

# WHAT TO DO IF YOU GET INJURED AT WORK

## City of Oceanside Workers' Compensation Program

### Follow these steps:

1. Report the injury to your supervisor
2. File an online injury report
3. **Print and submit DWC-1 Claim Form ONLY if you are seeking medical treatment**
4. If you seek medical treatment you must provide your Work Status report to Risk Mgmt. and your Supervisor within 24 hours of your appointment
5. Supervisor contacts Risk Mgmt. at 760-435-3847 or by email [work\\_comp@oceansideca.org](mailto:work_comp@oceansideca.org) to notify Risk of injured worker

### SEEK MEDICAL TREATMENT AT ONE OF THESE CITY APPROVED MEDICAL PROVIDERS

#### **Akeso (formerly Work Partners) – (760) 681-5222**

3156 Vista Way, Suite 100  
Oceanside, CA 92056

Monday – Friday, 8 a.m. – 6 p.m.  
Saturday, 9 a.m. – 3 p.m.

#### **Kaiser On-the-Job – (833) 242-8500**

400 Craven Road, Bldg. 3, 2<sup>nd</sup> floor  
San Marcos, CA 92078

Monday – Friday, 9 a.m. – 5 p.m.

**After-Hours/Urgent Care (1<sup>st</sup> floor):**

7 days a week, including holidays 9 a.m. – 8 p.m.

#### **Concentra (formerly US HealthWorks) – (760) 941-2000**

3910 Vista Way, Suite 106  
Oceanside, CA 92056

Monday – Friday, 7 a.m. – 7 p.m.  
Saturday, 8 a.m. – 2 p.m.

#### **Concentra (formerly US HealthWorks) – (760) 432-9000**

740 Nordahl Rd, Suite 131  
San Marcos, CA 92069

Monday – Friday, 8 a.m. – 8 p.m.  
Saturday, 8 a.m. – 5 p.m.

#### **Concentra (formerly US HealthWorks) – (951) 600-9070**

25285 Madison Ave, Ste. 101  
Murrieta, CA 92562

Monday – Friday, 8 a.m. - 5 p.m.

#### **Healthpointe – (951) 699-5282**

27455 Tierra Alta, Suite A  
Temecula, CA 92590

Monday – Friday, 8 a.m. – 5 p.m.

#### **Tri-City Medical Center ER**

4002 Vista Way  
Oceanside, CA 92056

**After-Hours Emergencies Only**

Phone – (760) 724-8411  
24 Hours, 7 days a week

#### **WC Questions and Assistance – (760) 435-3847, or by email @ [Work\\_Comp@oceansideca.org](mailto:Work_Comp@oceansideca.org)**

AdminSure, Claims Administrator – (909) 861-0816 Receptionist

#### **NOTICE OF MEDICAL PROVIDER NETWORK**

The City of Oceanside has an approved **Medical Provider Network (MPN)** to treat employees with work related injuries and illnesses. The **MPN** can be accessed via: [www.medexadvantage.com/cityofocceanside](http://www.medexadvantage.com/cityofocceanside)