



# Parveen Ahmed, MD

Internal Medicine



**APPLECARE**  
MEDICAL GROUP  
Part of OptumCare®



### School:

Sind Medical College

### Internship:

LAC-King/Drew Medical Center

### Residency:

LAC-King/Drew Medical Center



### Add'l languages spoken:

Hindi, Urdu

### Age Limits:

21 yrs older



### Location:

4511 Rosemead Blvd  
Pico Rivera, CA 90660  
(562) 695 - 2282



### 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 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	846397		754078	353828
AHMC	(626) 300 - 2841	APP000435			
Alignment Health Plan	(866) 634 - 2247	ACSA100362		ACDR100345	
Anthem Blue Cross	(800) 627 - 8797	L2P831		0RH444	
Blue Shield	(800) 393 - 6130	100060296006		100060296005	100060296007
Blue Shield 65+	(800) 776 - 4466	100060296006		100060296005	100060296007
Blue Shield 65+ Choice	(800) 776 - 4466	100060296006		100060296005	100060296007
Blue Shield Promise Health Plan	(800) 544 - 0088	100060296015		100060296016	
Cigna	(800) 244 - 6224	5299071013		5299071012	5299071014
Health Net	(800) 522 - 0088	3200056982			3199056982
Humana	(800) 457 - 4708	992024		992023	
LA Care Health Plan	(888) 452 - 2273	A40390Z5			
SCAN	(800) 559 - 3500	0795-21521			
UnitedHealthcare	(866) 633 - 2446	0253270438		0159670539	0217360229
WellCare	(866) 999 - 3945	EZACLAA41390		EZACDA40390	EZACWA40390

<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.