

# Primary Medical

Dr. West



# Senior Care Excellence

Learn How to Find the Right Doctor For You

primarymedical.net

## Call today! 805.702.8337

Dr. Simpson

Marady Mesa, PA

Ventura • Camarillo • Santa Paula • Oxnard

# How to use this magazine to find the right doctor for you!

**1** What's most important to you? Preventive care, effective communication, treatment options, availability, location, etc.

2. How far do you want to drive? Primary Medical has 7 offices throughout Ventura County. See page 6 and 7 for a list of all our offices.

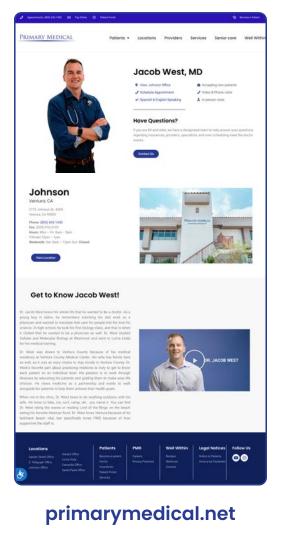
# **3.** Find the provider you are interested in.

- See providers bio
- Visit our website, find their webpage, and watch intro videos.
- Get to know our providers!

#### Contact Patient Relations Team

Our team can help answer any questions you have and help you switch to a Primary Medical provider. Contact our Patient Relations team at 805.702.8337.





# 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 PMG doctor
- Complications with your care
- Insurance and specialist questions
- And more!



#### Here are some major insurances that we accept!

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













## We accept Medicare!

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



# Why PMG?

## **Trusted Primary Care** Since 1994

7 Offices

**20+ Providers** 

Primary Medical Group is dedicated to helping patients achieve and maintain optimal health!

## **Specialize** in Senior Healthcare

## To learn more call us! 805.702.8337



### **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.

### **More Available Appointments**

Nurse Practitioners & Physician Assistants have specialized training in:

• Diagnosis and treatment • Medical history updates

• Result analysis

• Treatment plans

Voted 2023 Ventura Star Best edica

- Patient education
- Lab and diagnostic test orders Referrals
  - And more!

#### **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.

primarymedical.net/senior-care/

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

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#### 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

# **Our Staff & Locations**



**Johnson** 2772 Johnson Dr. #200 Ventura, CA 93003 **Family Physicians** Dr. Edward Banman Dr. Matthew Westfall Dr. Jacob West Dr. Abby Lukens

**Endocrinologist** Dr. Lauren Ficks

#### 805.642.1430

**Physician Assistant** Natalie Nichols

Family Nurse Practitioner Nalleli Maldonado



Oxnard 1751 Lombard Suite A Oxnard, CA 93030 **Family Physicians** Dr. Greg Ruelas Dr. Flor Mounts Dr. Kavitha Simpson Physician Assistant Nicolas Dejong Marady Mesa

Nurse Practitioner Sue Houx

#### 805.981.9111



East Telegraph 10885 Telegraph Rd. Ventura, CA 93004 **Family Physicians** Dr. Michael Bailey Dr. Sherilyn Wheaton Family Nurse Practitioner Sharon Agacite

New Provider Starting January 2025

805.647.7704



**Garden Street** 26 South Garden St. Suite I Ventura, CA 93001 **Family Physicians** Dr. Uldine Castel Dr. Maria Barrell Nurse Practitioners Colette Frena

#### 805.507.2225



**Camarillo** 888 W. Ventura Blvd. Suite A Camarillo, CA 93010 **Family Physician** Dr. Paul Algra Nurse Practitioner Karen Popp

#### 805.383.7701



**Santa Paula** 570 W. Main Street Santa Paula, CA 93060 New Primary Care Physician Starting January 2025

#### 805.507.2242



Loma Vista 3555 Loma Vista Rd. #110 Ventura, CA 93993 Internist & Pediatrician Dr. Traci Williams

Nurse Practitioner Zena Aladdin

#### 805.652.5252

# Johnson Providers

2772 Johnson Dr. #200 Ventura, CA 93003

Appointment line: **805.642.1430** 



## Dr. Abby Lukens — Family Physician —

#### Education

Undergraduate at Skidmore College in Saratoga Springs, NY
Medical School at Touro University California in Vallejo, CA

#### Residency

• Community Memorial Health System in Ventura, CA

# UPSTAIRS 2

## Become a patient! Call today! 805.702.8337

## Nalleli Maldonado, FNP Family Nurse Practitioner

#### Education

- College of the Sequoias
- Grand Canyon University
- Channel Islands University

EDI

# Dr. Edward Banman

#### Education

• University of Manitoba

#### Internship

- Los Angeles County
- USC Medical Center

#### Residency

• Ventura County Medical Center

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# Johnson Providers

2772 Johnson Dr. #200 Ventura, CA 93003

Appointment line: **805.642.1430** 

## Dr. Matthew Westfall Family Physician



#### Education

- Touro University Nevada College of Osteopathic Medicine
- Bachelor's in Molecular, Cell, and Developmental Biology at the University of California, Santa Barbara

#### Residency

• Community Memorial Hospital Ventura

### Natalie Nichols, PA — Physician Assistant —

Education • University of North Texas Health Science Center

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# Oxnard Providers

1751 Lombard Suite A Oxnard, CA 93030 Appointment line: **805.981.9111** 

# Dr. Flor Mounts

Education • UC San Diego School of Medicine

**Residency** • Cascades East Family Medicine Residency, with OHSU

# Dr. Greg Ruelas

#### Education

• Bachelor of Science in Biology with an emphasis in Physiology at the University of California at Davis

• Medical training at Keck School of Medicine at the University of Southern California

#### Residency

• Family Medicine at the Ventura County Medical Center



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# **Oxnard** Providers

1751 Lombard Suite A Oxnard, CA 93030

Appointment line: **805.981.9111** 

## Marady Mesa, PA — Physician Assistant —

#### **Education**

- Bachelor's in biology from Cal State Channel Islands
- Master's public health from National University
- PA School, A.T. Still University

### Dr. Kavitha Simpson Family Physician

#### Education

- Undergraduate degree in biology from UCSB
- Master's in International Public Health at Loma Linda University
- Medical degree at Western University

#### Residency

• Ventura County Medical Center

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# Sue Houx, NP

#### **Education**

• Associate's degree and RN licensure from Ventura College

• Bachelor of Science in Nursing from California State University, Dominguez Hills (CSUDH)

• Master of Science in Nursing and her Family Nurse Practitioner certification from CSUDH

### Nicolas Dejong, PA —— Physician Assistant ——

#### Education

Whitworth University in Spokane, WashingtonLoma Linda University

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### Learn about what has changed with Medicare Parts A, B and D for the year, plus more!

By representing most major Medicare carriers, I can provide you knowledgeable information at no cost. I'll help identify the different plan options available that fits your needs.

Join me to get all your questions answered about Medicare Advantage Plans, Medicare Supplement Insurance Plans and more!



Presented by: Lisa Scharlepp (818)489-2490 OK14549 LScharlepp@sbcglobal.net

This event is for educational purposes only, no plan information will be shared. For accommodations of persons with special needs at meetings, please call 8184892490, TTY 711, 9a-5p PST. By calling the number above you will be directed to a licensed insurance agent.

## 10/17 10/31 11/14

10:00AM Primary Medical Group 26 S Garden Ventura 93001 Space is limited please RSVP



## **EVENT INVITATION:** The Medicare Updates for 2025

INVITACIÓN AL EVENTO: Las últimas noticias de Medicare para 2025

#### PRESENTED BY | PRESENTADO POR



Vista Real Insurance

Jessica Villavicencio | Lic #0K96626

Licensed Insurance Agent | Agente De Seguro Con Licencia

# Your healthcare needs are your priority for 2025.

Sus necesidades de atención médica son su prioridad para 2025.

You deserve the right care with the right Medicare plan that suits your needs.

Usted merece la atención adecuada con el plan de Medicare adecuado que se adapte a sus necesidades.

#### We'll cover:

- ✓ The latest changes in Medicare
- ✓ The different plan options available to you
- ✓ How to maximize your needs and match your budget
- Enrollment periods, other important dates, and more!

#### **MEDICARE SEMINARS:**

FREE COFFEE & PASTRIES!

CAFÉ Y PASTELES GRATIS!

Every Tuesday (Cada martes) 10:00am

between October 15 - December 3 (entre el 15 de octubre y el 3 de diciembre)

> Location: Primary Medical Group 26 S. Garden Street Ste 1 Ventura, CA 93001

#### Reserve your spot with Jessica! (Reserva tu lugar)

#### (805) 861-8818

jessica@vistarealinsurance.com

Review your options and decide if you want to change plans for the new year during the Medicare Annual Enrollment Period (Oct 15 - Dec 7). Revise sus opciones y decida si desea cambiar de plan para el nuevo año durante el Período de inscripción anual de Medicare (del 15 de octubre al 7 de diciembre).

Free coffee and pastries with no obligation to enroll. For accommodations of persons with special needs at meetings, call (805) 861-8818, TTY 711 (M-F, 9a-5p). By calling the number above, you will be directed to a licensed insurance agent. Café y bollería gratis sin obligación de inscripción. Para alojamiento de personas con necesidades especiales en reuniones, llame al (805) 861-8818, TTY 711 (lunes a viernes, de 9 a. m. a 5 p. m.). Al llamar al número anterior, se lo dirigirá a un agente de seguros autorizado.



Call our Patient Relations Specialists to find the right doctor for you!

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