



Anthem Workers' Compensation  
Regional Directory

**In case of an injury or illness on the job, the following participating providers are available in your area.**

Created for: SAN PEDRO & PENINSULA YMCA / 561

Occupational Industrial Clinics: CONCENTRA MEDICAL CENTERS  
100 OCEANGATE STE P245  
LONG BEACH, CA 90802  
(562) 432-2821

CARE ONSITE  
20300 S VERMONT AVE  
TORRANCE, CA 90502  
(562) 437-0831

Emergency Room: PROVIDENCE LITTLE COMPANY OF MARY MEDICAL CENTER SAN  
PEDRO  
1300 W 7TH ST  
SAN PEDRO, CA 90732  
(310) 832-3311

Please call the provider to confirm address information and to schedule an appointment for faster service. Many clinics are open extended hours for your convenience. For urgent care needs after clinics hours, you may proceed directly to the nearest hospital. Patients will be seen on a medical priority basis. If your situation is a medical emergency requiring immediate attention, dial 911 or proceed to the nearest hospital which provides emergency services.