

PRIMARY MEDICAL

Senior Focused Medicine

in Ventura
County

Dr. Westfall

Dr. Mounts

Dr. Alaimo

Dr. West

Voted 2022
Ventura Star

Best
Medical
Group

Call today!

805.702.8337

Learn more inside!

- Quality Senior Care
- 25+ Providers
- Offices Near You
- Accepting New Patients
- Same-Day Appointments

Healthy Recipes



Quality Primary Care Since 1994

We are primary care physicians serving Ventura county with the highest quality of care. We also have Internal Medicine, Pediatrics and Endocrinology here at Primary Medical Group.

Our goal is to approach medicine differently by offering more cohesive care and education that extends beyond the four walls of the exam room.

We do not just make suggestions and write prescriptions, we have taken steps to improve the health of our patients. Our family physicians have developed educational content that empowers their community to make healthy lifestyle changes. We pride ourselves on going beyond the exam room to make our community healthier and happier.

primarymedical.net

Did you know you can switch doctors at anytime?

Call today to learn more about how you can switch to a Primary Medical doctor.



805.702.8337

East Telegraph



10885 Telegraph Rd
Ventura, CA 93004

Office Number
805.647.7704

Care Team

Dr. Alaimo
Dr. Bailey
Dr. Wheaton
Mike Diaz, PA



Learn more about
Dr. Alaimo on page 5

West Telegraph



2953 Telegraph Rd
Ventura, CA 93003

Office Number
805.652.5252

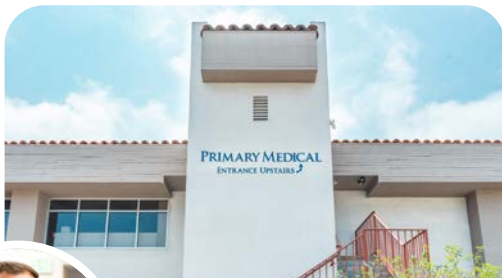
Care Team

Dr. Mounts
Dr. West
Dr. Williams
April Terry, FNP-BC



Learn more about
Dr. Mounts on page 6

Johnson



2772 Johnson Dr. #200
Ventura, CA 93003

Office Number
805.642.1430

Care Team

Dr. Banman
Dr. Lazzarotto
Dr. Westfall
Dr. West
Dr. Ficks
Natalie Nichols, PA



Learn more about
Dr. West on page 7

Why Primary Medical Group?



Accepting new patients!

- 25+ Providers
- 7 Locations
- Care Management
- Same-Day Appts.
- Senior Advocates

Ventura | Oxnard
Camarillo | Santa Paula

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805.702.8337

How to use a QR Code

1. Open your phones camera app.
2. Point the camera at the QR code.
3. Tap the banner that appears on your screen.





Dr. Elizabeth Alaimo, DO

Family Physician

Home State

- Oregon

Medical School

- Western University

Residency

- Illinois

Special Interests

- Sports medicine

Hobbies

- Outdoor activities with her dog, Finn
- Cooking fresh Italian food
- Reading fantasy books



Interested in seeing our East Telegraph Team? Call our senior advocates today to learn more!

805.702.8337



Dr. Flor Mounts, MD

Family Physician

Home State

- Southern California

Medical School

- UC San Diego School of Medicine

Residency

- Cascades East Family Medicine Residency, with OHSU

Hobbies

- Vegetable gardening
- Beach days
- Swing dancing

Her approach is preventative, encouraging routine screenings and healthy living to maintain health and catch conditions before they become serious. She is also experienced in treating complicated chronic medical conditions.



Interested in seeing our West Telegraph Team? Call our senior advocates today to learn more!

805.702.8337



Dr. Jacob West, MD

Family Physician

Accepting new patients!

Home State

- Idaho

Medical School

- Loma Linda University School of Medicine

Residency

- Ventura County Medical Center

Hobbies

- Biking
- Camping
- Running
- Skiing
- Surfing

His passion is to work through illnesses by educating his patients and guiding them to make wise life choices. He views medicine as a partnership and wants to walk alongside his patients to help them achieve their health goals.

Find Dr. West at our West Telegraph and Johnson offices!

Call our senior advocates today to learn more!

805.702.8337

Dr. Matthew Westfall, DO

Family Physician

Home State

- California

Medical School

- Touro University Nevada

Residency

- Community Memorial Hospital
Ventura

Special Interests

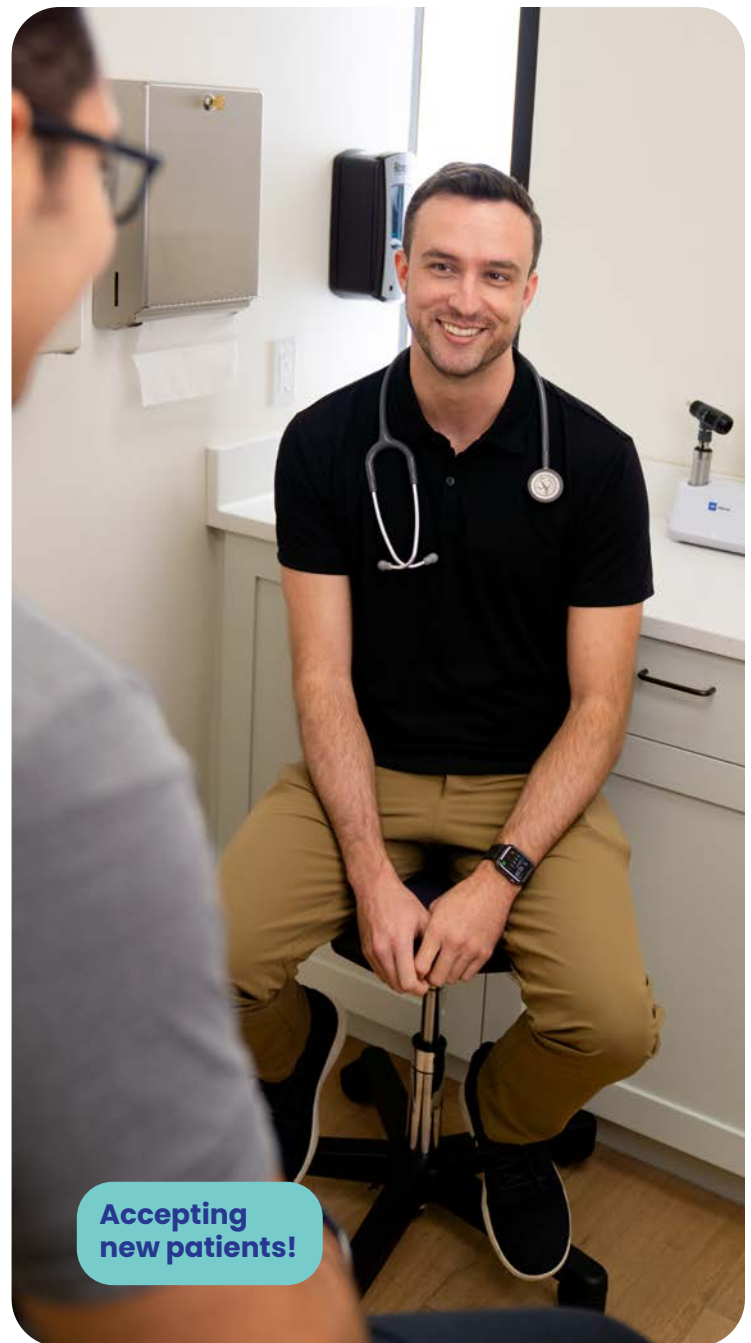
- Sports medicine & Lipidology

Hobbies

- Cycling
- Rowing
- Traveling
- Exotic eats

Fun Fact

- Volunteered in Peru, Africa, and South East Asia



Accepting
new patients!



Interested in seeing
our Johnson Team?
Call our senior advocates
today to learn more!

805.702.8337

Are you ready to become a patient?



Did you know you can switch doctors at anytime?

Our Patient Relations team is here to help you switch your doctor! Call us!

805.702.8337

Here are some major insurances that we accept!

If you don't see your insurance please call us for assistance. 805.702.8337



If you have
**Medicare Supplement
PPO • Tricare for Life**

Call the Primary Medical Group office you would like to see and make an appointment.

If you have
**Medicare Advantage
HMO Insurance**

Call our Patient Relations, and they can help you with everything!

primarymedical.net/senior-care/

Benefits of seeing a Nurse Practitioner

Nurse Practitioners (NPs) bring immense value to medical clinics and patients alike. With their unique blend of clinical expertise and an emphasis on disease prevention and health management, they provide comprehensive and personalized care to their patients.

One of the key aspects that set NPs apart from other healthcare providers is their rigorous national certification and adherence to a code for ethical practices. They also undergo periodic peer review and clinical outcome evaluations, which ensure that they remain competent and up-to-date in their field. Furthermore, NPs are committed to professional development and continued learning, which helps maintain their clinical competency.

NPs can diagnose and treat acute and chronic conditions such as:

- Diabetes
- High blood pressure
- Infections
- Injuries

They can also:

- Order, perform, and interpret diagnostic tests such as lab work and x-rays
- Prescribe medications and other treatments

- Manage patients' overall care
- Counsel and educate patients on disease prevention, positive health, and lifestyle choices.

Furthermore, NPs offer a unique emphasis on the overall well-being of their patients, which sets them apart from other healthcare providers. By focusing on health promotion, disease prevention, and patient education and counseling, NPs guide their patients toward making smarter healthcare and lifestyle choices.

Patient satisfaction is another essential aspect of NP care, with more than one billion visits made to NPs each year. Patients report an extremely high level of satisfaction with the care they receive. This satisfaction is due to the personalized care and attention that NPs provide, along with their ability to build a rapport with their patients and form strong relationships.

As the demand for their services continues to grow, it's clear that NPs will play a key role in healthcare for years to come.

Did you know you can switch providers at anytime?

Call today to learn more about how you can switch to a Primary Medical Group provider.

805.702.8337

NPs & Office Locations

Garden Street Ventura, CA



Zena Aladdin, NP-C



Colette Frena, FNP-C

Lombard Oxnard, CA



Sue Houx, FNP-C

Camarillo Camarillo, CA



Karen Popp, ACNP-C

W. Telegraph Ventura, CA



April Terry, FNP-BC



Lighter Vegetarian Chilaquiles

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Servings
2

Prep Time
5 min

Cooking Time
10 min

Calories
161 kcal

Ingredients

2 corn tortillas
2 eggs
Small bag of riced cauliflower (Spanish style)
Salt & pepper

1 teaspoon Avocado oil

Optional

Taco seasoning
Avocado
Cilantro

Directions

STEP 1 Steam bag of riced cauliflower.

STEP 2 Place light amount of avocado oil into a pan, heated to medium heat. Tear Tortillas into bite size pieces, and lightly toast pieces.

STEP 3 Crack eggs into pan, season to taste with salt and pepper. Scramble and mix together. Toss together with Spanish style riced cauliflower.

STEP 4 For extra flavor you can sprinkle with taco seasoning, and even serve with slices of avocado.



SCAN ME

For more recipes like these! Go to
becomewellwithin.com



Veggie Spring Rolls



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primarymedical.net

Servings
1+

Prep Time
15 min

Calories
120 kcal

Ingredients

Rice paper roll
Green leaf lettuce
Basil
Mint
Cilantro
Shredded cabbage
Bell pepper
Cucumber
Optional
Peanut dipping sauce
Sweet chili dipping sauce

Directions

STEP 1 Chop all veggies in thin strips.

STEP 2 Wet rice paper for 10 seconds the transfer to plate to wrap.

STEP 3 Add ingredients on wrapper and roll like burrito.

Zucchini Pasta

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Servings
2

Prep Time
15 min

Cooking Time
15 min

Calories
313 kcal

Ingredients

2-3 large zucchini
1 cup of favorite brand of pasta sauce
Olive oil
1/2 teaspoon garlic powder

5 large asparagus spears
Basil leaves, to garnish

Optional

May add 1 cup of ground chicken/turkey

Directions

STEP 1 Spiralize or thinly slice the zucchinis and shave the asparagus by peeling it into strips with a vegetable peeler. Keep the asparagus tips for future use and toss the remaining asparagus stalks. You can also include the asparagus tips if desired.

STEP 2 Add 2 teaspoons olive oil to deep nonstick frying pan.

STEP 3 Turn on stove to high heat.

STEP 4 Add zucchini and asparagus and stir around for a few minutes until softened and starting to sweat.

STEP 5 In sauce pan, add 1 teaspoon of olive oil and heat ground chicken/turkey (if using) on med high.

STEP 6 Add pasta sauce and garlic powder to sauce pan and heat up.

STEP 7 Add pasta sauce to zucchini and asparagus and mix well together.



Broccoli Salad



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Servings
8

Prep Time
15 min

Calories
110 kcal

Ingredients

1 1/2 lb fresh broccoli, cut into bite size pieces
1 cup blueberries

1 large apple, chopped into bite-size pieces
1/4 cup Red onion, chopped
2 tablespoons Almonds, sliced
1 tablespoon Lemon juice

1 cup plain Greek yogurt
1/4 cup Honey
2 tablespoons Apple cider vinegar

Directions

STEP 1 Add broccoli, blueberries, apple, onion, and almonds to bowl.

STEP 2 In separate bowl, mix yogurt, lemon juice, honey, apple cider vinegar together.

STEP 3 Pour dressing over broccoli mixture and combine.



Did you know you can switch doctors at anytime?

You don't need to wait for open enrollment to switch your doctor. You can choose a new doctor any time of the year!

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about how you can switch
to a Primary Medical doctor.

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