



Allen Streelman, DO

Family Practice



APPLECARE
MEDICAL GROUP
Part of OptumCare®



School:

Des Moines University,
College of Osteopathic
Medicine

Internship:

Silas B. Hays Army Hospital

Residency:

Silas B. Hays Army Hospital



Add'l languages spoken:

German



Location:

9040 E Telegraph Rd Ste
100
Downey, CA 90240
(562) 861 - 0954



Open Hours:

MON: 8:00AM - 4:30PM
TUE: 8:00AM - 4:30PM
WED: 8:00AM - 4:30PM
THU: 8:00AM - 4:30PM
FRI: 8:00AM - 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 ¹	ST. FRANCIS ²	DOWNEY ³	WHITTIER ⁴
Aetna	(800) 756 - 7039	805502		359363	444781
Alignment Health Plan	(866) 634 - 2247	ACSA100560		ACDR100513	
Anthem Blue Cross	(800) 627 - 8797	1CN689		0RH595	1CM246
Blue Shield	(800) 393 - 6130	100066819008		100066819007	100066819006
Blue Shield 65+	(800) 776 - 4466	100066819008		100066819007	100066819006
Blue Shield 65+ Choice	(800) 776 - 4466	100066819008		100066819007	100066819006
Blue Shield Promise Health Plan	(800) 544 - 0088	100066819009		100066819011	100066819010
Cigna	(800) 244 - 6224	3546109023		3546109021	3546109022
Health Net	(800) 522 - 0088	3200035425		3027035425	3199035425
Humana	(800) 457 - 4708	693272		693231	693232
SCAN	(800) 559 - 3500	0795-20753		0652-20753	0794-20753
UnitedHealthcare	(866) 633 - 2446	0253270808		0159670672	0217360320
WellCare	(866) 999 - 3945	2200677ACLA321		2200677ACD320	2200677ACW324

¹**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.

²**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.

³**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.

⁴**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 AppleCare or how to join please call us at: 1(877) 862-1007. Monday – Friday, 8:00AM to 5PM.