



John Millane, MD
Family Medicine



School:
USC School of Medicine

Internship:
Long Beach Memorial
Medical Center

Residency:
Long Beach Memorial
Medical Center



Add'l languages spoken:
English



Location:
5977 E Spring St
Long Beach, CA 90808
(562) 421 - 3727



Open Hours:
MON: 8:00AM - 5:00PM
TUE: 8:00AM - 5:00PM
WED: 8:00AM - 5:00PM
THU: 8:00AM - 5:00PM
FRI: 8:00AM - 5:00PM



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	353245			
Alignment Health Plan	(866) 634 - 2247	ACSA100465			
Anthem Blue Cross	(800) 627 - 8797	1CN499			
Blue Shield	(800) 393 - 6130	100099978004			
Blue Shield 65+	(800) 776 - 4466	100099978004			
Blue Shield 65+ Choice	(800) 776 - 4466	100099978004			
Blue Shield Promise Health Plan	(800) 544 - 0088	100099978007			
Cigna	(800) 244 - 6224	3787903022			
Health Net	(800) 522 - 0088	3200019978			
Humana	(800) 457 - 4708	223714			
SCAN	(800) 559 - 3500	0795-25923			
UnitedHealthcare	(866) 633 - 2446	0253270614			
WellCare	(866) 999 - 3945	ACLA3211395600			

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.