



Seema Hanamsagar, MD

Family Medicine



APPLECARE
MEDICAL GROUP
Part of OptumCare®



School:

Nagpur University

Internship:

Bon Secours Hospital -
Grosse Pointe, MI

Residency:

Bon Secours Hospital



Add'l languages spoken:

Hindi, Marathi, Urdu

Age Limits:

18 and older



Location:

3816 Woodruff Ave Ste 406
Long Beach, CA 90808
(562) 421 - 7292



Open Hours:

MON: 8:00AM - 5:00PM

TUE: 8:00AM - 5:00PM

WED: 8:00AM - 5:00PM

THU: 8:00AM - 5:00PM

FRI: 8:00AM - 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 ¹	ST. FRANCIS ²	DOWNEY ³	WHITTIER ⁴
Aetna	(800) 756 - 7039	722177	400401	416895	381575
Alignment Health Plan	(866) 634 - 2247	ACSA100055	ACSF100125	ACDR100165	ACWH100024
Anthem Blue Cross	(800) 407 - 4627	1CN564	0SI430	0RH549	1CM214
Blue Shield	(800) 393 - 6130	100114040021	100114040024	100114040023	100114040022
Blue Shield 65+	(800) 776 - 4466	100114040021	100114040024	100114040023	100114040022
Blue Shield 65+ Choice	(800) 776 - 4466	100114040021	100114040024	100114040023	100114040022
Blue Shield Promise Health Plan	(800) 544 - 0088	100114040053	100114040056	100114040055	100114040054
Cigna	(800) 244 - 6224	7328442029	7328442030	7328442028	7328442027
Health Net	(800) 522 - 0088	3200132163	2892132163	3027132163	3199132163
Humana	(800) 457 - 4708	284458	284446	284456	284457
LA Care Health Plan	(888) 452 - 2273	A92218W14	A92218W7		A92218W6
SCAN	(800) 559 - 3500	0795-51046	0526-51046	0652-51046	0794-51046
UnitedHealthcare	(866) 633 - 2446	0253270706	0146920488	0159670632	0217360301
WellCare	(866) 999 - 3945	ACLA3211402305	ACSF3231402305	ACD3201402305	ACW3241402305

¹**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.

²**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.

³**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.

⁴**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.