



Empowering Seniors

Your Partner in Lifelong Health and Happiness

Dr. Tilson

Family Physician • Hemet, CA

Learn more about our Quality Senior Care!

- Welcoming New Patients
- Free Senior Centers
- Medicare Accepted

Call our direct line!
951.430.4969

Did you know you can switch your doctor any time of the year?

Why Rancho?

Trusted Primary Care Since 1942

Rancho Family is dedicated to helping patients achieve and maintain optimal health!

40+ Providers

11 Offices

Wellness Programs

1

Specialize in Senior Healthcare

To learn more call us!
951.430.4969

Free Senior Centers

Finding community and staying active are core values at Rancho Family Medical Group. We have two senior centers located in Hemet and Sun City! Our centers offer a range of activities that promote healthy living such as: Line Dancing, Yoga, Bingo, and more!

Patient Relations Team

Our senior concierge team assists incoming senior patients (65+) and remains accessible throughout your care, ready to address inquiries regarding doctor changes and insurance concerns.

Medicare Experts

We have trusted local experts to guide you in choosing the right plan for your individual needs. A Broker can offer you a personalized review of the plans that you are interested in and even help you to enroll, all at no cost to you.



2

More available appointments

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!

3

Large Network of Specialists

Regal Medical Group

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

4

Elite 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

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Medical Scribes

Scribes let physicians focus on you, not the computer.

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

Interested in becoming a patient?

Did you know you can switch your doctor any time of the year?

Patient Relations Team

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

Our team can help with:

- Switching to a Rancho Family doctor
- Complications with your care
- Insurance and specialist questions
- And more!



Call our team directly!
951.430.4969

Here are some major insurances that we accept!

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



Alignment Healthcare

We accept Medicare!

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

951.430.4969



Hemet Office

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

Office Number
951.225.6802



Dr. Tilson

- Westmont College
- Loma Linda University School of Medicine
- Residency at Loma Linda University Medical Center - Murrieta



Dr. Mondkar

- Undergraduate at UC Riverside
- Medical training at the American University of Antigua College of Medicine
- Residency at UHS SoCal MEC at Temecula Valley Hospital



Dr. Ching

- University of California, Los Angeles
- Residency at St. Mary Medical Center and Harbor-UCLA Medical Center



Ana Diaz, NP

- Undergraduate and Masters Nursing degree from Chamberlain University



Audrey Bell, FNP

- Undergraduate and Masters degree at California Baptist University

***Dr. Mondkar
started at Rancho
Family as a Medical
Scribe and is now a
Family Physician!***

She is a true advocate for preventive healthcare to ensure a long healthy life for her patients.

Dr. Sonali Mondkar

Family Physician



***Dr. Mondkar
is excited to
partner with
you and your
health!***

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!



Hemet Office

Interested in seeing Dr. Mondkar? Call us!

951.430.4969

[ranchofamilymed.com/sonali-mondkar/](https://www.ranchofamilymed.com/sonali-mondkar/)



One of Dr. Mondkar's favorite things to do is cook Indian food with her mom.



Health Tip!

Hydration with a Twist

Staying hydrated is crucial for overall health, but it doesn't have to be bland. Infuse your water with slices of citrus fruits, cucumber, or herbs like mint for a refreshing twist. Experiment with different combinations to make staying hydrated more enjoyable. Adequate hydration supports joint health, digestion, and skin elasticity – all important aspects of well-being for seniors.

Dr. Brittany Tilson

Family Physician



**Dr. Tilson
is excited to
partner with
you and your
health!**

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:

- Camping
- Hiking
- Fishing
- Running
- Gardening

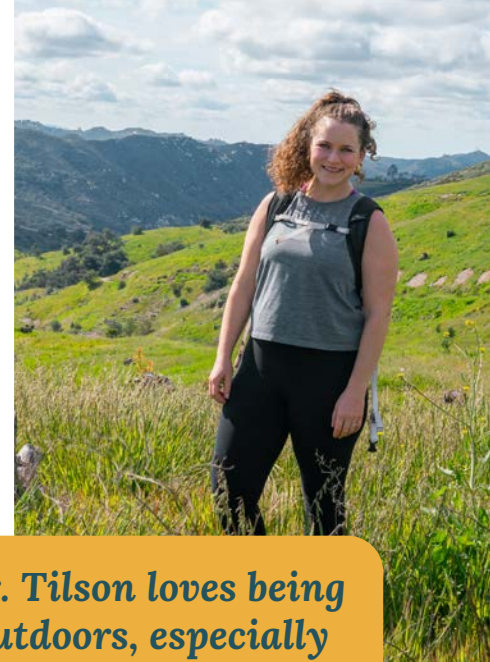


Hemet Office

Interested in seeing Dr. Tilson? Call us!

951.430.4969

ranchofamilymed.com/brittany-tilson/



Dr. Tilson loves being outdoors, especially when hiking.



Health Tip!

Garden for Health

Cultivate a love for gardening to enhance both your physical and mental well-being. Spending time outdoors, tending to plants, and enjoying the fresh air can be both therapeutic and rewarding. Gardening activities, such as planting, weeding, and harvesting, provide gentle exercise for joints and muscles. Plus, the nutritious produce from your garden can contribute to a healthier diet.



Audrey Bell

Nurse Practitioner



*Audrey is
excited to
partner with
you and your
health!*

Hometown

- Riverside, CA

Education

- Bachelor's degree in nursing from California Baptist University, Riverside
- Master's degree, specializing as a Family Nurse Practitioner

Philosophy & Approach

Audrey is driven by her love for learning and a desire to positively impact lives. She believes in the power of preventative medicine and emphasizing lifestyle elements like diet, exercise, and mental health. Audrey advocates for collaboration and guidance within her healthcare team.

Hobbies

- Outdoor activities like running and hiking with her husband and Rottweiler, Luna.
- Enjoys exploring new coffee flavors using her espresso machine inspired by local coffee shops.



Hemet Office

Interested in seeing Audrey? Call us!

951.430.4969

ranchofamilymed.com/audrey-bell/

What an APP can do for you!

APP's (Advanced Practice Providers) are either a Physician Assistant or a Nurse Practitioner.



APP's have more available appointment times



Dr. Tilson

- ✓ Condition Diagnosis
- ✓ Yearly Physicals
- ✓ Prescription Writing
- ✓ Sick Visits
- ✓ Lab & Diagnostic Test Orders
- ✓ Treatment Plans
- ✓ Result Analysis
- ✓ Specialist Referrals

Audrey Bell, NP

- ✓ Condition Diagnosis
- ✓ Yearly Physicals
- ✓ Prescription Writing
- ✓ Sick Visits
- ✓ Lab & Diagnostic Test Orders
- ✓ Treatment Plans
- ✓ Result Analysis
- ✓ Specialist Referrals



APP's work in collaboration with a Doctor as part of your care team



Did you know?

You can switch your physician anytime throughout the year. Call today to switch!

951.430.4969

ranchofamilymed.com


RANCHO FAMILY
MEDICAL GROUP