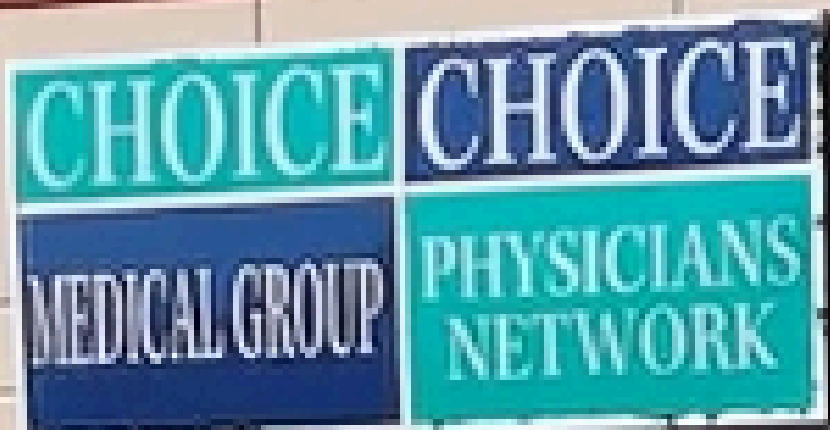




ChoiceConnect

YOUR GUIDE TO BETTER HEALTH
& COMMUNITY WELLNESS



Administration Building

years of Care, Compassion & Community

**INSIDE: OUR STORY AND THE JOURNEY OF
SERVING THE HIGH DESERT SINCE 1990.**

TRUSTED BY FAMILIES. BUILT ON CARE. ROOTED IN COMMUNITY.

HOW IT ALL BEGAN...

THE STORY OF DR. MANMOHAN NAYYAR AND THE BEGINNING OF CHOICE MEDICAL GROUP



Over the next 36 years, that small practice evolved into a trusted medical network serving generations of High Desert families. From primary care and specialty services to fitness, wellness, senior programs, and urgent care, the organization expanded to meet the community's growing needs - all while staying true to the foundation Dr. Nayyar built.

Today, Choice Medical Group stands as a testament to his vision. Thousands of patients choose us each year because they feel the legacy of the physician who started it all - a leader whose belief in community, compassion, and excellence continues to guide everything we do.

**THIS IS OUR BEGINNING.
THIS IS DR. MANMOHAN
NAYYAR'S LEGACY.
AND TOGETHER, WE
CONTINUE TO HONOR THE
MISSION HE BEGAN 36
YEARS AGO.**

A black and white portrait of Dr. Manmohan Nayyar, a middle-aged man with a mustache, wearing a dark suit, white shirt, and striped tie. He is smiling slightly and looking towards the camera. In the background, there is a potted plant on the left and a framed picture on the wall to the right.

More than three decades ago, a visionary physician, Dr. Manmohan Nayyar, made the High Desert his home. With a deep commitment to serving others and a belief that exceptional healthcare could transform a community, Dr. Nayyar founded what would become Choice Medical Group.

**HIS PHILOSOPHY WAS SIMPLE:
PROVIDE COMPASSIONATE,
QUALITY CARE — AND TREAT
EVERY PATIENT LIKE FAMILY.**

What started as a single practice quickly grew because patients felt the difference. Dr. Nayyar took time to listen. He cared about the whole person - their health, their family, and their future. His leadership and dedication inspired a team of providers who shared the same values: integrity, service, and heart.

THE FUTURE OF CHOICE MEDICAL GROUP

LEADERSHIP, LEGACY, AND THE NEXT GENERATION OF CARE

As Choice Medical Group celebrates 36 years of service, we also look ahead - to a future built on innovation, compassion, and a continued commitment to families of the High Desert. Leading this next chapter is Rahul Nayyar, Chief Medical Officer, whose passion for patient-centered care carries forward the values and vision established by his father, Dr. Manmohan Nayyar.

Rahul grew up watching his father treat patients with empathy, patience, and respect. Those early experiences shaped his understanding of healthcare as something far greater than medicine - it is service, it is relationship, it is community. Today, as CMO, Rahul continues to build programs and services that honor those principles while guiding CMG into a new era of innovation.

In addition to his leadership at Choice Medical Group, Rahul serves as the President of the San Bernardino County Medical Society - the same prestigious role his father held 23 years ago.

This remarkable generational achievement reflects the Nayyar family's longstanding dedication to elevating healthcare across the region and advocating for the well-being of patients and providers alike.



Rahul Nayyar, MD, CMO

As Choice Medical Group expands its wellness programs, strengthens specialty care, enhances senior services, and invests in forward-thinking technologies, this multigenerational foundation ensures that the organization remains rooted in its original mission while preparing for the future.

Together, the Nayyar family
past, present, and future
continues to shape the
healthcare landscape of the
High Desert with integrity,
compassion, leadership, and
unwavering commitment.

6 REASONS TO GO TO CHOICE URGENT CARE FIRST!

1 | FAST ACCESS TO CARE



Choice Urgent Care provides timely medical attention for non-life-threatening illnesses and injuries, helping patients receive care quickly without unnecessary delays. Our experienced medical team focuses on efficient evaluation, clear communication, and quality treatment so patients can get back to feeling better sooner.

3 | COORDINATED CARE WITH YOUR PCP



As part of Choice Medical Group, Choice Urgent Care works closely with your primary care provider to ensure your care does not end when your visit is over. Visit details can be shared with your PCP to support follow-up, medication management, and continuity of care—helping your healthcare team stay informed and aligned with your ongoing health needs.

2 | CONVENIENT LOCAL CARE

With extended hours seven days a week, including holidays, Choice Urgent Care makes it easier for families, seniors, and working individuals to receive quality care close to home—when they need it most. From unexpected illnesses to minor injuries, our team is here to provide timely, reliable care you can trust. To see what patients are saying about their experience, visit our Facebook and Instagram pages and read reviews from our satisfied patients.



4 | 24/7 NURSE HOTLINE

Patients have access to a registered nurse 24 hours a day, Seven days a week, for trusted medical guidance and peace of mind. Whether you have questions about symptoms, medications, or whether urgent care is the right choice, a nurse is always available to help guide your next steps.



**24/7 NURSE
HOTLINE**

760.946.5888

**13010 HESPERIA ROAD
SUITE #600
VICTORVILLE**

5 | CARE FOR A WIDE RANGE OF CONDITIONS



From cold and flu symptoms to minor injuries and infections, Choice Urgent Care treats many common health concerns in one convenient setting. With on-site laboratory services and X-rays, including D-dimer and troponin testing, providers can evaluate certain conditions quickly and determine the appropriate next steps in care.

6 | A TEAM THAT CARES ABOUT THEIR PATIENTS!

Every visit is focused on respectful communication, clear explanations, and care that puts the patient first—because quality care is about more than treatment. In our first year of business, Choice Urgent Care was proudly voted Best Urgent Care of the High Desert, a reflection of the trust and support from the community we serve.



HEART HEALTH MONTH

FEBRUARY



MATTERS OF THE HEART

SIMPLE SCREENINGS THAT SAVE LIVES

Heart disease often develops without noticeable symptoms, which makes routine screenings essential. Regular visits with your primary care provider help identify heart health risks early—often before serious problems occur. These simple tests provide valuable insight and support preventive care at every stage of life.

Key screenings such as blood pressure, cholesterol, and blood glucose measure factors that directly affect heart and vascular health. When levels are elevated, the risk of heart attack, stroke, and other complications increases.

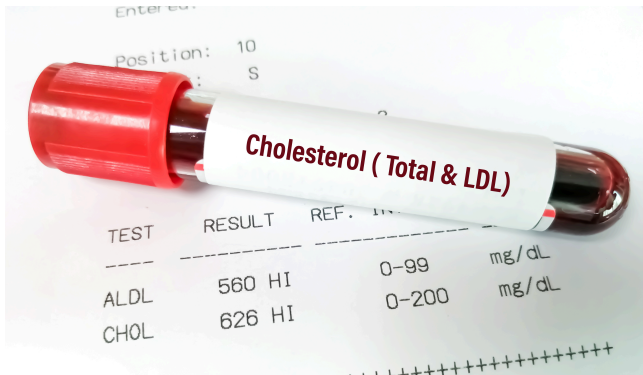
Monitoring these numbers allows your provider to recommend lifestyle changes, treatment, or further evaluation when needed.

In some cases, an electrocardiogram (EKG) may be used to assess heart rhythm and function. Together, these screenings help your primary care provider manage risk factors, coordinate specialty care when necessary, and support long-term heart health. This Heart Health Month, talk with your provider about which screenings are right for you and take an active role in protecting your heart.

BLOOD PRESSURE



CHOLESTEROL



BLOOD GLUCOSE



ELECTROCARDIOGRAM (EKG)



THE IMPORTANCE OF ANNUAL PHYSICAL EXAMS



Annual physicals are a key part of staying healthy. They give you the opportunity to check in on your overall wellness, catch potential issues early, and stay proactive about your long-term health. With regular visits, you build a stronger relationship with your doctor and ensure you're getting the screenings and guidance you need to live your healthiest life.

- Detect Issues Early - Catch potential health concerns before they are serious.
- Stay Proactive – Manage your health before problems arise.
- Maintain Long-Term Wellness – Regular check-ups support overall well-being.
- Build Stronger Doctor Relationships – Better communication leads to better care.
- Get Comprehensive Screenings – Early intervention can save lives.

**Make your health a priority.
Contact Your PCP & Schedule your
Annual Physical TODAY!**

SCREENINGS

FOR ALL STAGES OF LIFE

Taking care of your health at every age helps with early detection, prevention, and peace of mind. Routine screenings support lifelong wellness for individuals and families.

WHY SCREENINGS MATTER

- Detect health concerns early
- Monitor ongoing conditions
- Support prevention and long-term health
- Help guide next steps in care

CHILDREN & TEENS

- Growth & development
- Vision & hearing
- Immunizations & physicals
- Behavioral & mental health

ADULTS (18-49)

- Blood pressure & heart health
- Cholesterol & blood sugar
- BMI, nutrition & lifestyle
- Mental health screening
- Recommended cancer screenings

ADULTS OVER 50

- Heart health & diabetes
- Cancer screenings (as recommended)
- Bone, vision & hearing health
- Fall risk & mobility
- Memory & cognitive screening
- Immunization review

Contact your primary care provider to schedule your screening. & take an important step toward staying informed, proactive, and supported.



JOIN US

FREE TO SENIORS



Come be a part of our vibrant community of High Desert seniors! **Enjoy activities like painting, exercise, crafts, Health Academy, Weight Management Club and bingo— all designed for fun, fitness, and socializing.**

Our classes focus on improving your health, while providing plenty of opportunities for laughter and connection.

We love our seniors, and it shows!

Don't miss out... Join us today!



Call Us

760.338.0914

SeniorKicksClub.com





We're honored to be voted...

**‘BEST’
Weight Loss
Center**

*Thank you for trusting
the Fit Lab to help you
reach your health and
fitness goals.*



Offering all levels of fitness training



***Offering Group Exercises, Fun Senior
Classes, Prescriptive Fitness, Weight
Management, Yoga & More!
View our schedule online
FitLabFitnessCenter.com
or call today for additional
information!***

13010 Hesperia Road, Suite 500, Victorville

760.205.3834

Follow us!



**FitLabFitnessCenter.com
Silver Sneakers/Prime Facility**

No RSVP required – just show up and bring a friend!

High Desert CANCER CONNECTION

HDcancerConnection.com

Connecting Survivors. Empowering Strength

Providing local support and resources to help cancer patients and their circle of supporters navigate through their cancer journey.

WE ARE FRIENDS



BY YOUR SIDE

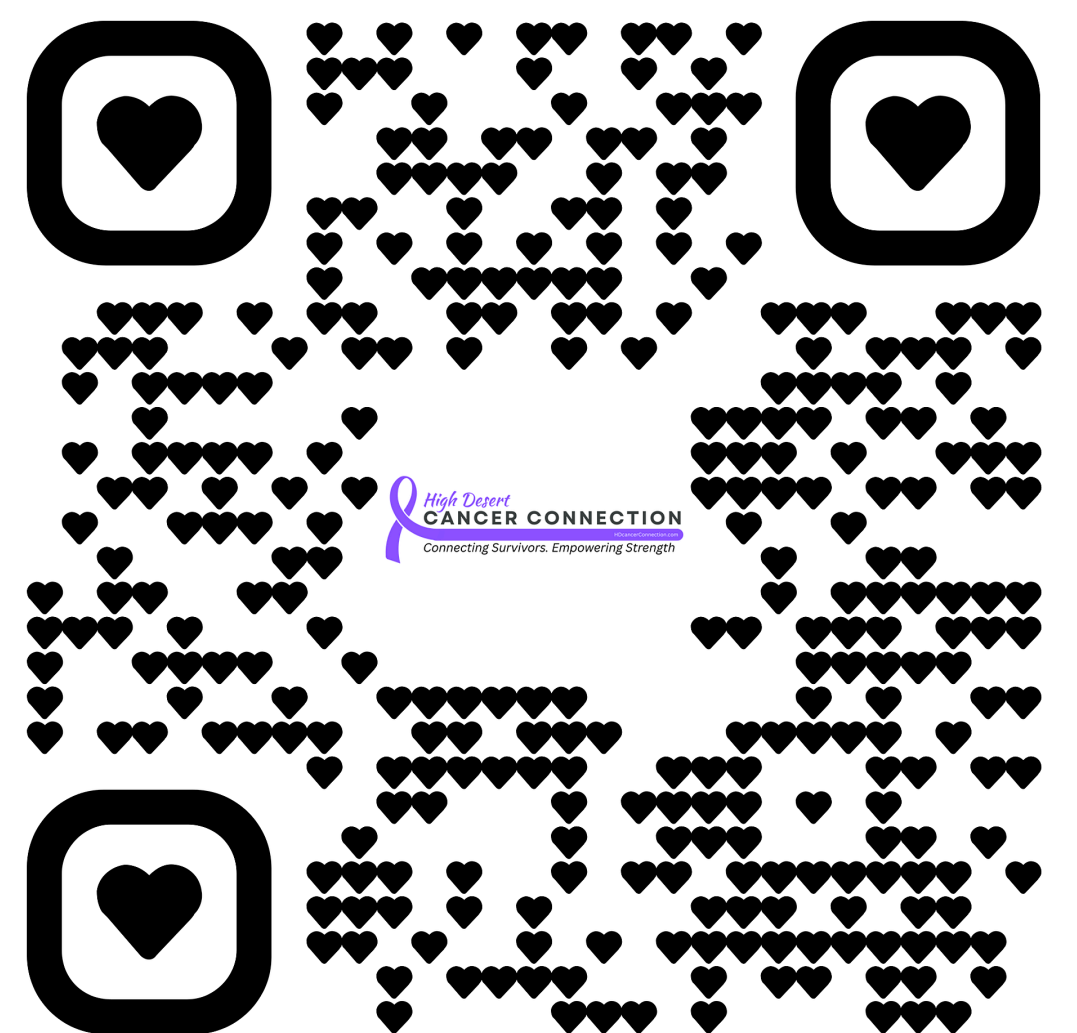
Thank you for voting for us!
Best Non-Profit/Charity Organization



Visit our website or call/text
760.514.2721

Items located at the Senior Resource Center
18564 Hwy 18, Suite 106, Apple Valley
HDcancerConnection.com

*Donate in honor of
someone you **love**
Scan the QR code to give*



- SUPPORT GROUPS
- LOCAL RESOURCES
- SOCIAL EVENTS
- SURVIVOR BUDDIES
- BLANKETS/BEANIES
- WIGS
- GIFTS OF HOPE

*“Here for
You When
You Need It
Most”*

YOU DON'T HAVE TO GO HUNGRY

Food Banks & Meal Programs

Contact locations to confirm schedule

APPLE VALLEY

Burning Hearts Ministry
13600 Pawnee Road #7
(760) 493-0435
Every other Thursday, 3:00pm – 7:00pm

Church of the Valley
20700 Standing Rock
(760) 247-6494
Tues. – Thurs, 10:00am – 12:00pm

Church of the Nazarene
12935 Central Rd.
(760) 247-8433
3rd Friday of the month, 10:00am – 12:00pm

First Assembly of God
21811 Ottawa Rd.
(760) 247-6488
Every Friday, 10:00am – 12:00pm

Our Lady of the Desert Ministry
18386 Corwin Rd.
(760) 242-5544
Wednesday & Thursday, 9:00am – 11:30am

New Hope Community Church
12345 Navajo Rd.
(760) 247-2127
Last Sat. of the month, 10:00am – 12:00pm

The Church for Whosoever
18628 Seneca Road
(760) 242-3191
Tue – Thurs., 10:00am – 3:00pm

Redeemer Church
22434 Nisqually Road
(760) 247-5891
2nd & 4th Sunday, following 11:00am service

BARSTOW

enRiched Food Pantry
800 Yucca Ave
(760) 252-2411 ext. 6901
Dates/Time vary – call for schedule

Desert Manna
2410 Armory Rd
(760) 256-7797
3rd Thursday of the month, 9:00am – 2:00pm
Saturday 9:00am – 12:00pm

Barstow Community College Food Pantry
2700 Barstow Road
(760) 252-2411 ext. 6901
Monday – Thursday, 8:00am – 6:00pm
Friday, 8:00am – 12:00pm



HESPERIA

Assembly of God
11616 Hesperia Rd.
(760) 244-3330
Wednesday, 10:00am – 12:00pm

Holy Family Catholic Church
9974 I Ave.
(760) 244-9180
2nd & 3rd Wednesday of the month, 10:00am – 12:00pm

New Life Chapel
10184 Seventh St.
(760) 244-9050
3rd Saturday of the month, 10:00am – 12:00pm

Spirit Filled Family Church – Bags of Food Ministry
9980 Hesperia Road
(760) 956-2501
Saturday, 9:00am – until gone

The Gate Church
11783 Amethyst St.
(760) 949-8979
Monday, 9:00am – 12:00pm

Victor Valley Christian Church
11223 11th St.
(760) 244-4448
Last Friday of the month, 3:00pm – 4:00pm

VICTORVILLE

Feed My Sheep
15260 Nisqually Rd.
(760) 243-4343
Monday, 10:00am – 12:00pm

Burning Bush Church
14849 7th Street
(760) 241-6221
Wednesday, 11:30am – 1:30pm

Emmanuel Temple
17288 Stoddard Wells Road
(760) 245-4973
Friday, 10:00am – until gone

Impact Christian Church of Victorville
17746 George Blvd.
(760) 246-4100
Tuesday, 11:00am – 12:00pm

Holy Innocents Catholic Church
1323 El Evado Road
(760) 955-6010
Tuesday, 9:00am – 10:30am

Ruth & Naomi Project/Choice Medical Group
13010 Hesperia Road, in the back of the building
(760) 338-0914
Fresh Food Friday – Last Friday of the Month
(Spring/Summer) 8:30am – until gone

BARSTOW LUNCH PROGRAM/COUNTY OF SAN BERNARDINO

11:30AM - 12:30PM MONDAY - FRIDAY SUGGESTED \$5. DONATION - 760.256.9111

Apple Valley – Senior Lounge
18564 Hwy 18, Suite 107

Barstow – Senior Center
555 Melissa Avenue

Hesperia – Percy Bakker
9333 E Avenue, Hesperia

Helendale – Senior Center
26540 Visa Road, Suite C

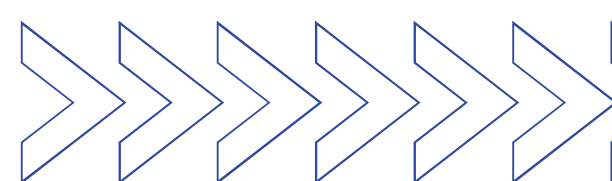
Victorville – Senior Center
14874 S. Mojave Drive

MEMBER SERVICES DEPARTMENT

**Healthcare doesn't have
to be complicated.**

*Choice Medical Group Member
Services* Department is here to
help make your experience easier,
clearer, and more supportive.

We help connect you with primary
care providers, specialists, and
services within our network, guiding
you through appointments,
referrals, and next steps in your
care. Our team is available to
answer questions, help resolve
concerns, and advocate on your
behalf. We also connect members
to wellness programs, preventive
care, and helpful health resources -
so you can feel informed,
supported, and confident
throughout your healthcare journey.



**One Call. One Team.
Member Services
Department**



OUR SERVICES

AT A GLANCE

- ✓ Find doctors & specialists
- ✓ Schedule appointments
- ✓ Referral & benefits help
- ✓ Wellness resources

One call. One team.
Here for you!

760.242.7777 Ext. 815

Connecting You to Care & Community

At Choice Medical Group, care goes beyond the exam room. We are committed to supporting your health through preventive care, community resources, wellness programs, and personalized guidance at every stage of life. Whether you need help staying on top of screenings, accessing food resources, finding cancer support, staying active, or navigating your benefits, you are not alone.



Connect With Us!

