



Paramjot Mann, MD

Family Medicine



School:

M.S. University of Baroda
Medical College

Internship:

Einstein-Montefiore Medical
Center

Residency:

Kern Medical Center



Add'l languages spoken:

Punjabi



Location:

1703 Termino Ave Ste 207
Long Beach, CA 90804



1-562-817-5602



Open Hours:

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



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	436456
AHMC	1-626-300-2841	APP000461
Alignment Health Plan	1-866-634-2247	ACSA100369
Anthem Blue Cross	1-800-627-8797	10435563
Blue Shield	1-800-393-6130	100110491018
Blue Shield 65+	1-800-776-4466	100110491018
Blue Shield 65+ Choice	1-800-776-4466	100110491018
Cigna	1-800-244-6224	2306435013
Health Net	1-800-522-0088	5155107358
Humana	1-800-457-4708	158460
LA Care Health Plan	1-888-452-2273	A80260W20
SCAN	1-800-559-3500	0795-112560
UnitedHealthcare	1-866-633-2446	0253270457
WellCare	1-866-999-3945	1639519ACO325

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.