



# 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:

18326 Pioneer Blvd  
Artesia, CA 90701  
(562) 860 - 5599



### 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	387891		807094	
AHMC	(626) 300 - 2841	APP000035			
Alignment Health Plan	(866) 634 - 2247	ACSA100339		ACDR100332	
Anthem Blue Cross	(800) 407 - 4627	1CN288			
Blue Shield	(800) 393 - 6130	100114408011		100114408010	
Blue Shield 65+	(800) 776 - 4466	100114408019		100114408018	
Blue Shield 65+ Choice	(800) 776 - 4466	100114408019		100114408018	
Blue Shield Promise Health Plan	(800) 544 - 0088	100114408050		100114408042	
Cigna	(800) 244 - 6224	3742685027		3742685022	
Health Net	(800) 522 - 0088	3200160075		3027160075	
Humana	(800) 457 - 4708	991627		991625	
LA Care Health Plan	(888) 452 - 2273	A93640W11			
SCAN	(800) 559 - 3500	0795-111028		0652-111028	
UnitedHealthcare	(866) 633 - 2446	0253270403		0159670521	
WellCare	(866) 999 - 3945	ACLA3211392196		ACD3201379588	

<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.