

Physicians Choice Medical Group of San Luis Obispo

# Directory of Physicians & Services



800.705.0430

## Contracted Health Plans

### Commercial Plans

- Aetna
- Blue Shield
- Cigna
- GEMCare Health Plan
- Health Net
- UnitedHealthcare

### Senior Plans

- Arcadian Community Care
- Blue Shield 65+
- Secure Horizons

\* Physician currently not accepting new patients

List is subject to change.

Not all physicians participate in all plans.

### Family Medicine

**Amanthi Chandrasena, MD**  
805.489.2205  
901 Oak Park Blvd, #101  
Pismo Beach, CA 93449

**Joseph Cruz, MD \***  
805.773.7440  
2 James Way, #209  
Pismo Beach, CA 93449

**Cary Fitchmun, MD**  
805.474.2600  
931 Oak Park Blvd, #101  
Pismo Beach, CA 93449

**Avani Gupta, DO**  
805.489.2205  
901 Oak Park Blvd, #101  
Pismo Beach CA 93449

**Ernest Jones, MD**  
805.474.2600  
931 Oak Park Blvd, #101  
Pismo Beach, CA 93449

**Scott Robertson, MD**  
805.597.6715  
1941 Johnson Ave, #203  
San Luis Obispo, CA 93401

**David Ruiz, MD**  
805.474.2600  
931 Oak Park Blvd, #101  
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**A. San Bartolome, MD \***  
805.489.2205  
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**Mario San Bartolome, MD**  
805.489.2205  
901 Oak Park Blvd. #101  
Pismo Beach, CA 93449

**Dewey Sandberg, MD**  
805.474.2600  
931 Oak Park Blvd, #101  
Pismo Beach, CA 93449

**Alice Wallack, MD**  
805.474.2600  
931 Oak Park Blvd, #101  
Pismo Beach, CA 93449

**Klyda White, DO \***  
805.434.2024  
292 Posada Lane, B  
Templeton, CA 93465



## *Internal Medicine*

**Robert Brenman, MD \***  
805.541.1177  
689 Tank Farm Rd, #220  
San Luis Obispo, CA 93401

**Phoebe Chen, MD**  
805.773.6500  
2 James Way, #109  
Pismo Beach, CA 93449

**Frank Collie, MD**  
805.543.8310  
148 Casa St  
San Luis Obispo, CA 93405

**Megan Ellman, MD**  
805.489.2205  
901 Oak Park Blvd, #101  
Pismo Beach, CA 93449

**Julie Fallon, MD \***  
805.434.9900  
295 Posada Lane, D  
Templeton, CA 93465

**Karen Fong, MD \***  
805.773.7440  
2 James Way, #209  
Pismo Beach, CA 93449

**Richard Heather, MD**  
805.528.1812  
2035 9th St, A  
Los Osos, CA 93402

**David Javitz, MD**  
805.541.1177  
689 Tank Farm Rd, #220  
San Luis Obispo, CA 93401

**Elliot Klaw, MD**  
805.541.1177  
689 Tank Farm Rd, #220  
San Luis Obispo, CA 93401

**Garry Kolb, MD**  
805.772.2707  
695 Morro Ave  
Morro Bay, CA 93442

**Cu Nguyen, MD**  
805.541.1177  
689 Tank Farm Rd, #220  
San Luis Obispo, CA 93401

**Kenneth Shapiro, MD**  
805.239.1488  
265 Posada Lane, C  
Templeton, CA 93465

**Charles Sturgeon, MD \***  
805.541.1177  
689 Tank Farm Rd, #220  
San Luis Obispo, CA 93401

**Anthony Wolfe, MD \***  
805.548.8585  
77 Casa St, #204  
San Luis Obispo, CA 93405

## *Pediatrics*

**Julie Anselmo, MD**  
805.549.0888  
1235 Osos St, #100  
San Luis Obispo, CA 93401  
also  
805.434.3796  
1320 Las Tablas Rd, D  
Templeton, CA 93465

**Tamara Battle, MD**  
805.549.0888  
1235 Osos St, #100  
San Luis Obispo, CA 93404  
also  
805.434.3796  
1320 Las Tablas Rd, D  
Templeton, CA 93465

**Rene Bravo, MD**  
805.544.4460  
3241 S Higuera St  
San Luis Obispo, CA 93401

**James Coryell, MD**  
805.549.0888  
1235 Osos St, #100  
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also  
805.434.3796  
1320 Las Tablas Rd, D  
Templeton, CA 93465

**Wanda Lo, MD**  
805.549.0888  
1235 Osos St, #100  
San Luis Obispo, CA 93401  
also  
805.434.3796  
1320 Las Tablas Rd, D  
Templeton, CA 93465

**Jill Lowers, MD**  
805.434.3737  
262 Posada Lane, A  
Templeton, CA 93465

**Richard Macias, MD**  
805.549.0888  
1235 Osos St, #100  
San Luis Obispo, CA 93401  
Also  
805.434.3796  
1320 Las Tablas Road, D  
Templeton, CA 93465

**William Morgan, MD**  
805.473.3262  
154 Traffic Way  
Arroyo Grande, CA 93420

**Parvin Nahvi, MD**  
805.434.3737  
262 Posada Lane, A  
Templeton, CA 93465

**Mary Nave, MD**  
805.434.3737  
262 Posada Lane, A  
Templeton, CA 93465

**Richard Peterson, MD**  
805.434.1438  
1050 Las Tablas Rd, #13  
Templeton, CA 93465

**Dale Rowland, MD**  
805.549.0888  
1235 Osos St, #100  
San Luis Obispo, CA 93401  
also  
805.434.3796

1320 Las Tablas Rd, D  
Templeton, CA 93465

**Sasha Szytel, MD**  
805.544.4460  
3241 S Higuera St  
San Luis Obispo, CA 93401

**Jeffrey Thompson, MD**  
805.473.2828  
260 Station Way, D  
Arroyo Grande, CA 93420



# Physicians Choice Medical Group of San Luis Obispo Specialists

## *Allergy & Immunology*

Shields Abernathy, MD  
Randy Johnson, MD

## *Cardiology*

Armin Bandari, MD  
Mark Bocchicchio, MD  
Andrew Dennish, MD  
Robert Doria, MD  
Michael Famularo, MD  
Lorianna Pallai-Fletcher, MD

Spencer Kulick, MD  
Steven Pontius, MD  
David Puro, MD  
Mark Sada, MD  
Kenneth Stevens, MD  
Andrea Tackett, MD  
Lawrence VonDollen, MD  
Michael Wiechmann, MD

## *Cardiology, Pediatric*

Dale Rowland, MD

## *Chiropractic*

Thomas Baxter, DC

## *Dermatology*

Paul Collins, MD  
Bradley Kurgis, DO  
John Siebenlist, MD  
Patricia Stewart, MD

## *Endocrinology*

Jeanne Bernard, DO  
Michael Lai, MD

## *Endocrinology, Pediatric*

Cristina Candido Vitto, MD

## *Gastroenterology*

Steven Carlson, MD  
Phillip Colbert, MD  
Gary Cushing, MD  
Robert Evans, MD  
Bruce Mize, MD  
Jeffrey Mundorf, MD  
Igor Nastaskin, MD  
Jonathan Riegler, MD  
Vance Rodgers, MD  
Paul Wetzel, MD  
Daniel Zovich, MD

## *Hematology/Oncology*

Kota Chandra Shekar, MD  
Sanjay Ganpule, MD

## *Hematology/Oncology, Pediatric*

Daniel Greenfield, MD  
David Slomiany, MD

## *Hepatology*

Aijaz Ahmed, MD

## *Infectious Diseases*

Christopher Holland, MD  
J. Trees Ritter, DO

## *Infertility*

Wendy Chang, MD  
Mark Surrey, MD

## *Maternal-Fetal Medicine*

Leonard Cedars, MD  
Nihal Naccasha, MD  
Laurence Shields, MD

## *Nephrology*

Eugene Galperin, MD  
Scott Morey, MD  
Brian Penton, MD  
Anthony Wolfe, MD

## *Neurology*

Thomas Clark, MD  
David Filippi, MD  
Lawrence Fogel, MD  
Peter Masny, MD  
Darius Soleimany, MD

## *Neurology, Pediatric*

Deborah Balke, MD

## *Obstetrics & Gynecology*

See Well Woman page

## *Ophthalmology*

Larry Baldwin, MD  
Frank Basich, MD  
William Gealy, MD  
Terry Kaiura, MD  
James Oelker, MD  
Rena Stathacopoulos, MD

## *Ophthalmology, Pediatric*

Rena Stathacopoulos, MD

## *Otolaryngology (ENT)*

Roman Bukachevsky, MD  
Raymund Llauro, MD  
Michael Malotte, MD  
Lisa Molin, MD  
Robert Stewart, MD

## *Pain Management*

Timothy Kuang, MD  
Jashvant Patel, MD

## *Physical Medicine & Rehabilitation*

Joseph Griffin, MD  
Timothy Kuang, MD  
James Mase, MD

## *Podiatry*

Scott Adams, DPM  
Christopher Byrne, DPM  
Steven Clark, DPM  
Nathan Ecklund, DPM  
Jeffrey Eidelman, DPM  
Michael Flaherty, DPM  
Nick Gunasayan, DPM  
Richard Norman, DPM  
Brian O'Carroll, DPM

## *Psychiatry*

Margaret Bauman, MD \*  
Dugald Chisholm, MD  
Marlene Cordero, MD  
Elisa Feingold, MD  
Jeffrey Friedman, MD  
Douglas Murphy, MD  
Debra Muse, MD  
Joseph Schwartz, MD

## *Psychology, Neuropsych Testing*

Thomas Wylie, MD

## *Pulmonary Diseases*

Laura Lubarsky, MD  
Ross Michel, MD  
Michael Ryan, MD  
Mark Soll, MD  
Thomas Vendegna, MD

## *Radiation Oncology*

Esmond Chan, MD  
Jeffrey Gilroy, MD  
Case Ketting, MD  
James Longo, MD  
Sheri Marquez, MD  
Jonathan Stella, MD

## *Rheumatology*

Frank Scott, DO

## *Surgery, Cardiovascular*

David Canvasser, MD  
Luke Faber, MD  
Stephen Freyaldenhoven, MD  
James Skow, MD

## *Surgery, General*

Winston Anderson, MD  
David Bolivar, MD  
M. Berry Foran, MD  
Edwin Hayashi, MD  
Howard Hayashi, MD  
Stephen Tidik, MD

## *Surgery, Hand*

Gary Crawford, MD  
Michael Behrman, MD  
Kenneth Fryer, MD  
Mark Montgomery, MD  
Lee Piatek, MD  
Robert Ruth, MD

## *Surgery, Neurosurgery*

Donald Ramberg, MD  
Harold Segal, MD

## *Surgery, Orthopedic*

Sean Devine, MD  
Thomas Ferro, MD  
Jonathan Fow, MD  
Kenneth Fryer, MD  
Michael Laird, MD  
Renee Lauritzen, MD  
Lee Piatek, MD  
Otto Schueckler, MD  
Newton Birrell Smith, MD  
Marc Weise, MD  
Daniel Woods, MD

## *Surgery, Orthopedic Pediatric*

Sean Early, MD  
Michael Maguire, MD

## *Surgery, Plastic/Facial*

Raymond Llauro, MD

## *Surgery, Plastic/Reconstructive*

James Grisez, MD  
Wally Hosn, MD  
Ke-Ping Tsao, MD

## *Surgery, Thoracic*

David Canvasser, MD  
Luke Faber, MD  
Stephen Freyaldenhoven, MD  
James Skow, MD

## *Surgery, Vascular*

David Canvasser, MD  
Luke Faber, MD  
Stephen Freyaldenhoven, MD  
James Skow, MD

## *Urology*

Craig Canfield, MD  
Michael Clayton, MD  
N. James Hawthorne, MD  
Christopher Johnson, MD  
Paul Klosterman, MD  
Joseph Kuntze, MD



# *Physicians Choice Medical Group of San Luis Obispo*

## *Urgent & Emergent Care*

### *Urgent Care Centers*

#### **Doctors Med Plus Medical Center**

805.474.8450  
877 Oak Park Blvd  
Pismo Beach, CA 93449

#### **Hours of Operation**

Monday - Friday: 8 am to 6 pm  
Saturday: 9 am to 3 pm  
Sunday: Closed

#### **Med Stop Medical Clinic**

805.549.8880  
283 Madonna Rd, Suite B  
San Luis Obispo, CA 93405

#### **Hours of Operation**

Monday - Friday: 8 am to 7 pm  
Saturday & Sunday: 8 am to 4 pm

#### **Med Stop Medical Clinic**

805.226.4222  
416 Spring St, Suite 101  
Paso Robles, CA 93446

#### **Hours of Operation**

Monday - Friday: 9 am to 7 pm  
Saturday & Sunday: 9 am to 3 pm

#### **Medworks Medical Center**

805.434.3699  
350 Posado Ln, Suite 102  
Templeton, CA 93465

#### **Hours of Operation**

Monday - Friday:  
8:30 am to 6:30 pm  
Saturday: 10 am to 4 pm  
Sunday: Closed



### *Hospitals*

#### **French Hospital**

805.543.5353  
1911 Johnson Ave  
San Luis Obispo, CA 93401

#### **Arroyo Grande Community Hospital**

805.489.4261  
345 South Halcyon Rd  
Arroyo Grande, CA 93420

# *Physicians Choice Medical Group of San Luis Obispo*

## *Well Woman Care*



If you are a woman enrolled in Physicians Choice Medical Group of San Luis Obispo, you may self-refer to an OB/GYN for your annual well woman exam, gynecological and obstetrical care.

This benefit is being offered by the physicians listed on the right. To take advantage of this benefit, please call the physician of choice, identify yourself as a Physicians Choice Medical Group of San Luis Obispo member and schedule an appointment.

If you have any questions regarding this benefit, please call the Physicians Choice Medical Group of San Luis Obispo Customer Service Department at 800.705.0430.

### *Obstetricians & Gynecologists*

#### *Obstetrics & Gynecology*

##### **Heidi Freeman, MD**

805.543.1475

1035 Peach St, #301

San Luis Obispo, CA 93401

##### **Karen Goodrich, MD**

805.548.8545

1428 Phillips Ln, #201

San Luis Obispo, CA 93401

##### **Larry Hirsch, MD**

805.466.9001

4555 El Camino Real, B

Atascadero, CA 93422

##### **Aaron Kromhout, MD**

805.548.0033

1941 Johnson Ave, #202

San Luis Obispo, CA 93401

##### **Patrick Spalding, MD**

805.543.1863

2 James Way, #106

Pismo Beach, CA 93449

#### *Gynecology Only*

##### **Arthur Segal, MD**

805.544.4883

184 Casa St

San Luis Obispo, CA 93405

*Physicians Choice Medical Group of San Luis Obispo*

# *Optometry Referrals*

Check your health plan benefits. Many health plan benefits include one routine eye examination per 12-month period. Physicians Choice Medical Group of San Luis Obispo has contracted with the following local optometrist to provide these services on a self-referral basis:

**Joseph Horne, OD**  
**805.781.3937**

**689 Tank Farm Rd, #100**  
**San Luis Obispo, CA 93401**

Also

**805.434.5970**

**234 Heather Court, Suite 102**  
**Templeton, CA 93465**

To request an authorization for a routine eye exam:

- Make an appointment with the optometrist listed above. Please have your health plan identification card available.
- Your appointment should be scheduled after five working days to allow time to verify eligibility and benefits.
- The optometrist's office will coordinate an authorization from Managed Care Systems, LLC, administrators for Physicians Choice Medical Group of San Luis Obispo.

This authorization covers the **routine optometry examination only**. If you have questions about your eyewear benefit, please contact the Benefits Coordinator at your place of employment.



# *Physicians Choice Medical Group of San Luis Obispo Laboratory, Radiology, Speech, Physical & Occupational Therapy Services*

## *Laboratory Services*

**Arroyo Grande  
Community Hospital**  
805.473.7633  
345 South Halcyon Rd  
Arroyo Grande, CA 93420

**French Hospital  
Los Osos Draw Station**  
805.528.8977  
2122 Ninth St, #110  
Los Osos, CA 93402

**French Hospital  
Morro Bay Draw Station**  
805.772.2784  
246 Pacific St  
Morro Bay, CA 93442

**Central Coast Pathology**  
805.238.5500  
416 Spring Street #102  
Paso Robles, CA 93446

**Central Coast Pathology**  
805.226.4990  
225 Posada Ln, A  
Templeton, CA 93465

**French Hospital  
Medical Center**  
805.543.5353  
1911 Johnson Ave  
San Luis Obispo, CA 93401

**Bear Valley  
Shopping Center**  
805.781.0449  
12326 Los Osos Valley Rd  
San Luis Obispo, CA 93405



## *Speech Therapy Services*

**Arroyo Grande  
Community Hospital**  
805.473.7670  
345 South Halcyon Rd  
Arroyo Grande, CA 93420

**French Hospital  
Medical Center**  
805.543.5353  
1911 Johnson Ave  
San Luis Obispo, CA 93401

**Therapies to Grow On**  
805.547.1755  
187 Tank Farm Rd  
San Luis Obispo, CA 93401

## *Radiology Services*

**Arroyo Grande  
Community Hospital**  
805.473.7670  
345 South Halcyon Rd  
Arroyo Grande, CA 93420

**French Hospital  
Medical Center**  
805.542.6392  
1911 Johnson Ave  
San Luis Obispo, CA 93401

**Radiology  
Diagnostic Center  
(Plain Films Only)**  
805.434.0829  
1310 Las Tablas, #103  
Templeton, CA 93465

## *Physical & Occupational Therapy Services*

**ARC Physical Therapy**  
805.434.4885  
1051 Las Tablas Rd  
Templeton, CA 93465

**Arroyo Grande  
Community Hospital**  
805.473.7670  
345 South Halcyon Rd  
Arroyo Grande, CA 93420

**French Hospital  
Medical Center**  
805.543.5353  
1911 Johnson Ave  
San Luis Obispo, CA 93401

# Communicating With Your Doctor

## *Communication is the key to establishing a good doctor-patient relationship*

For some people, a visit to their doctor is an intimidating experience. One way to make a visit to your doctor's office more rewarding is to know ahead of time how to make the most of the doctor-patient relationship.

The doctor-patient relationship is really a partnership. The doctor provides medical assistance and guidance, and the patient provides information, asks questions and follows the treatment plan. The following suggestions can help you more effectively communicate with your doctor during your visit:

■ Prepare for your appointment beforehand. Write down information to share with your doctor such as:

- the problem or concern
- the symptoms, when they started
- how often the symptoms occur
- the part of the body involved
- if you have had the symptoms before
- any family members with the same symptoms or illness
- home remedies or over-the-counter medications you have tried

■ Bring any related health records with you to your appointment. These records should include information about allergies and other health problems. Also, tell your doctor about any medications prescribed by another doctor and nonprescription medications you use.

■ Be specific when describing your symptoms to your doctor. Avoid vague statements such as "I feel sick." Instead say "For the past five days I have had headaches and nausea." The more details you provide, the easier it will be to make a diagnosis.

■ When your doctor offers information, make sure that everything is completely clear. If your doctor prescribes medication, ask what the medication is, how to take it, and what side effects might be involved. Take notes during your visit. You won't benefit from your doctor's advice if you don't remember it.

■ Keep the lines of communication open so that your doctor knows how you are progressing.

Remember, by becoming more actively involved in the doctor-patient relationship, you can actually improve the quality of the health care you receive.

