



# Meada Pakour, MD

General Practice



**APPLECARE**  
MEDICAL GROUP  
Part of OptumCare®



### School:

University Of Damascus  
Faculty Of Medicine



### Add'l languages spoken:

Arabic, Spanish



### Open Hours:

### Internship:

King Drew Medical Center

### Residency:

King Drew Medical Center



### Location:



### 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	644608			
Alignment Health Plan	(866) 634 - 2247	ACSA100537			
Blue Shield	(800) 393 - 6130	100112737029			
Blue Shield 65+	(800) 776 - 4466	100112737029			
Blue Shield 65+ Choice	(800) 776 - 4466	100112737029			
Blue Shield Promise Health Plan	(800) 544 - 0088	100112737030			
Cigna	(800) 244 - 6224	8932322023			
Health Net	(800) 522 - 0088	3200133272			
Humana	(800) 457 - 4708	641728			
SCAN	(800) 559 - 3500	0795-412934			
UnitedHealthcare	(866) 633 - 2446	0253270791			
WellCare	(866) 999 - 3945	ACLA3211702689			

<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.