), Human Immunodeficiency Virus (HIV), and Hepatitis Testing and Counseling, Women's, Trans* & Gender non-conforming persons Services (*all transgender, non-binary, and gender nonconforming identities), Peer Counseling</p> <p>+ The clinic can help those who are uninsured apply for subsidized health insurance through Covered California or Medi-Cal</p> <p>+ Offers referrals for needs that are outside their scope of services</p> <p>+ Hours for STIs testing vary, please call center for latest information.</p> <p>+ Rapid HIV tests are available Monday, Wednesday, Thursday, and Friday from 7pm - 9pm, by appointment only. Call at 5:45 to schedule an appointment. Drop-in tests are Saturdays from 11-2pm* (not for cisgender men) and then 3pm - 5pm drop-in; and Sundays 4pm - 7pm, drop-in.</p> <p>+ For peer-counseling, Sat 12pm - 2:30pm is only for women and trans-inclusive patients.</p> <p>+ Provides lifetime dental services for chosen individuals that enter a monthly lottery. Call for more information.</p> <p>+ The clinic does not take in appointments by emails. You must make appointments through a phone call or by visiting the clinic.</p>				
<p>Berkeley Public Health Clinic</p> 	<p>1947 Center Street, 2nd Floor Berkeley, CA 94704 Mon-Fri 8am-5pm</p>	<p>(510) 981-5300 https://www.cityofberkeley.info/publichealth/ https://uhs.berkeley.edu/sexualit y</p>	<p>+ Free</p>	<p>+ Berkeley residents and people visiting the Berkeley area</p>
<p>+ Provides Berkeley residents with resources to health services</p>				
<p>Casa Segura Drop-in Center</p> 	<p>5323 Foothill Blvd, Oakland, CA 94601 Hours vary by service, refer to http://new-www.casasegura.org/services/drop-in-center/</p>	<p>(510) 434-0307 http://new-www.casasegura.org/about/</p>	<p>+ All services are free, exceptions are HIV/HCV Counseling, Testing, Referrals and Linkage services which are only available Tues – Fri</p>	<p>+ Everyone + Those at increased risk for HIV, Hepatitis C and other infectious diseases are prioritized</p>
<p>+ Harm reduction based services in Alameda County and Contra Costa County.</p> <p>+ Appointments generally not needed</p> <p>+ HEPPAC provides increased access to HIV and Hepatitis C testing, sterile syringes, street outreach, health benefits enrollment, community based medical services and naloxone distribution</p> <p>+ Basic needs services including showers, laundry service, food pantry and a safe environment for the community</p> <p>+ Complete list of services: http://new-www.casasegura.org/services/</p> <p>+ Free drop in HIV and Hepatitis screening and general referral services offered without a lengthy intake process.</p>				
<p>East Bay AIDS Center</p>	<p>3100 Summit St, Oakland, CA 94609 Mon-Fri 9am-5pm</p>	<p>(510) 869-8400 http://www.altabatesummit.org/clinical/aids_scvs.html</p>	<p>+ Refer to http://www.altabatesummit.org/physicians/health_plan.php?searchID=32 for accepted health care plans</p>	<p>+ People with HIV/AIDS</p>
<p>+ Offers people living with HIV and AIDS hands-on support, medical treatments, complementary therapies, and educational services</p> <p>+ Services include: primary HIV medical care, consultation, access to clinical trials, 24-hour availability of the EBAC primary care physician, special programs for youth and women, advice from expert nursing staff via telephone during operating hours, case management, aerosolized pentamidine administration, intravenous medication administration, support groups</p> <p>+ Full-time healthcare financial counselors to assist with cost of medical services</p>				
<p>Haight-Ashbury Clinics</p>	<p>1563 Mission Street</p>	<p>(415) 746-1940</p>	<p>+ Free</p>	<p>+ Everyone and all-inclusive</p>

	<p>San Francisco, CA 94103 Mon-Fri 8:45am - 12pm, 1pm-5pm</p> <p>558 Clayton Street San Francisco, CA 94117 Mon-Fri 8:45am - 12pm, 1pm-5pm</p>	<p>https://www.healthright360.org/agency/haight-ashbury-free-clinics (415) 746-1950 https://www.healthright360.org/agency/haight-ashbury-free-clinics Line to cancel appointments: (415) 361-5677</p>		
<p>+ Offers primary medical care to meet the complex healthcare needs that can result from homelessness, poverty, and addiction. + Services include: evaluation and treatment of medical issues and routine checkups, integrated primary care and behavioral health services, follow-up of chronic and ongoing medical problems, screening for diabetes, high blood pressure, high cholesterol, anemia, hepatitis, cancers, and more, women's health care services, including family planning, pregnancy tests, complete obstetrical services, breast and cervical cancer screening (mammograms, Pap smears), geriatric health care services, behavioral health services (individual and group therapy) and Psychiatric Services, confidential HIV and Hepatitis C testing, counseling, and treatment, substance abuse services, including Medication Assisted Treatment (MAT) and tobacco cessation treatment, TB screenings and referrals, in-house phlebotomy + Medical provider on-call after hours, including weekends and holidays</p>				
<p>Lifelong Medical Care</p> 	<p>Ashby Health Center 3075 Adeline St. Suite 280 Berkeley, CA 94703 Mon-Fri 8:15am-5pm Tues 8:15am-8:15pm</p> <p>Lifelong West Berkeley 837 Addison St Berkeley, CA 94710 Mon-Sat 9am-5pm</p>	<p>(510) 981-4100 www.lifelongmedical.org</p>	<p>+Accepts Medi-Cal, Medicare Family Pact, most managed care plans including Covered California</p>	<p>+ Everyone</p>
<p>+ Offers primary healthcare for all ages, behavioral care, prenatal services, and dental care. + To register, call or visit the Administrative Office (2344 6th St, Berkeley, CA 94710) + Payments can be made through the lifelong connect portal online</p>				
<p>Multi-Agency Service Center (MASC)</p> 	<p>1931 Center St Berkeley, CA 94704 8am-12pm, 7 days a week</p>	<p>(510) 649-1930 https://self-sufficiency.org/</p>	<p>+ Free</p>	<p>+Everyone over 18</p>
<p>+ Provides information, referrals, and other non-residential support to anyone who is homeless, with the goal of helping people achieve permanent housing and stability + Offers showers, a small computer lab, amenities, and information about all of Building Opportunities for Self Sufficiency (BOSS) housing, health, employment, and education programs, as well as other resources that are available in the community + BOSS is dedicated to helping homeless, poor, and disabled people achieve health and self-sufficiency, and they fight against the root causes of poverty and homelessness + One of the few places homeless people can go during the day; offers basic amenities like showers and storage</p>				
<p>Planned Parenthood</p> 	<p>320 El Cerrito Plaza El Cerrito, CA 94530 Mon 8:30am-5pm Tues 8:30am-8pm Wed 11:30am-8pm Thurs 8:30am-5pm Fri 8:30am-5pm Sat 9am-2pm Closed Sun</p>	<p>(510) 527-5806 https://www.plannedparenthood.org/health-center/california/el-cerrito/94530/el-cerrito-health-center-3940-90200</p>	<p>+Accepts many insurance plans +If uninsured, affordable coverage options are available +Accepts cash and major credit/debit cards as forms of payment</p>	<p>+ Everyone 12 years or older</p>
<p>+ Abortion services, HIV testing, birth control options, emergency contraception, LGBT services, men's healthcare, women's health care, pregnancy testing, STD testing/treatment/vaccines + Schedule an appointment through the website or by calling; depending on the service, appointment times vary. Be sure to select reason for visit first, and then select an appointment time + Offers services in Spanish and telephone interpretation is available for other languages + Most birth control and annual well-woman exams will be covered for free, with no copay + The center is open one Saturday a month; please call the center for more details + Accepts Anthem Blue Cross, Blue Shield of California, Contra Costa Health Plan, Oscar Health Plan of California, Partnership Health Plan of CA; bring insurance card to appointment</p>				
<p>Summit Hospital Emergency Department</p>	<p>3100 Summit St Oakland, CA 94609 24/7</p>	<p>(510) 869-6600 http://www.altabatessummit.org/</p>	<p>+\$100 copay with SHIP</p>	<p>+UC Berkeley students with SHIP</p>


+ Emergency care offered through the Alta Bates Summit Medical Center
 + Students should present an electronic version of their Anthem insurance card.
 + Parking can be found at the Merritt Pavilion at 350 Hawthorne Ave. More directions and campus map can be found here: http://www.altabatesummit.org/visiting/summit_directions.htm

<p>Berkeley Wellness</p> 	<p>UC Berkeley Campus</p>	<p>http://www.berkeleywellness.com/about-us customerservice@berkeleywellnessalerts.com</p>	<p>+ Free</p>	<p>+ Everyone</p>
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+ Works in collaboration with the UC Berkeley School of Public Health
 + Provides online resource for evidence-based wellness information and providing positive health and medical tips
 + Also partnered with UC Berkeley Wellness Letter, a monthly letter that tackles the issue of mental and physical health.

<p>Confi at Cal</p> 	<p>UC Berkeley Campus General times and locations at https://www.facebook.com/confiatcal/</p>	<p>confiatcal@gmail.com</p>	<p>+ Free</p>	<p>+ Everyone</p>
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+ Confi is a national network dedicated to promote women's health, sexuality, mental health, and relationship issues through credible health information which de-stigmatizes sensitive topics
 + Seeks to create a safe, reliable, and approachable space to discuss women's health topics
 + With expert medical advice and 'big sister' guidance, Confi is an essential campus resource that seeks to empower, educate, and inspire with a welcoming and cooperative community
 + The topics in discussion are tailored to campus culture, and will work to be a relevant and useful service to women specifically in Berkeley
 + Self-help articles can be found at <http://confi.co/>

<p>Suitcase Clinic</p> 	<p>2407 Haste St Berkeley, CA 94704 Tues 6:15pm-9pm</p>	<p>General Phone: (510) 269-7242 http://www.suitcaseclinic.org/</p>	<p>+ Free</p>	<p>+ Everyone</p>
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+ General Clinic targets low-income and homeless populations in Berkeley, receiving up to fifty clients per night on average; place for homeless individuals to receive medical or other professional services, to pick up hygiene supplies, to talk to a lawyer
 + General Clinic: Arrive between 5:30PM – 6:00PM if you intend to utilize services; Clinic Coordinators and other service coordinators begin intake for individual services at 6:30PM; all services except for dental are provided on a first-come, first-served, drop-in basis- dental division uses a lottery system
 + Youth Clinic strives to provide culturally appropriate and youth accessible services to homeless and street-identified youth which simultaneously increases their opportunities for positive social and physical well-being
 + Youth Clinic: there is no formal intake process; you only need to check in with a Clinic Coordinator to request the services you would like. Youth Clinic services include Personal hygiene services, arts and crafts, food, including weekly dinners, recreation, acupuncture, medical services (Only offered on the fourth Monday of each month), health education and referrals, chiropractic (biweekly) services, optometry (appointment referrals), basic counseling and social services, educational services, foot care, legal
 + Women's Clinic | **Mon 7pm-9pm** Youth / LGBTQ+ Clinic | **Mon 6pm-9pm** | Beth El Clinic | **3rd Sunday 6pm-9pm**