



# Nasir Tejani, MD

Pediatrics



### School:

Grant Medical College

### Internship:

St Vincent's Medical Center  
Of Richmond

### Residency:

North Shore University  
Hospital At Manhasset,  
Kings County Hospital  
Center (brooklyn Ny)



### Add'l languages spoken:

English

### Age Limits:

Newborn to 18 yrs



### Location:

3325 Palo Verde Ave Ste  
203  
Long Beach, CA 90808  
**1-562-421-8283**



### Open Hours:

**MON:** 9:00AM - 5:30PM  
**TUE:** 9:00AM - 5:30PM  
**WED:** 10:00AM - 5:30PM  
**THU:** 9:00AM - 5:30PM  
**FRI:** 9:00AM - 5:30PM



### 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	1-800-756-7039	303292		624661	273297
AHMC	1-626-300-2841	NAPP-02609-PCP			
Blue Shield	1-800-393-6130			100017986024	
Cigna	1-800-244-6224	0720139023		0720139023	0720139023
Health Net	1-800-522-0088	3200019338		3027019338	
UnitedHealthcare	1-866-633-2446	0253270089		0159670232	

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