

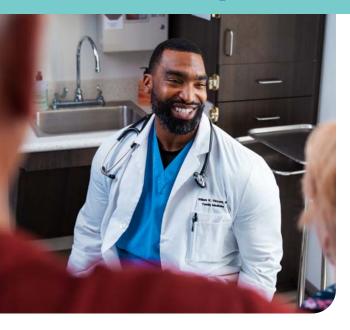


Your Choice for Your Health: Find the Right Doctor for You!

Primary Care Physicians in Temecula, Murrieta, Fallbrook, Menifee, Sun City, and Hemet



RFMG Specializes in Senior Care



Hospital Affiliations

Our patients are cared for by our hospitalist team at the following locations:

- Loma Linda University Medical Center in Murrieta
- Rancho Springs Medical Center
- Temecula Valley Hospital
- Inland Valley Hospital

Large Network of Specialists

Rancho Family Medical Group has partnered with Regal Medical Group as our IPA (Independent Physicians Association), a prominent medical group in Southern California for over 35 years.

Regal Medical Group

The partnership guarantees premier healthcare for our patients to access local specialists, hospitals, and insurance companies.

Rancho Family Medical Group Trusted Primary Care Since 1942

- 12 offices across the Southwest Riverside region
- Dedicated team of physicians
- Exceptional healthcare services
- Offers nutrition talks and exercise courses
- Access to local hospitals, specialists, and wellness programs

We are dedicated to helping patients achieve and maintain optimal health!

Patient Relations Team

If you are 65 or older, our dedicated team is here to help in any way we can!

We are your personal problem solvers!



Call our team directly! 951.430.4969

Our team can help with:

- Complications with your care
- Insurance questions
- Specialist questions
- And more!

Care Teams

Someone is always available!

What is a Care Team?

A care team-based approach involves various members, such as doctors, nurse practitioners, physician assistants, nurses, and other allied health professionals, each contributing their specialized skills and expertise to address the diverse needs of patients. (See pg. 5 for a breakdown of each provider definition)

Care Team Goals

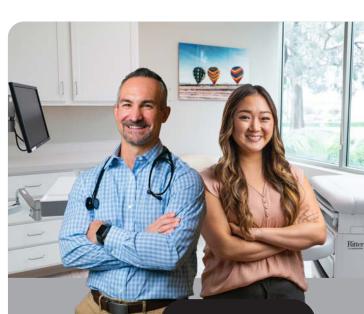
The aim of care teams is to enhance the quality of patient care by fostering communication, sharing information, and increasing patient access to care.

This approach recognizes that healthcare is multifaceted and requires a collective effort to provide effective and wellrounded medical services.

Nurse Practitioners & Physician Assistants

Have specialized training in:

- Diagnosis and treatment
- Medical history updates
- Lab and diagnostic test orders
- Result analysis
- Treatment plans
- Patient education
- Referrals
- And more!



How to use a QR Code

 Open your phone's camera app.
 Point the camera at the QR code.
 Tap the banner that appears on your screen.

Same-Day & Longer Appointments

Get the care you need as soon as possible!

- Available for prompt medical attention
- Scheduling tailored to patients' needs
- Extended appointment time exceeding industry standards



ranchofamilymed.com/senior-care/

What makes us different?



MyChart Online Patient Portal

With MyChart, patients can:

- Message a Provider
- Book an Appointment
- Request Prescription Refills
- Review Lab Results
- Pay Outstanding Bills
- View Visit Summary
- Secure & User-Friendly Platform
- Access Medical Information 24/7
- Simple Sign-up Taking Only Minutes



Maximize healthcare benefits with MyChart!

Better Physician Connections

We understand that a doctor who listens to you is of the utmost importance.

We invest in having medical scribes take notes during your visit so your provider can be more attentive and intentional to your individual needs.

Dr. Brandon & Anna Miller

Family Physicians



Fallbrook Office Interested in seeing these providers? Call us!

What is an MD, DO, PA, and NP?



MD (Doctor of Medicine)

It is a medical degree awarded to individuals who have completed medical school and undergone rigorous training to become licensed physicians. MDs are trained in the art and science of medicine, enabling them to diagnose and treat a wide range of medical conditions, perform surgeries, and provide comprehensive healthcare to patients.

www.aamc.org

DO (Doctor of Osteopathic Medicine)

DOs are licensed physicians who have completed medical school with additional training in osteopathic principles. They emphasize a whole-person approach to patient care, considering the interplay of the body's systems and the role of the musculoskeletal system in health and disease. DOs also sometimes use osteopathic manipulative treatment (OMT) to diagnose and treat certain medical conditions.

osteopathic.org

PA (Physician Assistant)

PAs are healthcare professionals who work under the supervision of physicians. They are trained to provide medical care and services to patients, including diagnosing and treating illnesses, ordering and interpreting diagnostic tests, and prescribing medications. PAs play a critical role in the healthcare team, contributing to primary care and specialized medical practices.

www.aapa.org

NP (Nurse Practitioner)

NPs are advanced practice registered nurses with specialized education and training. They have the authority to diagnose and treat medical conditions, prescribe medications, and provide a broad range of healthcare services. NPs often specialize in various areas of medicine, such as family practice, pediatrics, women's health, and mental health.

www.aanp.org

Senior Centers

Finding community and staying active are core values at Rancho Family Medical Group, especially for our 55+ patients. That's why we have two senior centers located in Hemet and Sun City! Our centers offer a range of activities that promote healthy living such as exercise classes for all levels. Come join us and be part of a supportive, welcoming community!

Hemet



3853 W. Stetson Ave. Suite 200 Hemet, CA 92545

Sun City



27190 Sun City Blvd. Sun City, CA 92586

Free for all Rancho Family patients!

Become a patient and gain access to all our free senior classes and resources.



- **Upcoming Events**
- Line Dance
- Yoga
- Bingo
- Tai Chi

To learn more call us! 951.430.4969

ranchofamilymed.com/senior-centers/

2,000+ Patient Reviews

$\star\star\star\star\star$

Most 5 Star Reviews in the Valley!

- Dr. Steven Ching

I enjoyed my experience at Rancho Family Medical Group. I saw Dr. Ching and felt very comfortable with him.

He listened carefully and was very kind. I never felt rushed. The office staff was efficient and kind and I never had to

The office staff was efficient and kind and I never had to wait much before being called back to see the doctor. I would recommend this medical facility and Dr. Ching to anyone looking for health care.

Dr. Michelle Uttaburanont

The whole experience, from the front office to the physical was efficient, friendly, and professional. First I saw the doctor's assistant for preliminaries then a sweet

First I saw the doctor's assistant for preliminaries then a sweet PA did a more thorough exam and gathered information. After that, Dr. Uttaburanont came in and discussed the info and the follow-up. I highly recommend this doctor and her staff.

Dr. Daniel Camarillo

Dr. Camarillo is the best doctor I ever had. Before I met him I was taking a handfull of medication, and now I'm down to a couple. When the visit is over he makes sure I understood everything we talked about.

I feel better at 70 than I did in my 60's.

Dr. Irene Kim

I like that I have consistently been seen in 10 minutes or less

after checking in for my on-time appointments. The staff is friendly and professional. From my experience, Dr. Kim is very knowledgeable and understanding. Dr. Kim responded timely to my requests via the online portal her facility offers.

Our Staff & Locations

Family Physician Dr. Kyle Vincent



Redhawk

31720 Temecula Pkwy. Ste. 100 Temecula, CA 92592 **951.414.8240**

Family Physician Dr. Maisara Rahman Internist Dr. Michelle Uttaburanont Nurse Practitioners Janine Thorson Michelle Etesami



Makena 31150 Temecula Pkwy. Ste. 200 Temecula, CA 92592 951.225.6827

Physician Assistants Ernest Stock Daniel Nuñez



Urgent Care 31720 Temecula Pkwy. Ste. 100 Temecula, CA 92592 **951.225.6838**

Family Physicians

Dr. Matt Combs Dr. Pamela Simmons Dr. Tae Im Dr. Cristina Bailey Dr. Nermeen Akladeos Dr. Alethea Poste

Physician Assistants

Amber Holden Arika Whiteaker **OB** Dr. Timothy Elfelt **Nurse Practitioner** Deborah Layton



Single Oak 28780 Single Oak Dr. Ste. 160 Temecula, CA 92590 **951.252.8650**

Family Physicians

Dr. Eric Madrid Dr. Sonali Mondkar Dr. Brittany Tilson Internist Dr. Steven Ching

Nurse Practitioner Ana Diaz



Hemet 3853 W. Stetson Ave. Ste. 200 Hemet, CA 92545 951.225.6802 Internist Dr. Irene Kim Physician Assistants Charles Asamaphand Geriatritian Dr. Susan Behnawa



Sun City 27190 Sun City Blvd. Sun City, CA 92586 951.723.3804

Family Physicians Dr. Eric Madrid Dr. Daniel Camarillo Dr. Rolando Gutierrez Dr. Nermeen Akladeos **Physician Assistants** Kelli Smith Rebekah Tolopilo



Menifee 30420 Haun Rd. Menifee, CA 92584 951.723.3800

Family Physicians Dr. Brandon Miller Dr. Anna Miller Nurse Practitioner Mary Steinhoff



Fallbrook 521 E. Elder St. #105 Fallbrook, CA 92028 760.728.8344

Family Physicians Dr. Rome Walter Dr. Stacey Bernardo **Physician Assistant** Rachel Vogel



Cal Oaks 41011 California Oaks Rd. #103 Murrieta, CA 92562 **951.225.6287**

Family Physician Dr. Jamey Sotis **Physician Assistant** Susan Lee



Hot Springs 38860 Sky Canyon Dr. Bldg. A Murrieta, CA 92563 951.225.6276

Meet our Patient Relations Specialists

Our Patient Relations team can help you become a patient and find the doctor that best fits your needs. Give them a call if you have any questions about your medical care or if you would like to switch doctors.



Call our team directly! **951.430.4969**

Frequently asked questions:

What do I do if my insurance broker or insurance company tells me I need to switch my doctor?

Call the PR team! It is very important that you work with a trusted broker and that you can see the doctor you wish to see. We can help!

I am a current patient and changing insurance plans. I am told I can't see my RFMG doctor anymore, what do I do?

Call the PR team! This is not true. We are contracted with all major insurance plans in Riverside County and can make sure you stay with the doctor you love.

My insurance says they cannot find my doctor or the doctor I want to switch to, what do I do?

Call the PR team! It is very common for insurances to get information wrong, but this is simply not true. The PR team can help navigate the insurance customer service with you to make sure you get the CORRECT answers.

What if the name on my insurance card does not match the doctor I want to see?

Call the PR team! We can ensure you are assigned to the doctor you want to see!

Interested in becoming a patient?

Have questions? Call our Patient Relations Team!



Make sure to ask us about our Meet the Doctor events!



ranchofamilymed.com/join-today/

Here are some major insurances that we accept!

If you don't see your insurance please call us for assistance. 951.430.4969



We accept Medicare!

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

ranchofamilymed.com/senior-care/

Dr. Irene Kim

Internist

Hometown

• East Los Angeles

Education

• Bachelor of Science degree majoring in human biology at the University of California, San Diego

• Medical training at Touro College of Osteopathic Medicine in New York

Residency

• Internal medicine at UCLA-affiliated St. Mary Medical Center in Long Beach, California

Hobbies

• Hiking

• Exploring the California Coastline, and learning about other cultures and cuisines via international travel.

Charles Asamaphand

Physician Assistant

Education

• Bachelor of Science degree in General Biology at the University of California, San Diego

• Master of Science degree in Physician Assistant Studies at Marshall B. Ketchum University in Fullerton, CA

Hobbies

- Photography
- Traveling
- Camping
- Hiking
- Cooking
- Spending quality time
- with my loved ones

Fun Facts

• Charles' past experience has included working as an EMT, caring for patients recovering from strokes, and working as a medical scribe.

• Volunteered for medical missions in the Philippines

ranchofamilymed.com/kim-aep/



Sun City Office Interested in seeing these providers? Call us!

Dr. Rome Walter

Family Physician

Hometown

• Central Valley, CA

Education

• Midwestern University – Arizona College of Osteopathic Medicine

Residency

• Southern Illinois University

Why Dr. Rome pursued medicine

• During his childhood Dr. Rome recalls times his mother would have each of her children drink aloe vera juice and apple cider vinegar as a measure to add some extra nutrition into their busy lives. This initially started Dr. Rome down his path toward becoming a holistic physician and pursuing a career in osteopathic medicine.

Hobbies

• Mountain biking

- Reading classic literature
- Meditating
- Spending quality time with his wife and five children.

Rachel Vogel

Physician Assistant

Hometown

• Orange County, CA

Education

Bachelor of Science degree in Nutrition Science from the University of California, Davis
Master's degree in Medical Science with an emphasis in Physician Assistant Studies from the Lewis Katz School of Medicine at Temple University in Philadelphia, PA
Rachel is certified by the National Commission on Certification of Physician Assistants.

Why Rachel Vogel pursued medicine

• She is passionate about cultivating relationships with her patients and enjoys using her nutrition background to guide medical treatment.

Hobbies

• Hiking

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- Playing disc golf
- Cooking with her husband
- Exploring beautiful Southern California

ranchofamilymed.com/walter-aep/



Cal Oaks Office

Interested in seeing these providers? Call us!

Dr. Rolando Gutierrez

Family Physician

Hometown

• Murrieta, CA

Education

- University of Southern California
- Universidad Autonoma de Guadalajara
- New York Medical College

Residency

Glendale Adventist Medical Center

Specialties

• One of Dr. Gutierrez's specialties is helping with home health facilities in the local area.

Hobbies

- Spending time with his wife and children
- Culinary arts
- Sports
- Maintaining his bonsai trees

Languages

- English
- Spanish

Rebekah Tolopilo

Physician Assistant

Education

• B.S. in chemistry at the University of California, Los Angeles

• Masters of Physician Assistant at Loma Linda University

Fun Fact

• Rebekah enjoys volunteering for communities both local and abroad and has spent extensive time treating the medically underserved in Haiti, the Philippines, and Honduras.

ranchofamilymed.com/gutierrez-aep/



Menifee Office

Interested in seeing these providers? Call us!

Home State

• California

Education

• Undergraduate at UC Riverside

• Medical training at the American University of Antigua College of Medicine

Residency

• UHS SoCal MEC at Temecula Valley Hospital

Why Dr. Mondkar pursued medicine

• She chose to practice medicine because she noticed she could help all classes, all cultures, and religions while continuing to learn.

Hobbies

- Gardening
- Reading both fiction and non-fiction
- Making coffee
- Enjoying the outdoors at local parks and the beach with her family and pet husky!

ranchofamilymed.com/mondkar-aep/



Hemet Office

Interested in seeing this provider? Call us!

951.430.4969

Dr. Sonali Mondkar Family Physician

Dr. Steven Ching

Internist

Hometown

• Los Angeles, CA

Education

• Undergraduate at University of California Riverside

• Medical training at the University of California Los Angeles

Residency

• Internal medicine at UCLA-affiliated St. Mary Medical Center in Long Beach, California

Why Dr. Ching pursued medicine

His love of making connections with people.To serve others in their health and wellbeing journey.

Hobbies

- Walking
- Longboarding
- Cooking traditional Cantonese dishes

Favorites

Wearing bowties

Ana Diaz

Nurse Practitioner

Education

• Nursing degree and Master of Nursing from Chamberlain University

Hobbies

- Spends time with her family and dogs
- Hiking
- Camping

Languages

- English
- Spanish

ranchofamilymed.com/ching-aep/

Hometown

• Yucaipa, CA

Education

- Westmont College
- Loma Linda University School of Medicine

Residency

• Loma Linda University Medical Center - Murrieta

Why Dr. Tilson pursued medicine

• Dr. Tilson's pursuit of medicine was strongly influenced by her family's legacy. Surrounded by medical professionals while growing up, she experienced the essence of dedication, compassion, and expertise in healthcare. This environment gave her invaluable insights into the profound impact medical practitioners can have on people's lives.

Hobbies

Anything outside:

- Hiking
- Running
- Camping
- Fishing
- Gardening

ranchofamilymed.com/tilson-aep/



Hemet Office

Interested in seeing these providers? Call us!

951.430.4969

Dr. Brittany Tilson Family Physician

Hometown

• El Minya, Egypt

Education

• Ain Shams University in Egypt and intern in Kenya for a CDC program

Residency

• Temecula Valley Hospital

Why Dr. Akladeos pursued medicine

• Dr. Akladeos chose to study medicine because she saw the impact in her early life. She grew up volunteering in the clinic at her Catholic school, and from that, she saw how the nuns were making a difference and changing people's lives every time they went in. Now she is the one who gets to make a difference and help her community.

Hobbies

- Spending time with her family
- Participate in community service
- Hiking
- Camping

Languages

- English
- Arabic
- Swahili

ranchofamilymed.com/akladeos-aep/



Single Oak & Menifee Office

this provider? Call us! 951.430.4969

Interested in seeing

Dr. Nermeen Akladeos

Family Physician

Dr. Daniel Camarillo

Family Physician

Hometown

• East Los Angeles

Education

• University of California Los Angeles

Residency

• Presbyterian Intercommunity Hospital, in Whittier, California

Special Interests

- Cardiac health
- Diabetes management
- Geriatrics
- Preventive medicine
- Hospital care

Hobbies

- Spending Quality Family Time
- Photography
- Visiting: Aquariums, Museums, Theme
- Parks, Zoos, and Redwood Forests
- Whale Watching
- Train Rides

Languages

- English
- Spanish

ranchofamilymed.com/camarillo-aep/



Menifee Office

Interested in seeing these providers? Call us!



Kelli Smith

Physician Assistant

Education

- B.A. in Global Health at Arizona State University, Arizona
- Masters of Physician Assistant at Loma Linda University

Dr. Maisara Rahman

Family Physician

Hometown

• San Diego, CA

Education

• American University of the Caribbean School of Medicine

Residency

• Riverside County Regional Medical Center and became the Chief Resident

Why Dr. Rahman pursued medicine

• Her love and compassion to help others led her to pursue medicine.

Hobbies

- Traveling
- Gardening
- Beach days
- Spending time with family

Fun Facts

• Dr. Rahman enjoys Academic Medicine and continues to teach at the UCR School of Medicine.

• Works with Residency Program

ranchofamilymed.com/rahman-aep/



Makena Office

Interested in seeing these providers? Call us!

951.430.4969

Janine Thorson

Nurse Practitioner

Hometown

• Temecula, CA

Education

- Associate's degree Registered Nurse in Jacksonville, North Carolina
- BSN at George Mason University in Fairfax, Virginia
- MSN in Advance Practice Nursing at Marymount University in Arlington, Virginia

Hobbies

- Beach camping
- Paddleboarding
- Hiking
- Biking

Dr. Jamey Sotis

Family Physician

Hometown

• Prior Lake, MN

Education

- University of Notre Dame
- Master's degree in Bioethics from Trinity Graduate School in Chicago
- Ross University School of Medicine

Residency

• University of Minnesota

Why Dr. Sotis pursued medicine

• His passion for health & wellness for his patients and within the community.

Hobbies

- Hiking
- Backpacking
- Running
- Biking
- Photography

Exciting Goal

• Finishing a full IRONMAN

Fun Facts

• He had the unique pleasure of being the Notre Dame mascot, the Leprechaun.

ranchofamilymed.com/sotis-aep/



Hot Springs Office

Interested in seeing these providers? Call us!



Susan Lee

Physician Assistant

Hometown

• Las Vegas, NV

Education

B.S. degree in General Biology from the University of California, San Diego
Master of Science degree in Physician Assistant Studies from Marshall B. Ketchum University
Board certified and accredited by the National Commission on Certification of Physician Assistants

Hobbies

- Photography
- Traveling
- Cooking
- Yoga
- Strength training
- Being outdoors
- Spending quality time with her fiancé, family, and friends and her two lovely dogs!

Dr. Alethea Poste

Family Physician



Hometown

• San Pedro, CA

Education

- California State University Long Beach
- Universidad Autónoma de
- Guadalajara School of Medicine
- New York Medical College

Residency

• Mercy Health, Family Medicine Residency Program in Janesville, WI

Why Dr. Poste pursued medicine

• When her grandfather fell seriously ill, she became his English translator during hospital visits. Seeing his deep respect for his doctors sparked her interest in becoming one. Encouraged by her family, she aimed to pursue medicine, drawn by the opportunity for hands-on patient care to make a meaningful difference in their well-being.

Hobbies

• Spending time with her husband, two children, extended family, cat, and dog

- Traveling
- Cooking
- Learning about different cultures
- Peloton workouts

Languages

- English
- Spanish
- Italian

ranchofamilymed.com/poste-aep/



Single Oak Office

Interested in seeing this provider? Call us!

Dr. Michelle Uttaburanont

Internist

Hometown

• San Marcos, CA

Education

Undergraduate at the University of California at Irvine with a Biological Sciences degree with a specialty in Neuroscience
Medical training at Rosalind Franklin University of Medical Sciences, Chicago Medical School MD/MS Program

Residency

• Wayne State – Detroit Medical Center at Sinai Grace Hospital

Hobbies

- Painting
- Cooking
- Spending time with her family
- I would recommend Dr. Uttaburanont to family and friends. She is always very professional, and thorough and demonstrates qualities of kindness and empathy that I truly value.
 - Rancho Patient

ranchofamilymed.com/uttaburanont-aep/



Makena Office Interested in seeing this provider? Call us!

Hometown

• Temecula, CA

Education

- Morehouse College in Atlanta, Georgia
- Wake Forest University School of Medicine

Residency

• Atlanta, Georgia

What drives Dr. Vincent

• His drive as a physician is to educate his patients with the knowledge he has gleaned so that they can make lifestyle changes outside of the clinic.

Hobbies

- Camping
- Skiing
- Playing football

As always, Dr. Vincent treated me with the utmost courtesy and respect. He listened very carefully to my issues and made very clear suggestions on how to proceed with each issue. He is a true professional and always has confidence in his diagnosis. Likewise, I have great confidence in his knowledge and abilities. **77**

- Rancho Patient

ranchofamilymed.com/vincent-aep/



Redhawk Office

Interested in seeing this provider? Call us!





m K. Vincent,

Dr. Cristina Bailey Family Physician

Education

• University of California, San Diego

Residency

• Riverside County Regional Medical Center

Languages

- English
- Spanish

Deborah Layton Family Nurse Practitioner

Education

• Bachelor of Science in Nursing Degree and Master of Science in Nursing/Family Nurse Practitioner Degree from the University of Phoenix

• Doctorate in Philosophy in Clinical Hypnotherapy/Medical Hypnosis

ranchofamilymed.com/bailey-aep/



Single Oak Office

Interested in seeing these providers? Call us!

Free Medicare Seminar!

You're invited to attend a FREE brunch or whole pie educational Medicare seminar.

Medicare's Annual Enrollment Period runs October 15 through December 7. You can switch health plans during that time! We will never steer or lead you to any one plan.

A&B Insurance Services are a team of local independent insurance agents who specialize in Medicare. We understand that everyone has different health and budgetary needs and one plan does not fit all. We give you the power to compare and the freedom to choose the plan that's right for YOU.

There will be NO enrollments or sales at this seminar, so leave your checkbook at home.



Bradley Massey CA Lic#0L86250 760.815.6827

Rachel Brown 760.519.3740

Cesar Garcia CA Lic#0H55045 CA Lic#0M97490 951.440.9242

Here's what we will discuss before deciding on which plan is right for you:

- Enrollment Periods Timelines, penalties, and other types of coverage
- Medicare Supplement Insurance Plans (Medigap) what they cover
- Medicare Prescription Drug Plans (Part D) Understanding the rules and terminology
- Medicare Advantage Plans (Part C) An alternative plan for coordinated care
- Group Employer Health Coverage Not ready to retire, what are my options?

Choosing a Medicare plan that best fits your needs is one of the most important decisions you will make. You should be educated about all of these rules before you make these decisions. Your mail is probably stacking up with advertisements about Medicare plans.

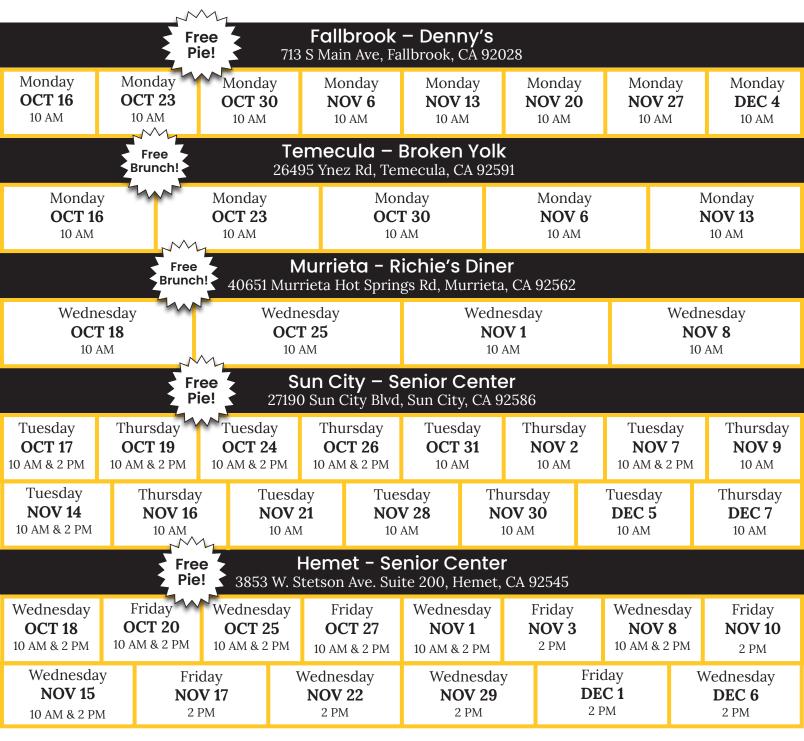
Let's see what we can do! Join us for an event or call to request your personal appointment.

This event is for educational purposes only, no plan benefit information will be shared. Free breakfast or whole pie with no obligation to enroll. For accommodation of persons with special needs and meetings, call (760)519-3740, TTY 711. By calling the number above, you will be directed to a licensed insurance agent.



JOIN US AT AN EDUCATIONAL SEMINAR NEAR YOU!

As Licensed Insurance Agents, we are here to assist you in making Medicare easy to understand. We will talk about the upcoming changes for 2024 at the location below. Let us help you determine which plan might be best for your needs. We represent Medicare Advantage (HMO and PO) plans, Part D (Prescription Drug plans), and Medi-Gap plans in your area.





Want to meet your doctor before switching?

We want you to be 100% comfortable with the doctor you choose. Meet our doctors before you join!

Call today to learn more about our upcoming Meet the Doctor events!

951.430.4969

ranchofamilymed.com

