



**Jose  
Lara, MD**  
Internal Medicine



**School:**  
University of El Salvador

**Internship:**  
LAC/USC Medical Center

**Residency:**  
LAC/USC Medical Center



**Add'l languages spoken:**  
Spanish



**Location:**  
4670 E Gage Ave  
Bell, CA 90201  
**(323) 562 - 3135**



**Open Hours:**  
**MON:** 9:00AM - 6:00PM  
**TUE:** 9:00AM - 6:00PM  
**WED:** 9:00AM - 6:00PM  
**THU:** 9:00AM - 6:00PM  
**FRI:** 9:00AM - 6:00PM



**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 <sup>1</sup>	ST. FRANCIS <sup>2</sup>	DOWNEY <sup>3</sup>	WHITTIER <sup>4</sup>
Aetna	(800) 756 - 7039			813096	
Alignment Health Plan	(866) 634 - 2247	ACSA100310	ACSF100177	ACDR100312	
Anthem Blue Cross	(800) 627 - 8797		0SI310	0RH388	
Blue Shield	(800) 393 - 6130	100068742004	100068742005	100068742003	
Blue Shield 65+	(800) 776 - 4466	100068742004	100068742005	100068742003	
Blue Shield 65+ Choice	(800) 776 - 4466	100068742004	100068742005	100068742003	
Blue Shield Promise Health Plan	(800) 544 - 0088	100068742007	100068742009	100068742006	
Health Net	(800) 522 - 0088			3027045374	
Humana	(800) 457 - 4708	992309	992310	992308	
LA Care Health Plan	(888) 452 - 2273	A51277Z2	A51277Z		
SCAN	(800) 559 - 3500	0795-20592	0526-20592	0652-20592	
UnitedHealthcare	(866) 633 - 2446	0253270415	0146920350	0159670466	
WellCare	(866) 999 - 3945	ACLA3211395644	EZACSF51277	EZACDA51277	

<sup>1</sup>**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.

<sup>2</sup>**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.

<sup>3</sup>**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.

<sup>4</sup>**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.