



# Anwar Arastu, MD

Internal Medicine



### School:

Osmania Medical College

### Internship:

Oak Forest Hospital

### Residency:

Christ Hospital & Medical Ctr



### Add'l languages spoken:

Hindi, Urdu

### Age Limits:

None



### Location:

12675 La Mirada Blvd Ste 200  
La Mirada, CA 90638



**1-562-941-9853**



### Open Hours:

**MON:** 9:30AM - 6:30PM  
**TUE:** 9:30AM - 6:30PM  
**WED:** 9:30AM - 6:30PM  
**THU:** 9:30AM - 6:30PM  
**FRI:** 9:30AM - 6:30PM



### Regions:

Your provider participates in a variety of health plans. To select your Optum Care Network–AppleCare physician, please call the Member Services number and give the ID number listed below.

HEALTH PLAN	MBR SRVCS	SELECT 1
Aetna	1-800-756-7039	392895
AHMC	1-626-300-2841	APP000019
Alignment Health Plan	1-866-634-2247	ACSA100192
Anthem Blue Cross	1-800-627-8797	ZUD130
Blue Shield	1-800-393-6130	100081281032
Blue Shield 65+	1-800-776-4466	100081281031
Cigna	1-800-244-6224	3651571047
Health Net	1-800-522-0088	3200025271
Humana	1-800-457-4708	992371
LA Care Health Plan	1-888-452-2273	A44427W14
SCAN	1-800-559-3500	0795-30286
UnitedHealthcare	1-866-633-2446	0253270188
WellCare	1-866-999-3945	1392691ACO325

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.