



Services

We are your healthcare home base

[Sign up today](#)



A true partner in your health and wellness

At One Medical, we care for everything from common illnesses to chronic diseases and mental health concerns. Primary care isn't just for when you're sick — we're also here to help you prevent illness and maintain your optimal health. We'll always take the time to listen to you, respect your opinion, and care for you as a whole person.



Wellness and prevention

We'll help you get healthy and stay that way with state-of-the-art screening, disease prevention, and lifestyle advice.

[Learn more](#)



Everyday care

Wake up with the flu or a questionable rash? We diagnose and treat a wide spectrum of illnesses, so you get the care you need without having to visit the ER or see specialists.

[Learn more](#)



Chronic conditions

Chronic conditions like diabetes, hypertension, and obesity can be difficult to manage and prevent on your own. Impact by One Medical, our chronic condition management program, is here to make it easier, with the support and resources you need to find your way to better health.

[Learn more](#)



Children and family

We've created a welcoming, nurturing environment for the whole family and strive to help foster healthy habits in our youngest patients.

[Learn more](#)



Mental health

Your mental health is an important part of the full picture. Whether you're feeling off or experiencing depression, anxiety, insomnia, or something more complex, our suite of mental health services — Mindset by One Medical — is here to help.

[Learn more](#)



LGBTQIA+ services

From illnesses and injuries to sexual and mental health to wellness goals, we're here to provide the LGBTQIA+ community with the exceptional care they deserve — with no fear of being judged or dismissed.

[Learn more](#)



Urgent care

Health concerns can pop up anytime, so we're here to help 24/7 with anything from headaches to back pain to COVID-19. Get care in minutes over Video Chat — at no extra cost. Or book a same/next-day appointment in person. In NY or SF? Our expanded care offices are open from 8am to 8pm seven days a week for urgent or acute issues.

[Learn more](#)



Sexual health

Talking to your provider about your sex life doesn't have to be uncomfortable. For anything from STI testing to birth control and family planning to erectile dysfunction, our friendly providers and comfortable, inclusive offices are there to put you at ease.

Wellness Series

In addition to one-on-one appointments, we also offer interactive wellness series (currently over video chat) that bring people together to address long-term lifestyle changes in an affordable, meaningful way. Our current programs focus on mental and physical health, and include insomnia, depression, metabolic health, and anxiety. Talk to your One Medical provider if you're interested in learning more.

[Explore the Shift program](#)



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