

**FAMILY PRACTICE/
SPORTS MEDICINE**

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October 9, 2024

Dear Valued Patient,

We are reaching out to inform you of an important change regarding your primary care physician (PCP) and your Humana health plan. Starting January 1, 2025, we are changing our medical group affiliation, which will likely affect the specialists you can see outside of our office.

To explain briefly, a medical group is a network of healthcare providers, including your PCP, who work together to provide your care. While health plans contract with multiple medical groups, a PCP typically works with just one medical group per health plan. When you choose a PCP, you join the medical group that your PCP belongs to. The medical group determines where you can receive care under your insurance, while the health plan covers the costs.

As of January 1, 2025, the PCPs at San Diego Sports Medicine and Family Health Center are moving from UCSD Physicians Network to Scripps Physicians Medical Group. If you wish to keep your current PCP, you will need to transition to this new medical group with us.

Your options:

1. Stay with your current PCP through a Humana Medicare Advantage plan

To continue seeing your PCP at San Diego Sports Medicine, you will need to switch to a Humana Medicare Advantage plan that includes access to Scripps Physicians Medical Group. This will most likely affect your specialist care, as most specialists available to you will be contracted with Scripps rather than UCSD. Additionally, you will need to utilize Scripps' hospitals and facilities for any additional care needs.

2. Stay with your current PCP by switching to a different Medicare Advantage plan

You may choose to switch to another Medicare Advantage plan that we accept, including:

6699 Alvarado Road, Suite 2100, San Diego, CA 92120 (619) 229-3909 Fax (619) 582-1497
10505 Sorrento Valley Road, Suite 200, San Diego, CA 92121 (858) 793-7860 Fax (858) 436-1289
2448 Historic Decatur Road, Suite 130, San Diego, CA 92106 (619) 398-2960 Fax (619) 398-2970
1945 Garnet Avenue, San Diego, CA 92109 (858) 224-7977 Fax (858) 224-7978
4010 Morena Blvd., Suite 210, San Diego, CA 92109 (858) 224-7970 Fax (858) 224-7971

- Aetna Senior
- Alignment
- Anthem Blue Cross Senior Secure
- Blue Shield Senior
- Health Net Seniority Plus
- SCAN Health Plan

Scripps Physicians Medical Group will be the designated medical group for these plans. This will most likely affect your specialist care, as most specialists available to you will be contracted with Scripps rather than UCSD. Additionally, you will need to utilize Scripps' hospitals and facilities for any additional care needs.

3. Stay with your current PCP by switching to traditional Medicare coverage

You can opt for traditional Medicare, which allows you to see any provider who accepts Medicare without needing referral authorization.

4. Change your PCP and remain within the UCSD Network

If you prefer to stay with UCSD specialists, you will need to switch to a PCP within the UCSD network. Contact Humana to find a UCSD-network PCP, effective January 1, 2025.

Next Steps

Enclosed is a list of specialists currently in the Scripps Physicians Medical Group network. Please review the roster to see if your preferred specialists are included, which may help you decide whether to remain with UCSD or transition to Scripps. The list is accurate as of October 7, 2024, but is subject to change. To confirm a specialist's participation, please contact their office directly.

We recommend reviewing your options and taking action during the upcoming Medicare Open Enrollment period, which runs from October 15, 2024, to December 7, 2024, to ensure continuity of care. If no changes are made, you will automatically be assigned to a new PCP outside our office, starting January 1, 2025.

For unbiased advice on Medicare and Medicare Advantage options, you can contact the Health Insurance Counseling and Advocacy Program (HICAP) at www.hicap.org or by calling (858) 565-8772, option 1.

We greatly value your trust and look forward to continuing your care into 2025 and beyond. If you have any questions or need assistance, please contact our insurance department at (619) 229-3909.

Sincerely,

The Physicians and Staff of San Diego Sports Medicine and Family Health Center

6699 Alvarado Road, Suite 2100, San Diego, CA 92120 (619) 229-3909 Fax (619) 582-1497
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4010 Morena Blvd., Suite 210, San Diego, CA 92109 (858) 224-7970 Fax (858) 224-7971

Scripps Physicians Medical Group Specialist List

Current as of 10/7/2024. Subject to change. Please verify directly with the specialist's office to confirm the most current information.

Specialty	Provider	Address	Phone Number	Location
Allergy	Dr. Jennifer Pendleton	2655 Camino Del Rio N Ste 425, San Diego, CA 92108	(619) 286-6687	Mission Valley
Cardiology	Dr. Farah Dawood	752 Medical Center Ct, Suite 207, Chula Vista, CA 91911	(619) 867-0557	South County
Cardiology	Dr. Jesse Naghi	8851 Center Dr Ste 304, La Mesa, CA 91942	(619) 867-0557	East County
Cardiology	Dr. Keven Rapeport	9850 Genesee Ave Ste 940B, La Jolla, CA 92037	(858) 864-1400	North County
Cardiology	Dr. Dimitri Sherev	8851 Center Dr Ste 304, La Mesa, CA 91942	(619) 867-0557	East County
Colo-Rectal Surgeon	Dr. Matthew Isho	4060 4th Ave Ste 510, San Diego, CA 92103	(619) 686-4011	San Diego County
Cpap DME	Apria Health Care	9115 Activity Rd, San Diego, CA 92126	(858) 653-6800	Scripps Ranch
Cpap DME	Supercare Health	7243 Engineer Rd, San Diego, CA 92111	(800) 206-4880	Northeast County
Dermatology	Dr. Michael Bradshaw	9878 Hibert St Ste 100, San Diego, CA 92131	(858) 693-3000	Scripps Ranch
Dermatology	Dr. Bryan Chen	9878 Hibert St Ste 100, San Diego, CA 92131	(858) 693-3000	Scripps Ranch
Dermatology	Dr. Kristina De La Rosa	9878 Hibert St Ste 100, San Diego, CA 92131	(858) 693-3000	Scripps Ranch
Dermatology	Dr. Doyle Hansen	514 S Magnolia Ave, El Cajon, CA 92020	(619) 442-9441	East County
Dermatology	Dr. Fred Shahan	6367 Alvarado Ct #107, San Diego, CA 92120	(619) 287-1882	East County
Endocrinology	Dr. George Argoud	340 4th Ave Ste 7A, Chula Vista, CA 91910	(619) 691-0388	South County
Endocrinology	Dr. Brian First	4282 Genesee Ave, Suite 103, San Diego, CA 92117	(858) 292-0108	North County
Endocrinology	Dr. Jeffrey Sandler	4060 4th Ave Ste 205, San Diego, CA 92103	(619) 497-6188	San Diego County
Gastroenterology	Digestive Disease Associates	292 Euclid Ave, San Diego, CA 92114	(619) 266-3332	South County
Gastroenterology	Dr. Robert Goldklang	700 Garden View Ct Ste 101, Encinitas, CA 92024	(760) 783-0441	North County
Gastroenterology	Dr. Andrew Mayer	9850 Genesee Ave Ste 820, San Diego, CA 92037	(858) 453-5200	North County
Gastroenterology	Dr. Ananthram Reddy	9456 Cuyamaca St Ste 102, Santee, CA 92071	(619) 588-4074	East County
Gastroenterology	Dr. Joseph Reddy	6699 Alvarado Rd, San Diego, CA 92120	(619) 229-1005	East County
General Surgery	Dr. Leah Farinas	6386 Alvarado Ct, San Diego, CA 92120	(619) 522-2900	East County
General Surgery	Dr. Bret Langenberg	4033 3rd Ave Ste 204, San Diego, CA 92103	(619) 295-8677	San Diego County
General Surgery	Dr. Mark Sherman	9850 Genesee Ave, La Jolla, CA 92037	(858) 452-5054	North County
Gynecology	Dr. Alisa Williams (only GYN not OB)	5555 Reservoir Dr Ste 307, San Diego, CA 92120	(619) 299-3111	East County
Hematology/ Oncology	Dr. David Bodkin	5555 Grossmont Center Dr, La Mesa, CA 91942	(619) 644-3030	East County
Hematology/ Oncology	Dr. Jennifer Fisher	3075 Health Center Dr Ste 102, San Diego, CA 92123	(858) 637-7888	Northeast County
Hematology/ Oncology	Dr. Kenneth Johnson	769 Medical Center Ct Ste 202, Chula Vista, CA 91911	(619) 482-8430	South County
Hematology/ Oncology	Dr. Steven Kossman	5555 Reservoir Dr Ste 306, San Diego, CA 92120	(619) 287-9910	East County
Hepatology	Dr. Tarek Hassanein	131 Orange Ave Ste 101, Coronado, CA 92118	(619) 522-0399	Coronado
Infectious Disease	Dr. Mohamed Miradi	5565 Grossmont Center Dr Ste 211, La Mesa, CA 91942	(619) 644-1483	East County

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Specialty	Provider	Address	Phone Number	Location
Infertility	Dr. Sandy Chuan-Dinh	11425 El Camino Real, San Diego, CA 92130	(858) 794-6363	East County
Nephrology	Balboa Nephrology	6402 El Cajon Blvd Ste 102, San Diego, CA 92115	(619) 582-4490	East County
Neurology	Dr. James Grisolia	4033 3rd Ave Ste 210, San Diego, CA 92103	(619) 297-1155	San Diego County
Neurology	Dr. Boris Khamishon	6699 Alvarado Rd, San Diego, CA 92120	(619) 582-2595	East County
Neurology	North County Neurology Center	320 Santa Fe Dr, Encinitas, CA 92024	(760) 942-1390	North County
Neurosurgeon	Dr. Bruno Flores	5395 Ruffin Rd Ste 102, San Diego, CA 92123	(858) 598-5290	Northeast County
Neurosurgeon	Dr. Frank Yoo	9834 Genesee Ave Ste 310, La Jolla, CA 92037	(858) 909-9033	North County
OB GYN	Dr. Maria Castillo	7930 Frost St, Suite 103, San Diego, CA 92123	(619) 462-2385	East County
OB GYN	Dr. Fan Li	15525 Pomerado Rd Ste C1, Poway, CA 92064	(858) 451-7944	North County
OB GYN	Dr. Spring Robinson	9850 Genesee Ave Ste 770, La Jolla, CA 92037	(858) 677-0777	North County
Ophthalmology	Acuity Eye Group	All Locations		Multiple locations
Orthopedics	Dr. Michael Kimball / Girard Orthopedics	9333 Genesee Ave Ste 350, San Diego, CA 92121	(858) 455-6460	North County
Orthopedics	Dr. Enass Rickards / Girard Orthopedics	9333 Genesee Ave Ste 350, San Diego, CA 92121	(858) 455-6460	North County
Orthopedics	Dr. A. L. Rosenfield / Girard Orthopedics	9333 Genesee Ave Ste 350, San Diego, CA 92121	(858) 455-6460	North County
Orthopedics	San Dieguito Orthopedics	320 Santa Fe Dr Ste 204, Encinitas, CA 92024	(760) 942-4400	North County
Orthopedics	Dr. Steven Tradonsky/California Orthopedics	7485 Mission Valley Rd, San Diego, CA 92108	(619) 291-8930	Mission Valley
Otorlarynology/ ENT	Dr. Audrey Calzada	5405 Oberlin Dr Fl 2, San Diego, CA 92121	(858) 909-0770	North County
Otorlarynology/ ENT	Dr. Angela Chang	9834 Genesee Ave Ste 112, La Jolla, CA 92037	(858) 208-0030	North County
Otorlarynology/ ENT	Dr. Patrick McCallion	5565 Grossmont Center Dr 3-101, La Mesa, CA 91942	(619) 464-3353	East County
Otorlarynology/ ENT	Dr. Ritvik Mehta	5405 Oberlin Dr Fl 2, San Diego, CA 92121	(858) 909-0770	North County
Otorlarynology/ ENT	Dr. Jeremiah Moles	5565 Grossmont Center Dr, Suite 3-101, La Mesa, CA 91942	(619) 464-3353	East County
Otorlarynology/ ENT	Dr. Geoffrey Pitzer	5565 Grossmont Center Dr 3-101, La Mesa, CA 91942	(619) 464-3353	East County
Pain Management	Dr. Sandip Madhav	9850 Genesee Ave Ste 530, San Diego, CA 92037	(760) 631-3000	North County
Pain Management	Dr. Rosa Navarro	2452 Fenton St Ste 101, Chula Vista, CA 91914	(619) 600-5309	South County
Pain Management	Dr. Alicia Steiner	2100 5th Ave Ste 200, San Diego, CA 92101	(619) 948-8464	San Diego County
Pain Management	Dr. Brandon Van Noord	3969 4th Ave Ste 208, San Diego, CA 92103	(619) 849-5777	San Diego County
Physical Therapy	Coast Physical Therapy and Sports Medicine	All Locations		Multiple locations
Physical Therapy	Nexus Physical Therapy	All Locations		Multiple locations
Physical Therapy	Physical Rehabilitation Network / PRN	All Locations		Multiple locations
Physical Therapy	Spine and Sport Physical Therapy	All Locations		Multiple locations

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Specialty	Provider	Address	Phone Number	Location
Podiatry	Dr. Jay Berenter	9850 Genesee Ave Ste #510, La Jolla, CA 92037	(858) 450-9218	North County
Podiatry	Dr. Kevin Cox	5129 Garfield St, La Mesa, CA 91941	(619) 465-3200	East County
Podiatry	Dr. David Mazza	276 Church Ave Ste A, Chula Vista, CA 91910	(619) 427-0311	South County
Podiatry	Dr. Michael Quinn	7485 Mission Valley Rd, San Diego, CA 92108	(619) 291-8930	Mission Valley
Pulmonology	Dr. Carl Fricks	9850 Genesee Ave, La Jolla, CA 92037	(858) 625-7200	North County
Pulmonology	Dr. Samuel Glickman	9850 Genesee Ave Ste 780, La Jolla, Ca 92037	(858) 625-7200	North County
Pulmonology	Dr. Joseph Mizzell	9850 Genesee Ave, La Jolla, CA 92037	(858) 625-7200	North County
Pulmonology	Dr. Sathya Pokala	8860 Center Dr Ste 240, La Mesa, CA 91942	(619) 644-9315	East County
Rheumatology	Dr. Puja Chitkara	765 Medical Center Ct Ste 216, Chula Vista, CA 91911	(619) 623-3000	South County
Rheumatology	Dr. Janet Kim	9850 Genesee Ave, La Jolla, CA 92037	(858) 457-3270	North County
Rheumatology	Dr. Smitha Reddy	15725 Pomerado Rd Ste 117, Poway, CA 92064	(858) 312-1717	North County
Sleep Studies	Advanced Sleep Medicine	At Home Sleep Studies ONLY / walk-in facility not available	(877)775-3377	
Urology	Dr. Marc Holden	4060 4TH Ave Ste 310, San Diego, CA 92103	(619) 297-4707	San Diego County
Urology	Genesis Urology	All Locations		
Urology	Dr. Evan Vapnek	3444 Kearny Villa Rd Ste 202, San Diego, CA 92123	(858) 429-7646	Northeast County
Vascular Surgeon	Dr. Sunlin Rayan	9850 Genesee Ave Ste 560, La Jolla, CA 92037	(858) 452-0306	North County
Vascular Surgeon	Dr. Michael Sise	550 Washington St Ste 641, San Diego, CA 92103	(619) 299-2600	San Diego County