PROSPECT MEDICAL

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SAN DIEGO

Primary Care Directory

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2023-2024

PROSPECT MEDICAL

www.prospectmedical.com

For information on how to join PROSPECT MEDICAL, please call 800.708.3230

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We have made every effort to ensure the accuracy of this directory. However, we cannot guarantee that this edition is correct in all cases. This directory may contain physicians who have discontinued their participation with Prospect Medical Group and/or may not contain Physicians who have recently joined our networks. For the most current information contact our Member Services Department at 800.281.8886 or www.prospectmedical.com.

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About Our Group & Member Benefits

Prospect Medical Group Proudly presents your Personal Care Network

Prospect Medical Group is an Independent Physician Association (IPA) with a network of over 18,000 highly qualified primary care and specialty physicians and 40 affiliated hospitals, including 17 owned hospitals via Prospect Medical Holdings providing Quality Service ~ Quality Care to families and individuals for over 25 years. We have a long history as a respected leader in managed healthcare.

Quality healthcare is more than just a routine visit to your doctor. It's about a personal experience. A sense of knowing that you and your healthcare providers have come together to decide what's best for you. It's about finding a doctor that listens and spends time with you.

At Prospect Medical Group, the level of quality doesn't stop with the physicians, it's our responsibility too. We want your experience to be personalized and positive for you and your entire family.

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Member Benefits:

- Direct Access to Most Specialists
- Urgent Care Facilities throughout Los Angeles, Orange, Riverside & San Diego Counties
- Affiliated with 40 hospitals throughout Southern California
- Dedicated VIP Senior Concierge phone line for Medicare members
- Wellness & preventive screenings scheduling assistance
- Complementary gift card for completing MA annual wellness assessment
- Hospitals throughout our service area (based on Health Plan affiliation)
- Multilingual Customer Service & Interpreter services
- Member Support and Liaison to the Health Plans
- Customer service and retention focus

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SD Primary Care Physicians

Borrego Springs

Family Practice

Dauod M. Ghafari, M.D.
4343 Yaqui Pass Road
Borrego Springs, CA 92004
760.767.5051
Gender: Male
Languages: English, Farsi & Spanish
Network Affiliations:
Prospect Medical Group San Diego

FQHC Clinic

Borrego Medical Clinic
4343 Yaqui Pass Road
Borrego Springs, CA 92004
760.767.5051
Network Affiliations:
Prospect Medical Group San Diego

Chula Vista

Family Practice

Ovidiu Alb, M.D.
480 4th Ave, Suite 202
Chula Vista, CA 91910
619.427.3361
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Network Affiliations:
Prospect Medical Group San Diego

Simona Alb, M.D.
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Gender: Female
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Network Affiliations:
Prospect Medical Group San Diego

Georgia Aljawadi, D.O.
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Chula Vista, CA 91910
619.427.3361
Gender: Female
Languages: English, Tagalog & Spanish
Network Affiliations:
Prospect Medical Group San Diego

Chula Vista

Family Practice

Mohammed K. Elsayed, M.D.
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Chula Vista, CA 91911
619.409.1802
Gender: Male
Languages: English, Arabic, Spanish & German
Network Affiliations:
Prospect Medical Group San Diego

Eladio Martinez, M.D.
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858.779.2366
Gender: Male
Languages: English & Spanish
Network Affiliations:
Health Excel IPA
Prospect Medical Group San Diego

Merritt S. Matthews, M.D.
752 Medical Center Court #210
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619.656.0206
Gender: Male
Languages: English
Network Affiliations:
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Gustavo Mondragon Jr, M.D.
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619.656.5252
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SD Primary Care Physicians

Chula Vista

Family Practice

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Languages: English
Network Affiliations:
Prospect Medical Group San Diego

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91910 619.427.3361
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Efrain T. Valladolid, M.D.
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619.420.1378
Gender: Male
Languages: English & Spanish
Network Affiliations:
Prospect Medical Group San Diego

Chula Vista

General Practice

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Internal Medicine

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SD Primary Care Physicians

Chula Vista

Internal Medicine

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Gender: Male
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Chula Vista

Internal Medicine

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Pediatrics

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Languages: English
Network Affiliations:
Prospect Medical Group San Diego

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Network Affiliations:
Prospect Medical Group San Diego

SD Primary Care Physicians

Chula Vista

Pediatrics

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Network Affiliations:
Prospect Medical Group San Diego

El Cajon

Family Practice

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Health Excel
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Languages: English, Chinese & Spanish
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SD Primary Care Physicians

El Cajon

Family Practice

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Network Affiliations:
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Network Affiliations:
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General Practice

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Prospect Medical Group San Diego

El Cajon

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SD Primary Care Physicians

El Cajon

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Network Affiliations:
Prospect Medical Group San Diego

FQHC Clinic

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Prospect Medical Group San Diego

Neighborhood Healthcare
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Network Affiliations:
Prospect Medical Group San Diego

Escondido

Family Practice

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Network Affiliations:
Prospect Medical Group San Diego

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Languages: English
Network Affiliations:
Prospect Medical Group San Diego

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Gender: Female
Languages: English, Spanish & Vietnamese
Network Affiliations:
Prospect Medical Group San Diego

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Gender: Female
Languages: English & Spanish
Network Affiliations:
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SD Primary Care Physicians

Escondido

Family Practice

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Network Affiliations:
Prospect Medical Group San Diego

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Gender: Male
Languages: English, Chinese, Italian
Spanish, Tagalog
Network Affiliations:
Prospect Medical Group San Diego

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760.871.0606
Gender: Male
Languages: English & Spanish
Network Affiliations:
Prospect Medical Group San Diego

Mark Hubbard, M.D.
306 West El Norte Parkway, Suite S
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760.291.6700
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Languages: English & Spanish
Network Affiliations:
Prospect Medical Group San Diego

Escondido

Family Practice

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Languages: English & Spanish
Network Affiliations:
Prospect Medical Group San Diego

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Languages: English
Network Affiliations:
Prospect Medical Group San Diego

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Languages: English
Network Affiliations:
Prospect Medical Group San Diego

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Escondido, CA 92025
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Languages: English & Spanish
Network Affiliations:
Prospect Medical Group San Diego

SD Primary Care Physicians

Escondido

Family Practice

Vanessa Peters, M.D.
225 East Second Street
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866.228.2236
Gender: Female
Languages: English
Network Affiliations:
Prospect Medical Group San Diego

Veena A. Prabhakar, D.O.
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760.291.6700
Gender: Female
Languages: English
Network Affiliations:
Prospect Medical Group San Diego

Karin Rashcovsky Schiff, M.D.
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Escondido, CA 92025
760.520.8100
Gender: Female
Languages: English
Network Affiliations:
Prospect Medical Group San Diego

Thomas Rastle, M.D.
225 East Second Street
Escondido, CA 92025
866.228.2236
Gender: Male
Languages: English
Network Affiliations:
Prospect Medical Group San Diego

Midori Rivera, M.D.
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Escondido, CA 92025
760.806.5700
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Languages: English
Network Affiliations:
Prospect Medical Group San Diego

Escondido

Family Practice

James Schultz, M.D.
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Network Affiliations:
Prospect Medical Group San Diego

728 E. Valley Parkway
Escondido, CA 92025
760.737.6900

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Prospect Medical Group San Diego

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Gender: Male
Languages: English & Spanish
Network Affiliations:
Prospect Medical Group San Diego

Neil T. Tarzy, M.D.
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Languages: English, Italian & Spanish
Network Affiliations:
Prospect Medical Group San Diego

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760.520.8100
Gender: Female
Languages: English & Spanish
Network Affiliations:
Prospect Medical Group San Diego

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SD Primary Care Physicians

Escondido

Family Practice

Omar Tordilla, M.D.
225 East Second Street
Escondido, CA 92025
866.228.2236
Gender: Male
Languages: English & Spanish
Network Affiliations:
Prospect Medical Group San Diego

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Gender: Female
Languages: English
Network Affiliations:
Prospect Medical Group San Diego

Internal Medicine

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Languages: English & Spanish
Network Affiliations:
Prospect Medical Group San Diego

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Languages: English
Network Affiliations:
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Network Affiliations:
Prospect Medical Group San Diego

Escondido

Internal Medicine

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Gender: Male
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Network Affiliations:
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Escondido, CA 92025
866.228.2236
Gender: Male
Languages: English, French & Spanish
Network Affiliations:
Prospect Medical Group San Diego

Lara Le, M.D.
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Gender: Female
Languages: English & Vietnamese
Network Affiliations:
Prospect Medical Group San Diego

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Gender: Female
Languages: English
Network Affiliations:
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Languages: English & Tagalog
Network Affiliations:
Prospect Medical Group San Diego

SD Primary Care Physicians

Escondido

Internal Medicine

Brian Meyerhoff, M.D.
625 E Grand Ave,
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Gender: Male
Languages: English & Spanish
Network Affiliations:
Prospect Medical Group San Diego

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Network Affiliations:
Prospect Medical Group San Diego

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Languages: English, Hindi & Kannada
Network Affiliations:
Prospect Medical Group San Diego

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225 East Second Street
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Gender: Male
Languages: English & Spanish
Network Affiliations:
Prospect Medical Group San Diego

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Languages: English & German
Network Affiliations:
Prospect Medical Group San Diego

Escondido

Pediatrics

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Languages: English & Spanish
Network Affiliations:
Prospect Medical Group San Diego

Nancy V. Aldana, M.D.
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760.960.5900
Gender: Female
Languages: English & Spanish
Network Affiliations:
Prospect Medical Group San Diego

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Escondido, CA 92025
760.960.5900
Gender: Male
Languages: English, French & Spanish
Network Affiliations:
Prospect Medical Group San Diego

Zulma Curet, M.D.
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Gender: Female
Languages: English & Spanish
Network Affiliations:
Prospect Medical Group San Diego

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Languages: English, Hindi & Spanish
Network Affiliations:
Prospect Medical Group San Diego

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SD Primary Care Physicians

Escondido

Pediatrics

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225 East Second Street
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Languages: English & Spanish
Network Affiliations:
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Network Affiliations:
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Network Affiliations:
Prospect Medical Group San Diego

FQHC Clinic

Centro Medico Escondido - Borrego Health
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Escondido, CA 92025
760.871.0606
Network Affiliations:
Prospect Medical Group San Diego

Escondido

FQHC Clinic

Neighborhood Healthcare
426 N. Date Street
Escondido, CA 92025
760.690.5900
Network Affiliations:
Prospect Medical Group San Diego

Neighborhood Healthcare
460 N. Elm Street
Escondido, CA 92025
760.520.8100
Network Affiliations:
Prospect Medical Group San Diego

Neighborhood Healthcare
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Fallbrook

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SD Primary Care Physicians

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SD Primary Care Physicians

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Vista Community Clinic
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For information on how to join PROSPECT MEDICAL, please call 800.708.3230

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SD Primary Care Physicians

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Poway

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SD Primary Care Physicians

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SD Primary Care Physicians

San Diego

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SD Primary Care Physicians

San Diego

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SD Primary Care Physicians

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SD Primary Care Physicians

Temecula

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Valley Center

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FQHC Clinic

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SD Primary Care Physicians

Vista

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Vista

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SD Primary Care Physicians

Vista

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Vista

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SD Primary Care Physicians

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Vista

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SD Primary Care Physicians

Vista

Pediatrics

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Network Affiliations:
Prospect Medical Group San Diego

Vista

FQHC CLINIC

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Vista, CA 92083
760.439.4839
Network Affiliations:
Prospect Medical Group San Diego

Vista Community Clinic
1000 Vale Terrace Drive
Vista, CA 92084
760.631.5000
Network Affiliations:
Prospect Medical Group San Diego

Vista Community Clinic
105 Durian Street, Suite A
Vista, CA 92083
760.631.5000
Network Affiliations:
Prospect Medical Group San Diego

Vista Community Clinic
134 Grapevine Road
Vista, CA 92083
760.631.5000
Network Affiliations:
Prospect Medical Group San Diego

Vista Community Clinic
4700 N River Road
Vista, CA 92057
760.631.5000
Network Affiliations:
Prospect Medical Group San Diego

Vista Community Clinic
105 Durian Street, Suite B
Vista, CA 92083
760.631.5000
Network Affiliations:
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Contracted Health Plans

Commercial Health Plans

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- Additional Plans in Progress

Exchange Plans

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- Molina Health Plan

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- Aetna
- Blue Shield
- Blue Shield CA Promise
- Brand New Day
- Clever Care Health Plan
- Health Net
- Humana Health Plan
- Molina Health Plan
- SCAN

San Diego Area Hospitals

- Alvarado Hospital
- Palomar Medical Centers
- Paradise Valley Hospital
- Rady Children's Hospital of San Diego
- Scripps Hospital Systems
- Sharp Hospital Systems
- Tri-City Medical Centers
- UC San Diego Medical Center Systems

*Contingent upon health plan and IPA risk arrangement

For in-patient care, the patient will be directed to the health plan affiliated hospital. For emergencies, go to the nearest hospital.

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Urgent Care Locations

San Diego County

Concentra Urgent Care - 866.944.6046
5810 El Camino Real, Suite A
Carlsbad, CA 92008
Prospect Medical Group San Diego

Concentra Urgent Care - 866.944.6046
542 Broadway, Suite G
Chula Vista, CA 91910
Prospect Medical Group San Diego

East County Urgent Care - 619.442.9896
1625 E. Main Street, #100
El Cajon, CA 92021
Prospect Medical Group San Diego

Ramiz N. Elias, M.D. - 619.631.7300
231 W. Main Street, 2nd Floor
El Cajon, CA 92020
Prospect Medical Group San Diego

Concentra Urgent Care - 866.944.6046
860 West Valley Parkway, Suite 150
Escondido, CA 92025
Prospect Medical Group San Diego

Concentra Urgent Care - 866.944.6046
7862 El Cajon Boulevard
La Mesa, CA 91942
Prospect Medical Group San Diego

Concentra Urgent Care - 866.944.6046
102 Mile of Cars Way
National City, CA 91950
Prospect Medical Group San Diego

San Diego County

Concentra Urgent Care - 866.944.6046
3910 Vista Way, Suite 106
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Concentra Urgent Care - 866.944.6046
5575 Ruffin Road, Suite 100
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San Diego, CA 92108
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Concentra Urgent Care - 866.944.6046
7590 Miramar Road, Suite C
San Diego, CA 92126
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Concentra Urgent Care - 866.944.6046 740 Nordahl Road, Suite 131
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Mir M.D., Yusra	Family Practice	20
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Stanley M.D., Ken A.	Family Practice	22
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Teguh D.O., Collin	Family Practice	24
Thiermann M.D., Paige A.	Family Practice	8
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Thompson M.D., Cheryl E.	Family Practice	10
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