



# Alan Frischer, MD

Internal Medicine



### School:

University Of California San Francisco

### Internship:

Ucla - University Of California Los Angeles

### Residency:

Ucla - University Of California Los Angeles



### Add'l languages spoken:

English

### Age Limits:

18 yrs and older



### Location:

11480 Brookshire Ave Ste 200  
Downey, CA 90241  
1-562-806-0874



### Open Hours:

MON: 7:30AM - 4:30PM  
TUE: 7:30AM - 4:30PM  
WED: 7:30AM - 4:30PM  
THU: 7:30AM - 4:30PM  
FRI: 7:30AM - 4:30PM



### Regions:

Your provider may be participating in one or more with their respective hospitals. Please see below the list of health plans your physician contracts with, and regions he or she participates in.

HEALTH PLAN	MBR SRVCS	SELECT <sup>1</sup>	ST. FRANCIS <sup>2</sup>	DOWNEY <sup>3</sup>	WHITTIER <sup>4</sup>
Aetna	1-800-756-7039	668432		673502	
AHMC	1-626-300-2841	NAPP-01501-PCP		NAPP-01501-PCP	
Alignment Health Plan	1-866-634-2247	ACSA100314			
Anthem Blue Cross	1-800-627-8797	1CN479			
Blue Shield	1-800-393-6130	100076838004		100076838003	
Blue Shield 65+	1-800-776-4466	100076838004		100076838003	
Blue Shield 65+ Choice	1-800-776-4466	100076838004		100076838003	
Cigna	1-800-244-6224	3618748004		3618748003	
Health Net	1-800-522-0088	3200032204		3027032204	
Humana	1-800-457-4708	992326		992325	
LA Care Health Plan	1-888-452-2273	G57886W5			
SCAN	1-800-559-3500	0795-21000			
UnitedHealthcare	1-866-633-2446			0159670459	
WellCare	1-866-999-3945	ACLA3211403146		ACD3201403146	

<sup>1</sup>Select Region – Select region is a catch all for the rest of Los Angeles County and all Orange County areas. We recommend these IDs for Members who live outside of the Downey, St Francis, or Whittier region areas.

<sup>2</sup>St. Francis Region – A provider network built around our partner hospital, St Francis Medical Center, for better care coordination to members living in Lynwood and the surrounding cities.

<sup>3</sup>Downey Region – A provider network built around our partner hospital, PIH Health – Downey, for better care coordination to members living in Downey and the surrounding cities.

<sup>4</sup>Whittier Region – A provider network built around our partner hospital, Whittier Hospital Medical Center, for better care coordination to members living in Whittier and the surrounding cities.

To learn more about Optum Care Network or how to join please call us at: 1-877-862-1007. Monday – Friday, 8:00AM to 5PM.