



Beatriz Torrado Ridgley, DO

Family Medicine



School:

University of New England
College of Osteopathic
Medicine

Internship:

Downey Regional Medical
Center

Residency:

Downey Regional Medical
Center



Add'l languages spoken:

Portuguese, Spanish



Location:

8255 Firestone Blvd Ste 500
Downey, CA 90241
(562) 231 - 2470



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	836600		894297	
Anthem Blue Cross	(800) 627 - 8797			0RH400	
Cigna	(800) 244 - 6224			0276534005	
Humana	(800) 457 - 4708	249981		249796	
UnitedHealthcare	(866) 633 - 2446			0159670486	
WellCare	(866) 999 - 3945			EZACD20A6750	

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.