



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



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



Location:

12675 La Mirada Blvd Ste 200

La Mirada, CA 90638

(562) 941 - 9853



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	507480			
AHMC	(626) 300 - 2841	APP000019			
Alignment Health Plan	(866) 634 - 2247	ACSA100192		ACDR100276	ACWH100087
Anthem Blue Cross	(800) 407 - 4627				1CM131
Blue Shield	(800) 393 - 6130	100081281008		100081281007	100081281009
Blue Shield 65+	(800) 776 - 4466	100081281008		100081281007	100081281009
Blue Shield 65+ Choice	(800) 776 - 4466	100081281008		100081281007	100081281009
Blue Shield Promise Health Plan	(800) 544 - 0088	100081281020		100081281025	100081281021
Cigna	(800) 244 - 6224	3651571012		3651571011	3651571013
Health Net	(800) 522 - 0088	3200025271		3027025271	3199025271
Humana	(800) 457 - 4708	992371		992370	992372
LA Care Health Plan	(888) 452 - 2273	A44427Z14			A44427W11
SCAN	(800) 559 - 3500	0795-30286		0652-30286	0794-30286
UnitedHealthcare	(866) 633 - 2446	0253270188		0159670391	0217360166
WellCare	(866) 999 - 3945	ACLA3211392691		ACD3201392691	ACW3241392691

¹Select 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.

²St. 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.

³Downey 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.

⁴Whittier 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.