

The Department of Health Care Services (DHCS) provides health plans with guidelines on time and distance standards for member to access health care services.

Provider Type	Time and Distance Standard
Primary Care (Adult and Pediatric)	10 miles or 30 minutes from a member's residence
Specialty Care (Adult and Pediatric) *including OB/GYN	15 miles or 30 minutes from a member's residence
Hospital	15 miles or 30 minutes from a member's residence

The list below shows the Alternative Access Time and Distance standards by zip code and the provider types that are approved for **CalOptima Health only**. If you need to get care from a provider that is located far away from where you live, contact 1-800-708-3230. They will work with you to find a provider that is close to where you live. If they cannot find one near you, transportation services can be requested for a provider that is farther at no cost to you. Prospect Medical Group can also connect you to a provider who is closer but not part of the Prospect Medical Group provider network.

ZIP Code	City	Provider Type	Population Served	Miles	Minutes
92624	Capistrano Beach	OB/GYN	Adult	35	45
92624	Capistrano Beach	Physical Medicine & Rehabilitation	Pediatric	35	45
92629	Dana Point	OB/GYN	Adult	35	45
92629	Dana Point	Physical Medicine & Rehabilitation	Pediatric	35	45
92651	Laguna Beach	Physical Medicine & Rehabilitation	Pediatric	25	40
92653	Laguna Hills	Physical Medicine & Rehabilitation	Pediatric	30	40
92656	Aliso Viejo	Physical Medicine & Rehabilitation	Pediatric	25	40
92672	San Clemente	OB/GYN	Adult	40	50
92672	San Clemente	Physical Medicine & Rehabilitation	Pediatric	45	50
92673	San Clemente	OB/GYN	Adult	35	45
92673	San Clemente	Physical Medicine & Rehabilitation	Pediatric	40	50

92675	San Juan Capistrano	Physical Medicine & Rehabilitation	Pediatric	40	55
92677	Laguna Niguel	Physical Medicine & Rehabilitation	Pediatric	30	40
92688	Rancho Santa Margarita	OB/GYN	Adult	30	40
92688	Rancho Santa Margarita	Physical Medicine & Rehabilitation	Pediatric	25	40
92691	Mission Viejo	OB/GYN	Adult	25	35
92691	Mission Viejo	Physical Medicine & Rehabilitation	Pediatric	30	45
92692	Mission Viejo	OB/GYN	Adult	25	35
92692	Mission Viejo	Physical Medicine & Rehabilitation	Pediatric	30	35
92694	Ladera Ranch	OB/GYN	Adult	25	40
92694	Ladera Ranch	Physical Medicine & Rehabilitation	Pediatric	30	45

If you speak another language other than English, language assistance services are available to you at no cost.