



PATIENT'S GUIDE

Welcome to
Choice Medical
Group & Horizon
Valley Medical Group



**Thank you for choosing
Choice Medical Group and
Horizon Valley Medical Group.**

This handbook is your guide to understanding your benefits, finding the care you need, and connecting with programs and services designed to help you stay healthy, informed, and supported.



**Voted Best
Medical Group
since 2009**

JUNE 2026 NEW MEMBER HANDBOOK
Benefits * Resources * Wellness Programs

ChoiceMG.com
HorizonValleyMG.com

A Message from our Chief Medical Officer

Rahul Nayyar, MD



Welcome to Choice Medical Group, Choice Physicians Network, and Horizon Valley Medical Group.

Thank you for choosing us as your healthcare partner. We are honored to serve you and your family, and appreciate the trust you have placed in our organization.

For more than 35 years, we have provided high-quality, patient-centered care through a comprehensive network of primary care physicians, specialists, urgent care services, and wellness programs that support your health and well-being.

As a member, you have access to:

- More than 700 physicians and specialists
- Choice Urgent Care, open 7 days a week
- Secure patient portal and electronic medical records
- Fitness, wellness, and nutrition programs
- Senior Kicks Club and community resources
- Educational workshops and health classes

Choice Medical Group has been voted the #1 Best Medical Group since 2009 - a reflection of the trust our patients place in us and the dedication of our physicians and staff.

This handbook is your guide to the benefits, services, and resources available to you. We encourage you to keep it for future reference and explore the many programs designed to help you stay healthy, informed, and connected.

We look forward to serving you.

Sincerely,

Rahul Nayyar, MD

Rahul Nayyar, MD
Chief Medical Officer



TABLE OF CONTENTS

- 02-03 Welcome
- 04 Best of the Desert 2025
- 05 Health Plans We Serve
- 06-09 Primary Care Services
- 10-12 Internal Medicine Services
- 13-14 Pediatric Services
- 15 Specialists & Foundation Laboratory
- 16-17 Complex Care Management
- 18 Follow My Health Patient Portal
- 19 Savannah Best Care Congregate
- 20 Senior Resource Center
- 21 Senior Kicks Club
- 22 Fit Lab Fitness Center
- 23 RX Fitness & Nutrition
- 24 - 25 Annual Exams & Screenings
- 26 Premier Sports Medicine
- 27 Sol Radiology
- 28-29 Urgent Care Facilities
- 30 High Desert Neuro Diagnostic
- 31-35 Patient Rights & Responsibilities
- 36 Connect With Us

Our Vision



Provide personalized, patient-centered care



Expand access to highly qualified physicians and specialists



Strengthen the health of our community

Our Mission



Improve access to quality healthcare in the High Desert



Provide patients with the tools and resources they need



Deliver personalized, patient-centered care



BEST OF THE DESERT — ★ 2025 ★ —



CELEBRATING EXCELLENCE ACROSS OUR NETWORK

We are proud to recognize the physicians, providers, programs, and services honored in the 2025 Best of the Desert Awards. These achievements reflect our commitment to quality care, exceptional service, and the trust our community places in us every day.

HONORED PROVIDERS & SERVICES

CHOICE MEDICAL GROUP AWARDS



**Best
Medical Group**



**Best
Benefits Program**



**Best
Employer
(101-500 Employees)**



**Best
Locally Owned
Business**



**Best
Overall Leadership**



**Best
Place to Work**

Family Practice

Kenneth Grier, MD

Nurse Practitioner

Bukola Gross, NP

Internal Medicine

Ruby Jhaj, MD

Radiology Clinic

Sol Radiology

Gastroenterology

The Gastro Group

Sports Medicine

Premier Orthopaedic

Cardiology

Chirag Mehta, MD

Surgeon

Mitesh Patel, MD

Dermatology Clinic

Oasis Dermatology

Urgent Care

Choice Urgent Care

Neurology Services

High Desert Neuro

Weight Loss Center

Fit Lab Fitness Center

Ophthalmologist

Gurdeep Jhaj, MD

Assisted Senior Living

Savannah Best Care Congregate

Orthopedist

Samir Nayyar, MD

Home Health Care Services

Choice Clinical Concierge Program

Congratulations to all of our award-winning physicians, providers, programs, and staff whose dedication to excellence continues to make a positive impact throughout our community.



Member Services
760.242.7777
Ext. 815

MEMBER SERVICES

HERE TO HELP PATIENTS WHEN THEY
NEED IT MOST.

At Choice Medical Group, Choice Physicians Network, and Horizon Valley Medical Group, we understand that navigating healthcare can be confusing.

Our experienced Member Services team is here to answer questions, provide guidance, and help you make the most of your healthcare benefits.

MEMBER SERVICES CAN HELP WITH:

- ✓ Choosing or changing a Primary Care Physician (PCP)
- ✓ Scheduling appointments
- ✓ Finding doctors and specialists
- ✓ Understanding referrals and authorizations
- ✓ Questions about benefits and coverage
- ✓ Connecting to wellness programs and community resources

Accepted Health Plans

 **aetna™**

 **ALIGNMENT**
HEALTH PLAN

Anthem 
BlueCross

 **BlueCross**
of California

 **Cigna**

Elite  **Health**

Humana

 **scan™**

 **United**
Healthcare

 **wellcare** by
healthnet

Choice Medical Group partners
with top health plans to provide
quality care.

Primary Care Physicians

Compassionate care for you and your family

Our primary care providers are here for you at every stage of life.



HVMG

Mikel Alwis, MD

Family Medicine

716 E. Main Street
Barstow, CA 92311

760.256.6426

15791 Bear Valley Road
Hesperia, CA 92345

760.949.1231



Sourav Das, MD

Family & Sports Medicine

13010 Hesperia Road, Suite 501
Victorville, CA 92395

442.427.2441



HVMG

Chairmaine E. Earle, MD

Family Medicine

12984 Hesperia Road
Suite 101
Victorville, CA 92395

760.243.4009

12384 Palmdale Road
Suite 203
Victorville, CA 92392

760.843.5866



HVMG

Kenneth Grier, MD

Family Medicine

18564 Highway 18, Suite 101/102
Apple Valley, CA 92307

760.475.9080

Primary Care Physicians

Compassionate care for you and your family

Our primary care providers are here for you at every stage of life.



Eric R. Hansen, DO
Family Medicine

14575 Main Street
Hesperia, CA 92345

760.947.0727



HVMG

Richard F. Jones, DO
Family Medicine

18564 Highway 18, Suite 108
Apple Valley, CA 923007

760.946.2112



Ashish Malhotra, MD
Family Medicine

19341 Bear Valley Road
Apple Valley, CA 92308

760.810.7778



HVMG

Nicole McFarland, DO
Family Medicine

15237 Eleventh Street, Suite C
Victorville, CA 92395

760.493.9300

Primary Care Physicians

Compassionate care for you and your family

Our primary care providers are here for you at every stage of life.



HVMG

Josephine Montana, MD
Family Medicine

11949 Hesperia Road
Hesperia, CA 92345

760.242.5111



HVMG

Hemanshu Patel, MD
Family Medicine

1890 West Main Street, Suite 110
Barstow, CA 92311

760.256.1422



HVMG

Paul Phaguda, MD
Family Medicine

15462 Main Street
Hesperia, CA 92345

760.949.7000



HVMG

Ramendeeep Singh, MD
Family Medicine

1890 West Main Street, Suite 110
Barstow, CA 92311

760.256.1422

Primary Care Physicians

Compassionate care for you and your family

Our primary care providers are here for you at every stage of life.



Yvonne Telgt-McKinney, MD
Family Medicine

11497 Bartlett Ave.,
Suite 81
Adelanto, CA 92301
760.246.6600

16245 Desert Knoll Dr.
Victorville, CA 92395
760.955.9555

Need Help Finding a Physician?

Our Member Services team can help you:

- ✓ Select a Primary Care Physician
- ✓ Change your Primary Care Physician
- ✓ Find a specialist
- ✓ Understand referrals and authorizations
- ✓ Connect with health and wellness programs.

760.242.7777 Ext. 815

Internal Medicine Physicians

CHOICE MEDICAL GROUP CHOICE PHYSICIANS NETWORK

Focused on adult health and wellness

Providing comprehensive healthcare for adults.



HVMG

Sunil Abraham, MD
Internal Medicine

13010 Hesperia Road, Suite 300
Victorville, CA 92395

760.843.7873



HVMG

Bikramjit S. Ahluwalia, MD
Internal Medicine

16143 Kokanee Road, C Apple Valley, CA 92307

1890 W. Main St, #130
Barstow, CA 92311

760.242.64421

17450 Main Street, G
Hesperia, CA 92345



HVMG

Anitha Bhat, MD
Internal Medicine

19015 Town Center Drive, Suite 101
Apple Valley, CA 92308

760.247.0581



Vivek Gill, MD
Internal Medicine

9723 Sierra Vista Road, Suite A
Phelan, CA 92371

760.868.1990

Internal Medicine Physicians

Focused on adult health and wellness

Providing comprehensive healthcare for adults.



HVMG

Ruby Jhaj, MD
Internal Medicine

12765 Main Street, Suite 630
Hesperia, CA 92345

760.995.2099



HVMG

Ram Kamath, MD, FACP
Internal Medicine

19015 Town Center Drive
Apple Valley, CA 92308

760.247.0581



HVMG

Nyra Khetarpal, MD
Internal Medicine

18564 Highway 18, Suite 103/104/105
Apple Valley, CA 92307

760.242.9262



HVMG

Sonia Panjawani, MD
Internal Medicine

12760 Hesperia Road, Suite B
Victorville, CA 92395

760.951.5552

Internal Medicine Physicians

CHOICE MEDICAL GROUP CHOICE PHYSICIANS NETWORK

Focused on adult health and wellness

Providing comprehensive healthcare for adults.



HVMG

Gerald M. Radlauer, MD
Internal Medicine

18523 Corwin Road, Suite I
Apple Valley, CA 92307

760.242.5389

Questions About Medicare?

**The Choice Medical Group
Senior Resource Center is here to help.**

- ✓ Medicare plan education
- ✓ Annual plan reviews
- ✓ Understanding your benefits
- ✓ Referrals to licensed Medicare agents
- ✓ Community resources and support

**Attend Annual Enrollment Meetings
October 15th - December 7th**

Senior Resource Center 760.338.0914

Pediatricians

Partners in your child's health and development.

Caring for infants, children, and teens.



Ray T. Bobila, MD
Pediatrics

15237 Eleventh Street, Suite A
Victorville, CA 92395

760.662.7420



Udaya Kamath, MD
Pediatrics

19015 Town Center Drive, Suite 101
Apple Valley, CA 92308

760.247.0581



Yusra Khan, MD
Pediatrics

17259 Jasmine Street, Suite A
Victorville, CA 92395

760.843.9414



Glenn P. Matney, MD
Pediatrics

12402 Industrial Blvd., Suite B1
Victorville, CA 92395

760.245.9363

Pediatricians

Partners in your child's health and development.

Caring for infants, children, and teens.



Namita Mohideen, MD
Pediatrics

15237 Eleventh Street, Suite A
Victorville, CA 92395

760.662.7420



Damodara Rajasekhar, MD
Pediatrics

18182 Highway 18
Apple Valley, CA 92307

760.242.3004



Akhil Sharma, MD
Pediatrics

17259 Jasmine Street, Suite A
Victorville, CA 92395

760.843.9414



Aparna Sharma, MD
Pediatrics

15982 Quantico Road, Suite F
Apple Valley, CA 92307

760.242.3677

SPECIALISTS DIRECTORY

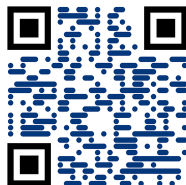
www.ChoiceMG.com



FIND A SPECIALIST

Our online directory makes it easy to find the right specialist for your care.

- ✓ Specialist Listing
- ✓ Contact Information
- ✓ Office Locations
- ✓ Directions



Scan to visit our online specialist directory

[Vist ChoiceMG.com](http://VistChoiceMG.com)



FOUNDATION
LABORATORY®

PATIENT LOCATIONS

APPLE VALLEY

16143 Kokanee Road, Suite B
Apple Valley, CA 92307

760.607.6691

HESPERIA

15462 Main Street, Suite B
Hesperia, CA 92345

760.475.9034

BARSTOW

1890 West Main Street, Suite 160
Barstow, CA 92311

760.978.6023

VICTORVILLE

13010 Hesperia Road, Suite 100
Victorville, CA 92395

442.229.2206

Hours, directions, and additional locations are available at foundationlaboratory.com



COMPLEX CASE MANAGEMENT



COMPLEX CARE MANAGEMENT

Personalized Support

FOR YOUR HEALTH CARE JOURNEY

Managing healthcare can sometimes feel overwhelming - especially when dealing with chronic medical conditions, hospital visits, referrals, medications, or multiple health-care providers. Choice Medical Group's Complex Care Management Program is designed to help patients feel supported, informed, and connected throughout their healthcare journey.

Our dedicated Case Management team works closely with patients, caregivers, providers, hospitals, clinics, and health plans to help coordinate care and improve overall health and wellness.

WHAT WE DO

The Complex Care Management Program is a free telephonic program available to qualifying senior members with Humana, SCAN, or United Healthcare Insurance.

Patients who may benefit from the program often include those managing diabetes, COPD, asthma, hypertension, coronary artery disease, congestive heart failure, behavioral health conditions, or frequent hospitalizations and readmissions.

24/7 NURSE HELPLINE

The Nurse Help Line can assist patients with symptom guidance, general health questions, recommendations on the appropriate level of care, and helping patients determine when urgent or emergency care may be needed.



Choice Medical Group Case Management Team



Helping patients receive the support, guidance, and care coordination they need throughout their healthcare journey.

CARE COORDINATION & SUPPORT

Case Management services are designed to provide guidance, education, advocacy, and support every step of the way.

Patients may receive assistance coordinating medical care and referrals, understanding treatment plans, communicating with providers, transitioning after hospital stays, and connecting with valuable local programs and community resources.

CONTACT US

- 760.684.7777
- 24/7 Nurse Helpline
- CaseManager-Department@choicemg.com
- ChoiceMG.com/ccm
- 19111 Town Center Drive, Apple Valley, CA 92307



Patients may be referred by their Primary Care Physician or identified by our Case Management team based on healthcare needs.

"Providing guidance, support, and compassionate care every step of the way."



COMPLEX CASE MANAGEMENT



**YOUR HEALTH.
OUR PRIORITY.
WE'RE HERE 24/7**



**Personalized support, guidance,
and care coordination for
Choice Medical Group patients.**



(760) 684-7777

**Your 24/7 Nurse Care Team
& Complex Case Management**



Questions about symptoms?



**Recently discharged from
the hospital?**



Not sure where to go for care?

Call us first!

HOW WE HELP

- ER or Urgent Care Guidance
- Care Coordination
- Hospital Follow-Up
- Symptom Support
- Medication Questions
- Community Resources
- After-Hours Assistance

ONE CALL CAN:

- Connect you to the right care
- Help avoid unnecessary ER visits
- Save you time and money
- Coordinate services between providers
- Provide peace of mind
- Support your healthcare journey

IS THIS FOR YOU?

- Diabetes
- Asthma/COPD
- Congestive Heart Failure
- Hypertension
- Coronary Artery Disease
- Behavioral Health Conditions
- Frequent Hospitalizations



**Complex Case Management
24/7 Nurse Help Line**

(760) 684-7777

ChoiceMG.com/ccm

19111 Town Center Drive, Apple Valley, CA 92307

CaseManager-Department@choicemg.com



FollowMyHealth® Patient Portal

MANAGE YOUR HEALTH ONLINE

Stay connected to your healthcare anytime, anywhere.

- ✓ View your medical records
- ✓ Access your test results
- ✓ Request prescription refills
- ✓ Communicate with your provider
- ✓ Manage your appointments



OPEN REGISTRATION EMAIL

Open the registration email sent to the email address we have on file.



CREATE USERID & PASSWORD

Create your account by choosing a unique username and secure password.



ENTER INVITATION CODE

Enter the invitation code provided by Choice Medical Group and accept the release of information agreement.



YOU WILL RECEIVE TWO EMAILS

- 1 Welcome to FollowMyHealth
- 2 Confirmation of your connection with Choice Medical Group



Need Help Getting Started?

Visit the Senior Resource Center for assistance with setting up your FollowMyHealth® account.

Senior Resource Center
18564 Hwy 18, Suite 106, Apple Valley
760.338.0914



SKILLED NURSING & REHABILITATION CARE

Recover Stronger. Return Home Sooner.

Savannah Best Care provides skilled nursing, rehabilitation, and personalized recovery plans to help patients regain strength, independence, and quality of life.

- ✓ Post-Hospital Recovery Care
- ✓ Physical, Occupational, and Speech Therapy
- ✓ Skilled Nursing Services
- ✓ Personalized Rehabilitation Plans
- ✓ Medication Management
- ✓ Nutritional Support



CHOOSING THE RIGHT FACILITY MATTERS

Savannah Best Care Congregate provides skilled nursing and rehabilitation services designed to help patients recover after surgery, illness, injury, or hospitalization.

Our experienced healthcare team works closely with patients and families to develop individualized care plans focused on recovery, independence, and quality of life.

FACILITY HIGHLIGHTS:

- Spacious private and shared accommodations
- Restaurant-style dining and meal service
- Private television and personal storage
- Outdoor recreation areas
- Personalized recovery-focused care
- Compassionate nursing and therapy team



SAVANNAH BEST CARE CONGREGATE

14434 Savanna Street
Adelanto, CA 92301

442.249.1676

ChoiceMG.com/savannahbestcare

Compassionate Care • 24 Hours a Day • 7 Days a Week

SENIOR RESOURCE CENTER

SENIOR RESOURCE CENTER

Helping seniors navigate healthcare, benefits, wellness programs, and community resources throughout the High Desert.

We're here to help you make informed healthcare decisions and live your healthiest life.



More Than Information -
A Resource Center That Cares.

Here for you. Hear for our community!

Your One-Stop Resource for Medicare, Welless & Community Support!



MEDICARE SUPPORT

- Medicare education
- Annual plan reviews
- Enrollment assistance
- Prescription cost guidance
- Trusted agent referrals



HEALTH & WELLNESS

- Senior Kicks Club
- Fit Lab Fitness Center
- Health Academy Classes
- Doc Talks
- Healthy Weight Club
- Wellness Way Programs



COMMUNITY RESOURCES

- Transportation resources
- Food assistance programs
- HD Cancer Connection
- Support Groups
- Volunteer Opportunities
- Local Senior Services



Fresh Food Friday



Weight Club



Lunch Program



Tech Support



SENIOR KICKS CLUB - VIP

SKC VIP

Senior Kicks Club

SKC VIP is a special program created through Choice Medical Group and Senior Kicks Club to help seniors stay active, connected, informed, and supported while enjoying life to the fullest.

Receiving all the benefits offered to the High Desert senior community...



More Than Healthcare -
A Community That Cares.

plus so much more!

SKC VIP is more than a club... It's An Experience!



SOCIAL EVENTS

Theme Dances,
Special Events,
Social Mixers & More!



SKC HEALTH ACADEMY

Healthy Weight Club, Free
Fit Lab Exercise Cassettes &
Wellness Way VIP



& INVITATIONS TO...

Exclusive Events,
Special Activities &
Member Experiences!

SKC VIP INCLUDE:

- Theme Dances, Special Events & Social Mixers
- Quarterly VIP Events & Exclusive Invitations
- Healthy Weight Club
- Free Exercise Classes at the Fit Lab
- Wellness Way VIP Club
- Educational Workshops & Wellness Programs
- Fun Outings & Group Activities
- Opportunities to Build Friendships & Stay Connected
- Community Events & Special Member Experiences



ADD'L SUPPORT SERVICES

Case Management Support

Providing support and care coordination for patients managing chronic health conditions..

Prescriptive Fitness Program

Designed to support recovery from surgery or help you get back into fitness while improving strength, mobility, flexibility, and wellness.

Prescriptive Nutrition Program

Nutrition education, wellness coaching, accountability, and healthier lifestyle support.



CALL OR JOIN ONLINE!!

760.338.0914
SENIORKICKSCLUB.COM

Joining Choice Medical Group is easy - call for details.
Already a member? Join Senior Kicks Club today!



Join ChoiceConnect Newsletter - choicemg.com/choiceconnect



Free Gym Membership

FITNESS • WELLNESS • COMMUNITY



VOTED BEST WEIGHT LOSS CENTER IN THE HIGH DESERT!

FIT LAB FITNESS CENTER

Fitness Classes For Every Level

- Group Fitness Classes
- Senior Fitness
- Strength Training
- Yoga



HEALTHY WEIGHT CLUB

FREE 6-Week Wellness Program

- Personalized Health Goals
- Nutrition Education
- Accountability & Support



WELLNESS WAY CLASSES

FREE Community Wellness Education

- Healthy Aging
- Brain Health
- Nutrition & Healthy Living
- Weight Management



Katrina Lotts



WELLNESS WAY VIP CLUB

Continue Your Wellness Journey

- Monthly Challenges
- Accountability
- Resources & Tools
- On-going Support



760.205.3834

13010 Hesperia Road, Suite 500, Victorville
FitLabFitnessCenter.com

SCAN TO LEARN MORE





RX FITNESS & NUTRITION

HEALTHY LIFESTYLE SUPPORT



RX FITNESS

A supportive fitness program designed to improve strength, balance, mobility, and confidence.

PROGRAM BENEFITS

- Balance and coordination
- Strength and flexibility
- Mobility and stability
- Fall prevention
- Increased confidence
- Improved overall wellness
- Support for post-surgical recovery



RX NUTRITION

Personalized nutrition support designed to help patients develop healthier habits and improve overall wellness.

PROGRAM BENEFITS

- Personalized nutrition support
- Chronic condition wellness guidance
- Healthy lifestyle education
- Accountability and encouragement
- Meal planning assistance
- Long-term wellness support
- Online support resources

RX programs provide eligible high-risk patients with education, support, and practical tools to build healthier habits, improve overall wellness, and support long-term health.

ASK YOUR PCP ABOUT A REFERRAL

Both Programs are available to eligible

Choice Medical Group/Horizon Valley Medical Group patients.



Support for better health outcomes and quality of life.



May help manage chronic conditions and reduce risk.



Practical guidance for healthier living and daily choices.



Ongoing support to help you stay motivated.



Helping patients build healthier habits for lifelong wellness.

THE IMPORTANCE OF ANNUAL PHYSICAL EXAMS

Invest in Your Health. Protect Your Future.

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 become 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.

SCREENINGS

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

PREMIER

Orthopaedic & Trauma Specialists

Premier Orthopaedic & Trauma Specialists provides advanced care for sports injuries, fractures, and complex musculoskeletal conditions.

Our experienced team delivers precise diagnoses, personalized treatment plans, and both surgical and non-surgical solutions designed to restore strength, mobility, and long-term function.

Comprehensive Orthopaedic & Trauma Care



Sports Medicine

Treatment of athletic injuries, including ligament tears and joint instability. We help patients recover safely and return to activity with confidence.



Orthopaedic Trauma Care

Expert care for fractures, dislocations, and acute musculoskeletal injuries. Our goal is to restore stability, function, and quality of life.



Joint & Ligament Reconstruction

Advanced treatment for injuries and conditions affecting the knees, shoulders, hips, and other joints. We focus on restoring movement and reducing pain.



Non-Surgical Orthopaedic Treatment

Personalized care that may include bracing, injections, rehabilitation guidance, and other conservative treatment options to promote healing and recovery.



**Sprain it, Tear it,
Pull it, Break it,
Wear it Out...
We'll Fix It!**

Why Choose Premier?

- ✓ Advanced orthopaedic and trauma care
- ✓ Surgical and non-surgical treatment options
- ✓ Sports medicine expertise
- ✓ Personalized treatment plans
- ✓ Focus on recovery, mobility, and long-term function

Premier Orthopaedic & Trauma Specialists are committed to helping patients get back to the activities they love.

12490 Business Center Drive
Suite #100
Victorville, CA 92395

909.596.4346
PremierOrtho.org

Visit our website for add'l locations in Southern California





Advanced Imaging. Close to Home.

Why Patients and Physicians Trust Sol Radiology

When it comes to your health, accurate answers matter. At Sol Radiology, patients receive advanced diagnostic imaging services delivered with compassion, precision, and convenience - right here in the High Desert community.

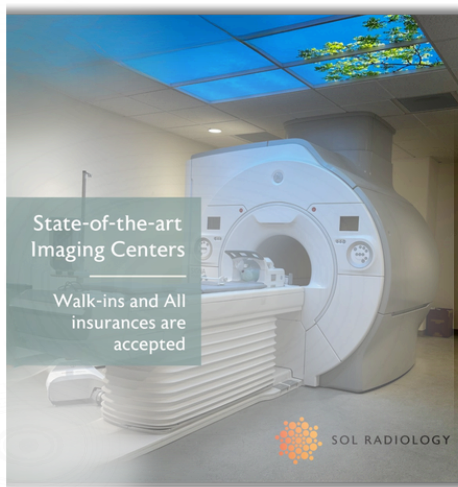


“
Advanced
technology
paired with
compassionate
care close to
home.”

COMPREHENSIVE IMAGING SERVICES

Sol Radiology provides comprehensive imaging services designed to support early detection, accurate diagnosis, and treatment planning.

- MRI
- CT Scan
- PET/CT
- Mammography
- Ultrasound
- X-Ray
- Interventional Radiology



From routine screenings to complex diagnostic testing, **Sol Radiology** combines Advanced Imaging Technology with experienced radiologists focused on providing timely, accurate results that help patients and physicians make informed healthcare decisions.

At **Sol Radiology**, patients are welcomed into a comfortable, supportive environment where compassionate care and convenience come first. Our team is committed to helping every patient feel informed, at ease, and cared for throughout their visit.

AI-ENHANCED BREAST SCREENING Included at No Additional Cost

Featuring Lunit INSIGHT MMG, AI-powered breast cancer detection technology that supports our radiologists by helping identify suspicious findings earlier and improving confidence during mammogram interpretation.

Accuracy. Compassion. Peace of Mind.

ASK YOUR DOCTOR ABOUT SOL RADIOLOGY

760.728.1900

12490 Business Center Drive Suite 200 Victorville
13010 Hesperia Road Suite 600 Victorville



Visit [SolRadiology.com](https://www.solradiology.com) to learn more.

URGENT CARE FACILITIES

Walk-In Care Close to Home

Need care today? Our urgent care facilities provide convenient treatment for illnesses, minor injuries, physicals, and other non-emergency medical needs.



Choice Urgent Care

13010 Hesperia Road, #600
Victorville, CA

760.946.5888

cmgUrgentCare.com

Open Daily

8:00 AM - 7:30 PM

Barstow Locations



Dr. Mike's Walk In Clinic

716 East Main Street
Barstow, CA 92311

760.256.6426

Monday - Friday 8:00 AM - 8:00 PM
Saturday 10:00 AM - 5:00 PM



Meridian Urgent Care

705 East Virginia Way, Suite N
Barstow, CA 92311

760.255.3200

Monday - Friday 9:00 AM - 4:30 PM
Saturday & Sunday 9:00 AM - 4:00 PM



UNDERSTANDING THE DIFFERENCE

Urgent Care vs. Emergency Room

Knowing where to go for care can save you time, reduce stress,
and help you get the right treatment when you need it.



GO TO URGENT CARE

for common conditions that need
treatment soon, not life-threatening,
but can't wait for an appointment.



- Allergic reaction
- Animal or insect bite
- Back pain
- Bad cold or flu
- Cuts requiring stitches
- Earaches
- Eye infection or irritation
- Minor fever or burns
- Nausea, vomiting and diarrhea
- Skin conditions
- Sore throat
- Sprains or strains
- Suspected broken bone, not shifted out of place
- Urinary tract infection



GO TO THE EMERGENCY ROOM

for symptoms that are severe, life-
threatening or come on suddenly.



- Broken bone, shifted out of place
- Coughing or vomiting blood
- Chest pain
- Difficulty speaking
- Head or eye injury
- Poisoning or overdose
- Severe burns
- Signs of stroke
(numbness or weakness of limbs)
- Shortness of breath
- Sudden loss of consciousness
- Uncontrolled bleeding



When in doubt, it's always better to be safe.

If you think it's an emergency, call 911 or go to the nearest ER.

13010 Hesperia Road, Suite 600
760.946.5888 | cmgUrgentCare.com



SONIA NAYAR, MD
Neurology &
Neuromuscular/EMG



EDUARDO GALLEGOS, MD
Neurology



YUXIANG ZHANG, MD
Neurology &
Neurophysiology



ABOUT HIGH DESERT NEURO

High Desert Neuro Diagnostic is recognized throughout the High Desert for providing compassionate, patient-centered neurological care.

Our team of specialists is dedicated to delivering high-quality diagnostic and treatment services to help patients achieve the best possible outcomes.

SERVICES INCLUDE

- ✓ General Neurology
- ✓ Neuromuscular Disorders
- ✓ Neurophysiology
- ✓ EMG Testing
- ✓ Diagnostic Evaluations
- ✓ Ongoing Neurological Care

AWARD RECOGNITION



Proud recipient of the Best of the Desert Awards five years in a row!



High Desert
NEURO DIAGNOSTIC
Medical Group

HIGH DESERT NEURO DIAGNOSTIC

📍 18660 Outer Highway 18
Apple Valley, CA 92307

☎ **760.946.3876**

🌐 HighDesertNeuro.com



Patient Rights and Responsibilities

As a member of Choice Medical Group/Choice Physicians Network, you have the right to:

Medical Group Information

- Information about your medical group, health plan, covered services, and member rights and responsibilities.
- Know the names and qualifications of physicians, healthcare professionals and contracting providers involved in your medical treatment.
- Receive information about an illness, the course of treatment, and prospects for recovery in terms you can understand, including how Choice Medical Group/Choice Physicians Network makes medical treatment decisions.
- Member information is available in large print format or recorded cassettes for visually impaired, upon request.
- Members and physicians have the right to request Medical Group policies and procedures and criteria used to authorize, modify, or deny healthcare to members. A reviewer will be available to discuss decisions with providers and members.
- Utilization criteria are available to our providers, members, and the public upon request by contacting the Utilization Management Department at (760) 242.7777 or (800) 316.7836 (TDD/TTY 760.242.4800)
- Members and providers can charge by obtaining UM criteria used to make decisions free of charge by calling (760) 242.7777 or contact us through www.choicemg.com
- UM staff is available 8 hours a day during normal Quality Management business hours (Monday thru Friday, 8:00 am – 5:00 pm) for inbound calls regarding UM issues.
- Utilization Management and Quality Management work plans and programs are available for review upon request.
- Collect calls regarding UM issues will be accepted by UM staff if necessary by calling (760) 242.7777 or calling toll-free at (800) 316.7836.
- Providers are not prohibited from advocating on behalf of members or advising a member on medical care. We allow open provider-member communication regarding appropriate treatment alternatives and do not penalize providers for discussing medically necessary or appropriate care for the member.



Patient Rights and Responsibilities

· Ask questions to your physicians, health plan or Choice Medical Group/Choice Physicians Network. If you have suggestions, concerns or payment issues, call our Member Services Department at (760) 242.7777, Ext. 815 or (800) 316.7836 (TDD/TTY 760.242.4800)

Treatment of Dignity & Respect

- Be treated with dignity and respect, and to have your right to privacy recognized.
- Exercise these rights regardless of your race, disability, ethnicity, gender, sexual orientation, creed, age, religion or your national origin, culture or educational background, or your economic or health status, English proficiency, reading skills or a source of payment for your health care.
- Confidential treatment of all communications and records pertaining to your health care and the care of other patients. You have the right to access your medical records. Written permission from you or your authorized medical representative shall be obtained before medical records can be made available to any person, including your employer, who is not directly concerned with your health care or responsible for making payments for the cost of such care. Protection of confidential information covers all Choice Medical Group/Choice Physicians Network internal departments, any contracted entities, and treatment settings.
- Extend your rights to any person who may have legal responsibility to make decisions on your behalf regarding your medical care.
- Refuse treatment or leave a medical facility, even against the advice of a physician, provided you accept the responsibility and consequences of your decision.
- Complete an advanced directive, living will, or other directive to a contracted medical provider.
- Make recommendations regarding the member's rights and responsibilities policies.
- Accept the financial responsibility associated with services rendered while under the care of a physician or while a patient at a facility.
- Information about your medications: what they are, how to take them, and possible side effects.
- Receive as much information about any proposed treatment or procedure as you may need in order to give an informed consentor to refuse a course of treatment. Except in emergencies, this information shall include a description of the procedure or treatment, the medically significant risks involved, any alternate course of treatment or non-treatment and the risks involved in each, and the name of the person who will carry out the procedure or treatment.
- Reasonable continuity of care and to know the time, location of an appointment, the name of the physician providing care and to be informed of continuing healthcare requirements following discharge from inpatient or outpatient facilities.



Patient Rights and Responsibilities

- Be advised if a physician proposes to engage in experimental or investigational procedures affecting your health care or treatment. You have the right to refuse to participate in such research projects.

As a patient/member or provider of Choice Medical Group/Choice Physicians Network, you have the responsibility to:

- Provide to the extent possible, physicians, health care professionals and contracting providers the information needed in order to care for you.
- Do your part to improve your own health condition by following treatment plans, instructions and care that you have agreed on with your physicians.
- Participate, to the degree possible, in understanding your behavioral health problems and developing mutually agreed upon treatment goals.
- Adhere to behavior that reasonably supports your treatment plan and the recommendation of your primary care physician or other contracting medical provider.
- Be familiar with the benefits and exclusions of your health plan coverage.
- Obtain authorization before receiving specialty care and treatment.
- Have all these responsibilities also apply to the person who has the legal responsibility to make health care decisions, on your behalf, when you are unable.

Timely, Quality Care

- Choice of quality contracted physicians, health care professionals and providers.
- Discussion of appropriate or medically necessary treatment options for your condition, regardless of cost or benefit coverage.
- Timely access to your primary care physician and referrals to specialists when medically necessary.
- Use emergency services when you, as a prudent layperson acting reasonably, believe that an emergency (life-threatening) medical condition exists.
- Actively participate in decisions regarding your own health and treatment options.
- Receive urgently needed services.

Complaints and Timely Problem Resolution

- Complaints (also referred to as Grievances or Appeals) can be filed with your health plan, over the phone or in writing, about the care provided, without discrimination. You may expect problems to be fairly examined and appropriately addressed. If your health problem is urgent, or if you already filed a complaint and are not satisfied with your health plan's decision, contact the Help Center at the Department of Managed Health Care (DMHC). An urgent problem is a serious threat to your health. You can also file a complaint with the Help Center if your HMO does not make a decision within 30 days.

- Responsiveness to reasonable requests made for service.

Non-Discrimination Accessibility Notice

Unlawful Discrimination

Choice Physicians Network (HMO) (HMO SNP) complies with Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (as defined in 45 CFR § 92.101(a)(2)) (or sex, gender identity, including transgender expressions; pregnancy or related conditions; sexual orientation; gender identity, and gender stereotypes). Choice Physicians Network does not exclude anyone or treat them unfairly because of race, color, national origin, age, disability, or sex

Choice Physicians Network:

- Allows people with disabilities to make reasonable accommodations, free of charge, to communicate effectively with us, such as:

- Quality sign language interpretation
- Providing information in other formats (large print, audio, accessible electronic formats, other formats)

- Provides free language assistance services to people whose first language is not English, which may include:

- Quality interpretation
- Information written in other languages.

If you need reasonable accommodations, basic service assistance, or language assistance, please contact Member Services at 1760 242 4800 (TDD/TTY) or 1 844 203 2025.

If you believe that Choice Physicians Network has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can raise your concern with: Sharla Greiner, CHC, CRC, Compliance Director, Compliance Officer, 19111 Town Center Drive, Apple Valley, CA 92308, 1 760 242 7777, 1 760 242 4800 (TDD/TTY), 1 760 370 4271 (Fax), sgreiner@choicemg.com. You can raise your concern in person or by mail, fax, or email. If you need assistance raising your concern, Sharla Greiner, Compliance Officer, is available to help you.

You may also file a human rights complaint with the U.S. Department of Health and Human Services, Office of Human Rights, electronically through the Human Rights Complaint Portal <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services 200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201 1-800-368-1019, 800-537-7697 (Disabled) Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

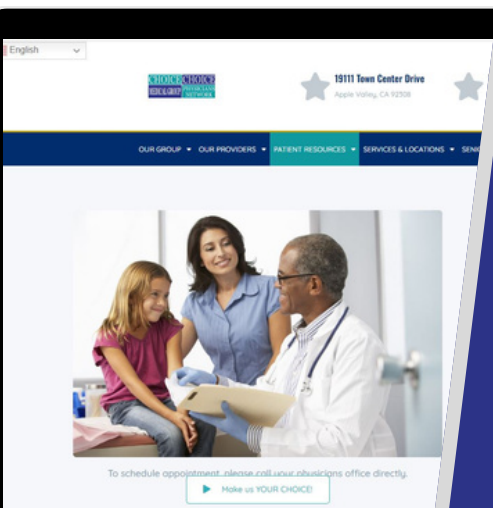
Nondiscrimination Accessibility ENG 04/01/2026

Notice of Availability



STAY CONNECTED!

Follow us for health tips, community updates, provider spotlights, event invitations, wellness programs, health fairs, and more!



- Meet Our Providers
- Urgent Care Services & Locations
- Senior Kicks Club Benefits
- Upcoming Events & Activities
- Patient Reviews & Testimonials
- Health & Wellness Programs
- Community Resources for Seniors



 facebook.com/choicemg

 @ChoiceMedicalGroup

 Choice Medical Group

Connecting You to Better Health

Visit Us Online

ChoiceMG.com

HorizonValleyMG.com

CMGUrgentCare.com

SeniorKicksClub.com

FitLabFitnessCenter.com