



Mehtab Bambrah Dhamija, MD

Family Medicine



School:

Dayanand Medical College and Hospital

Internship:

Arrowhead Regional Medical Center

Residency:

Arrowhead Regional Medical Center



Add'l languages spoken:

Hindi, Punjabi, Urdu



Location:

3760 Atlantic Ave
Long Beach, CA 90807



1-562-595-7467



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 participates in a variety of health plans. To select your Optum Care Network–AppleCare physician, please call the Member Services number and give the ID number listed below.

HEALTH PLAN	MBR SRVCS	SELECT 1
Aetna	1-800-756-7039	276876
AHMC	1-626-300-2841	APP000036
Alignment Health Plan	1-866-634-2247	ACSA100339
Anthem Blue Cross	1-800-627-8797	1CN288
Blue Shield	1-800-393-6130	100114408072
Blue Shield 65+	1-800-776-4466	100114408074
Cigna	1-800-244-6224	3742685065
Health Net	1-800-522-0088	3200160075
Humana	1-800-457-4708	991630
LA Care Health Plan	1-888-452-2273	A93640W13
SCAN	1-800-559-3500	1187-111028
UnitedHealthcare	1-866-633-2446	0253270404
WellCare	1-866-999-3945	1392196ACO325

To learn more about Optum Care Network or how to join please call us at: 1-877-862-1007. Monday – Friday, 8:00AM to 5PM.