

Community Resources

Partnerships and local institutions

Sign up for Medi-Cal in any language!

If you don't qualify for free health care, there are plans based on a sliding scale for ALL kids and adults in California:

www.dhcs.ca.gov/myMedi-Cal

1 Medi-Cal Member Help Line

Phone: (800) 541- 5555
TDD: (800) 430- 7077

2 Neighborhood Healthcare El Cajon

<https://www.nhcare.org>
855 E Madison Ave, El Cajon, CA 92020
833-867-4642

3 Rady's Children's Hospital

Must have a referral from your primary care ** see primary care provider

<https://www.rchsd.org/programs-services/ophthalmology/>

858-309-7702

Children's Hospital Main Campus Location

Check out these FREE Behavioral Health apps!



ages 0-12



ages 13-25

District Nurse

Serena Pitula, Family
Nurse Practitioner

District LVN

Ana Ingram, LVN

Admin Assistant

Kyla Hernandez

Our Team



Scan this QR
code to sign up
for Medi-Cal!



Health Forms



CONTACT



Health Services



health@lsusd.net



619-390-2600 ext. 2622



12335 Woodside Avenue,
Lakeside, CA 92040

"School nursing is a specialized practice of professional nursing that advances the well-being, academic success, and life-long achievements of students..."

— National Association of School Nurses



Health Services Resources

Guide to local and national health resources
for Lakeside Union School District families

2026-27 Brochure



Hearing and Vision Resources

Regular access to hearing and vision services allows all students to reach their full potential!

- **Lions Optometric Vision Clinic**

<https://www.lovc.org/>

FREE COMPREHENSIVE EXAM

MUST call for appointment at **619-298-5273** (not on website)

1805 Upas Street San Diego CA 92103

No insurance needed

Good option—May be able to get in quickly Quick Turn around time to get glasses Can purchase glasses for \$30 (or go on zenni optical for more choices!)

- **Lakeside Eyecare Optometry**

<https://visionsource-lakesideeyecare.com>

9710 Winter Gardens Blvd Suite A, Lakeside, CA 92040
619-443-1075

Cash pay \$135 for comprehensive exam and Rx

Insurances: Eyemea, Humana, Medicare, MES Vision, Metlife, Spectura, Superior Vision, VSP, Tricare, United Healthcare, and Medical Community Health, Medical Blue Promise.

- **UCSD Eye Mobile**

<http://eyemobile.ucsd.edu/home-free-5/eyemobile-for-children/>

Call to make an appointment

Free if you qualify - glasses included (can be long wait)
858-822-2585

- **Zenni Optical**

zennioptical.com

Requires a vision prescription. Enter the specifics of the prescription into the online form. Adjust shopping filter so that least expensive frames show up at the top. Arrives about 2 weeks after ordering. Can keep your online account and re-order if glasses are lost.

Health Tips for Students and Parents

Try the following habits to help your child maintain good health! You can even model these healthy habits as a parents too!

- **Sleep: Aim for 7–8 hours of quality sleep nightly to avoid fatigue and boost immune health**
- **Routine: Set a consistent daily schedule for eating, studying, and sleeping.**
- **Nutrition: Fuel your body with balanced meals, focusing on whole grains, fruits, vegetables, and lean protein**
- **Exercise: Get 150 minutes of moderate or 75 minutes of vigorous activity weekly.**
- **Hydration: Encourage drinking water throughout the day instead of sugary sodas, sports drinks, or juices.**

Mandated Hearing and Vision Screenings

Our district performs hearing and vision screenings that are mandated by the state. These screenings are performed on all **Kindergarteners, 2nd graders, 5th graders and 8th graders** annually.

HealthyCounts

A health routine kids can count on.

