

PRIMARY MEDICAL

Primary Care You Deserve

Learn How to
Find the Right
Doctor For You!

Call today!
805.702.8337

primarymedical.net

*Find local
doctors inside
like Dr. West!*



Dr. Jacob West

Ventura • Camarillo • Santa Paula • Oxnard

It's Open Enrollment & Time to Review Your Medicare Plan

AEP (Annual Enrollment Period): October 15 – December 7

1. What is AEP?

Medicare's Annual Enrollment Period is from October 15 to December 7. It's your chance to review or change your Medicare Advantage plan for 2026.

2. Why It's Important?

Plans change yearly—benefits, provider networks, and costs. This is your opportunity to make sure your plan still works for you.

3. How We Can Help?

Can connect you with licensed Medicare Brokers to explore your options.

- **Know your benefits**
- **Call us for plan-friendly info**
- **Make changes before December 7**

How to Use This Magazine to Find the Right Doctor for You!

Choosing a provider is personal—here's how to make the best choice for your care:

1. Think about what matters most to you.

Do you value preventive care? Easy communication? Treatment options? Short wait times? Take a moment to consider what's most important for your health journey.

primarymedical.net

2. Decide how far you want to travel.

Primary Medical has 7 convenient locations across Ventura County. See pages 6–7 to find the office nearest you.

3. Explore our providers.

- Learn where our providers trained in this magazine
- Visit our website to watch short intro videos about each provider
- Get a feel for their approach and personality

Have questions?

We're here to help.

Our Senior Medicare Support Team is here to guide you.

805.702.8337

Senior Medicare Support Team

Helping Seniors 65+ Navigate Their Healthcare with Ease.

Navigating healthcare can feel overwhelming, but you don't have to do it alone. Our friendly Senior Medicare Support Team is just a call away to guide you through every step.



Call us today!
805.702.8337

Available Monday-Friday, 8 AM - 5 PM

Our Team Can Help With:

- Switching to a Primary Medical Group doctor.
- Resolving complications with your care.
- Answering insurance and specialist questions.

What You Can Expect:

- No phone tree, just direct phone lines.
- Help with everything related to your care.
- Guidance to ensure seamless, personalized care.

We accept Medicare!

No matter your insurance, our team works with you to simplify the process.

Here are some of the major insurances we accept:



PRIMARY MEDICAL

Trusted Primary Care Since 1994

7 Offices

28 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

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!

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.

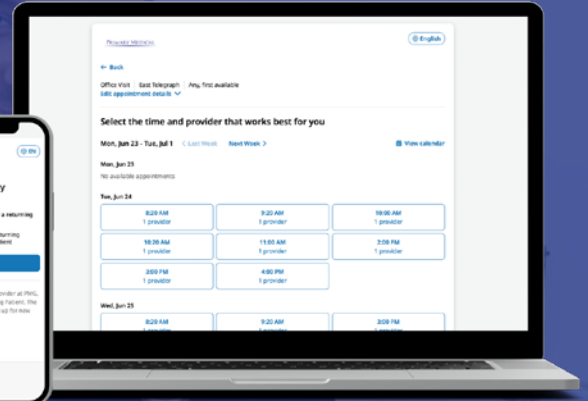
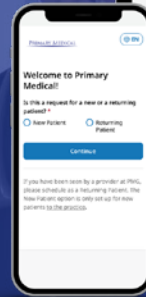
primarymedical.net/senior-care/



*You can see
any of our
providers at
any location!*

Schedule your appointment online with ease!

Primary Medical Group is excited to offer online scheduling to all patients, 24/7!



- ✓ 24/7 Access to booking appointments
- ✓ Book any visit, any time. No phone calls required
- ✓ Choose by provider, clinic, or next available
- ✓ Text confirmations and reminders

Scan the QR code to get started!



New Mobile Check-In

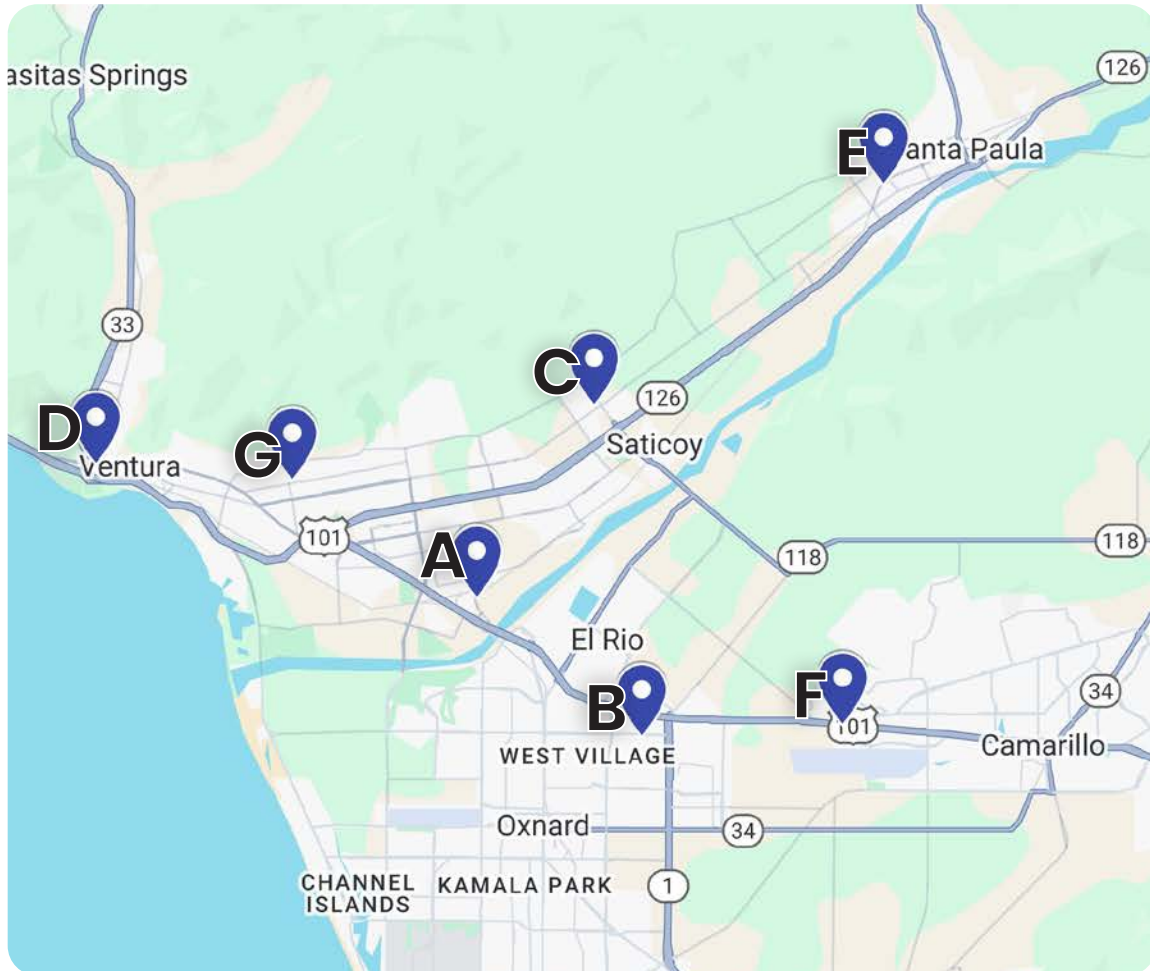
Fast. Easy. Secure.

Prior to your appointment, you will receive an email or text to complete the digital check-in! You can verify insurance, sign forms, make payments, and more!

- ✓ Check in before your visit using a text or email link
- ✓ Confirm, cancel, or reschedule your appointment
- ✓ Complete check-in privately from your phone or computer

No clipboards. No hassle.
Walk in and be seen!

Our Locations & Providers



primarymedical.net





A. Johnson

2772 Johnson Dr. #200
Ventura, CA 93003

805.642.1430

Family Physicians

Dr. Edward Banman
Dr. Matthew Westfall
Dr. Jacob West

Endocrinologist

Dr. Lauren Ficks

Physician Assistant

Natalie Nichols

Family Nurse Practitioners

Barbara Holdsworth
Nalleli Maldonado



B. Oxnard

1751 Lombard Suite A
Oxnard, CA 93030

805.981.9111

Family Physicians

Dr. Shahram Fatemi
Dr. Kavitha Simpson
Dr. Gregorio Ruelas
Dr. Flor Mounts

Physician Assistant

Nicolas Dejong

Nurse Practitioner

Sue Houx



C. East Telegraph

10885 Telegraph Rd.
Ventura, CA 93004

805.647.7704

Family Physicians

Dr. Orlanda Ferreira
Dr. Michael Bailey
Dr. Sherilyn Wheaton

Family Nurse Practitioner

Sharon Agacite



D. Garden Street

26 South Garden St. Suite I
Ventura, CA 93001

805.507.2225

Family Physicians

Dr. Abby Lukens
Dr. Uldine Castel
Dr. Maria Barrell

Physician Assistant

Lauren Grimes

Nurse Practitioners

Colette Frena



E. Santa Paula

570 W. Main Street
Santa Paula, CA 93060

805.507.2242

Family Physician

Dr. Christian Lami



F. Camarillo

888 W. Ventura Blvd. Suite A
Camarillo, CA 93010

805.383.7701

Family Physician

Dr. Paul Algra

Nurse Practitioner

Karen Popp



G. Loma Vista

3555 Loma Vista Rd. #110
Ventura, CA 93993

805.652.5252

Internist & Pediatrician

Dr. Traci Williams

Physician Assistant

Lauren Grimes

Nurse Practitioner

Zena Aladdin



**Rincon Health is a physician-led
Independent Practice Association (IPA)
proudly serving Ventura County.**

Our mission is simple: support local doctors, improve healthcare access, and deliver better outcomes for families in our community.

With a growing network of trusted primary care physicians and specialists,
Rincon Health provides care that's:

Personalized – decisions made by doctors who know you.

Community-Based – focused on Ventura County families.

Coordinated – seamless referrals, authorizations, and care management.

**Accepted Medicare
Advantage Plans**



Spanish Hills Medical Group and Ojai Valley Family Medicine
are also apart of the Rincon PCP Network, expanding access
to care for patients across the region.

**At Rincon Health, we're more than a network—
we're your partner in care.**

Serving Ventura County
Learn more: www.rinconhn.com

NEED HELP WITH MEDICARE?

¿NECESITA AYUDA CON MEDICARE?

I'm Jessica Villavicencio — your local, bilingual licensed insurance agent

Let's review your
Medicare options
together, at no cost.

- ✓ In-person at Primary Medical Group
- ✓ Phone or home appointments available
- ✓ Friendly, knowledgeable help in English or Spanish

Now scheduling for AEP (Oct 15 – Dec 7)

- Oxnard Office – Mon/Wed/Fri
 - Ventura Office (Johnson Dr) – Tues/Thurs
- 9:00 AM – 4:00 PM**

**Call to schedule with a
licensed insurance agent.
(805) 861-8818**



Vista Real Insurance
COVERAGE SIMPLIFIED

Jessica Villavicencio

License #0K96626

Jessica@vistarealinsurance.com



Wellness Made Simple. Every Day.

Created by our trusted providers.

- Nourish your body with flavorful, healthy recipes.
 - Access courses and tools for nutrition, fitness, and habit-building — without judgment.
 - Whether you're just starting or ready to level up, we make it easier to live well.

Visit **BecomeWellWithin.com**

Explore FREE recipes, workouts, and wellness resources — all created by providers who care.



Johnson

Featured Providers

2772 Johnson Dr. #200
Ventura, CA 93003

Appointment line:
805.642.1430

Dr. Edward Banman
Dr. Matthew Westfall
Dr. Jacob West
Dr. Lauren Ficks
Natalie Nichols, PA
Nalleli Maldonado, FNP
Barbara Holdsworth, FNP

Dr. Jacob West

Family Physician



Medical Degree

Loma Linda University
School of Medicine

Residency

Ventura County
Medical Center

Dr. Matthew Westfall

Family Physician



Medical Degree

Touro University Nevada College
of Osteopathic Medicine

Residency

Community Memorial
Hospital Ventura

primarymedical.net/aep/

Oxnard

Featured Providers

1751 Lombard Suite A
Oxnard, CA 93030

Appointment line:
805.981.9111

Dr. Shahram Fatemi
Dr. Kavitha Simpson
Dr. Greg Ruelas
Dr. Flor Mounts
Nicolas Dejong, PA
Marady Mesa, PA
Sue Houx, NP

Dr. Shahram Fatemi

Family Physician



Medical Degree

Ross University
School of Medicine

Residency

Family Medicine
Residency at the Medical
College of Wisconsin

**Speaks English,
Spanish & Farsi**



Dr. Kavitha Simpson

Family Physician

Medical Degree

Western University
of Health Sciences

Residency

Ventura County
Medical Center



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E. Telegraph

Featured Provider

10885 Telegraph Rd.
Ventura, CA 93004

Appointment line:
805.647.7704

Dr. Orlanda Ferreira
Dr. Michael Bailey
Dr. Sherilyn Wheaton
Sharon Agacite, FNP

Dr. Orlanda Ferreira

— Internal Medicine Physician —



Medical Degree

Pontifica Universidad Catolica Madre Y
Maestra in the Dominican Republic

Residency

Flushing Hospital Medical
Center in New York City

**Speaks
English &
Spanish**

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Garden

Featured Provider

26 South Garden St. Suite I
Ventura, CA 93001

Appointment line:
805.507.2225

Dr. Abby Lukens
Dr. Uldine Castel
Dr. Maria Barrell
Colette Frena, NP

Dr. Abby Lukens

Family Physician

Medical Degree

Doctor of Osteopathic Medicine
and Master of Public Health from
Touro University California

Residency

Community Memorial
Health System

primarymedical.net/aep/

Santa Paula

Featured Provider

570 W. Main Street
Santa Paula, CA 93060

Dr. Christian Lami

Appointment line:
805.507.2242

Dr. Christian Lami

— Internal Medicine Physician —

Medical Degree

Ross University School
of Medicine in New Jersey

Residency

Flushing Hospital Medical
Center in New York City

**Speaks
English &
Spanish**

primarymedical.net/aep/

Camarillo

Featured Provider

888 W. Ventura Blvd. Suite A
Camarillo, CA 93010

Appointment line:
805.383.7701

Dr. Paul Algra
Karen Popp, NP

Dr. Paul Algra

— Family Physician —



Medical Degree

Michigan State University

Residency

Naval Hospital Camp Pendleton

primarymedical.net/aep/



Dr. Matthew Westfall

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Medicare Support
Team to find the
right doctor for you!

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Oct. 2025