



Rancho Wellness
YOUR MEDICAL HOME

*Find local
doctors inside
like Dr. Gupta!*

Primary Care You Deserve

Learn How
to Find the
Right Doctor
For You!

Dr. Lakshita Gupta

Call today!
909.277.6207

ranchowellness.com

Dr. Ravinder Singh

RANCHO CUCAMONGA, CA • UPLAND, CA

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.

2. Decide how far you want to travel.

You can find Rancho Wellness in two convenient locations, Rancho Cucamonga and Upland.

3. Explore our providers.

- Learn where our providers trained in this magazine
- 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.

909.277.6207



See What's Changing in Medicare for 2026

Join Our Smart Planning Class!

Limited Seating Available | Reserve Your Spot

Complimentary Meal At No Obligation

Photo is for illustration purposes only. Items will vary based on location.

I am a local Licensed Insurance Agent who specializes in Medicare. I understand everyone has different health and budgetary needs and one plan does not fit all. There will be NO enrollments or sales at this seminar, so leave your checkbook at home.

JOIN US IF YOU ARE:

- Reviewing your current plan for next year.
- Exploring new options for next year.
- Turning 65 soon.

Here's what we will discuss before meeting one-on-one to decide on which plan is right for you:

- Enrollment Periods
- Medicare Supplement Insurance Plans
- Medicare Prescription Drug Plans (Part D)
- Medicare Advantage Plans (Part C)
- Group Employer Health Coverage

Presented by:



Jason Juarez
(909)728-0255

License # 4006195
JJuarez@presleyga.com

Space is limited! Reserve your spot at one of the below events today!

October 21, 2025 - 6:00pm Black Bear Diner 12325 Mountain Ave, Chino CA 91710
October 22, 2025 - 6:00pm Black Bear Diner 12325 Mountain Ave, Chino CA 91710
November 12, 2025 - 6:00pm IHOP 4422 Ontario Mills Pkwy, Ontario CA 91764
November 18, 2025 - 6:00pm IHOP 4422 Ontario Mills Pkwy, Ontario CA 91764
November 20, 2025 - 6:00pm IHOP 4422 Ontario Mills Pkwy, Ontario CA 91764
December 2, 2025 - 6:00pm IHOP 4422 Ontario Mills Pkwy, Ontario CA 91764
December 4, 2025 - 6:00pm IHOP 4422 Ontario Mills Pkwy, Ontario CA 91764

Our Locations & Providers



Rancho Wellness
YOUR MEDICAL HOME



Rancho Cucamonga

8231 Rochester Ave
Rancho Cucamonga, CA 91730

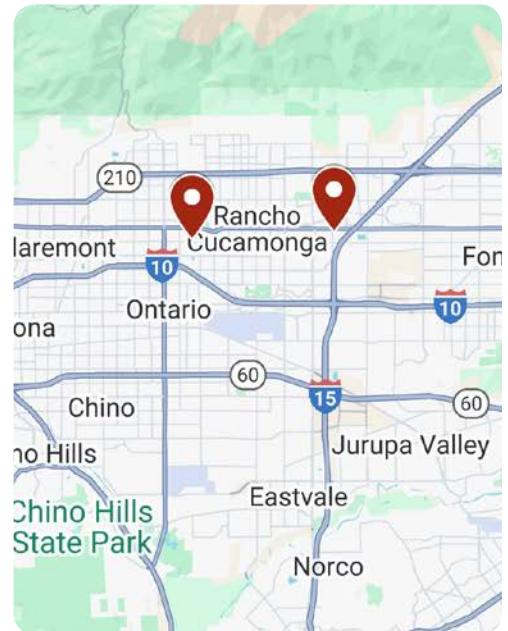
Appointment line:
909.483.7800



Upland

525 N 13th Ave. Ste. A
Upland, CA 91786

Appointment line:
909.982.5111



Dr. Gupta



Dr. Singh



Barbara Santa Cruz, PA

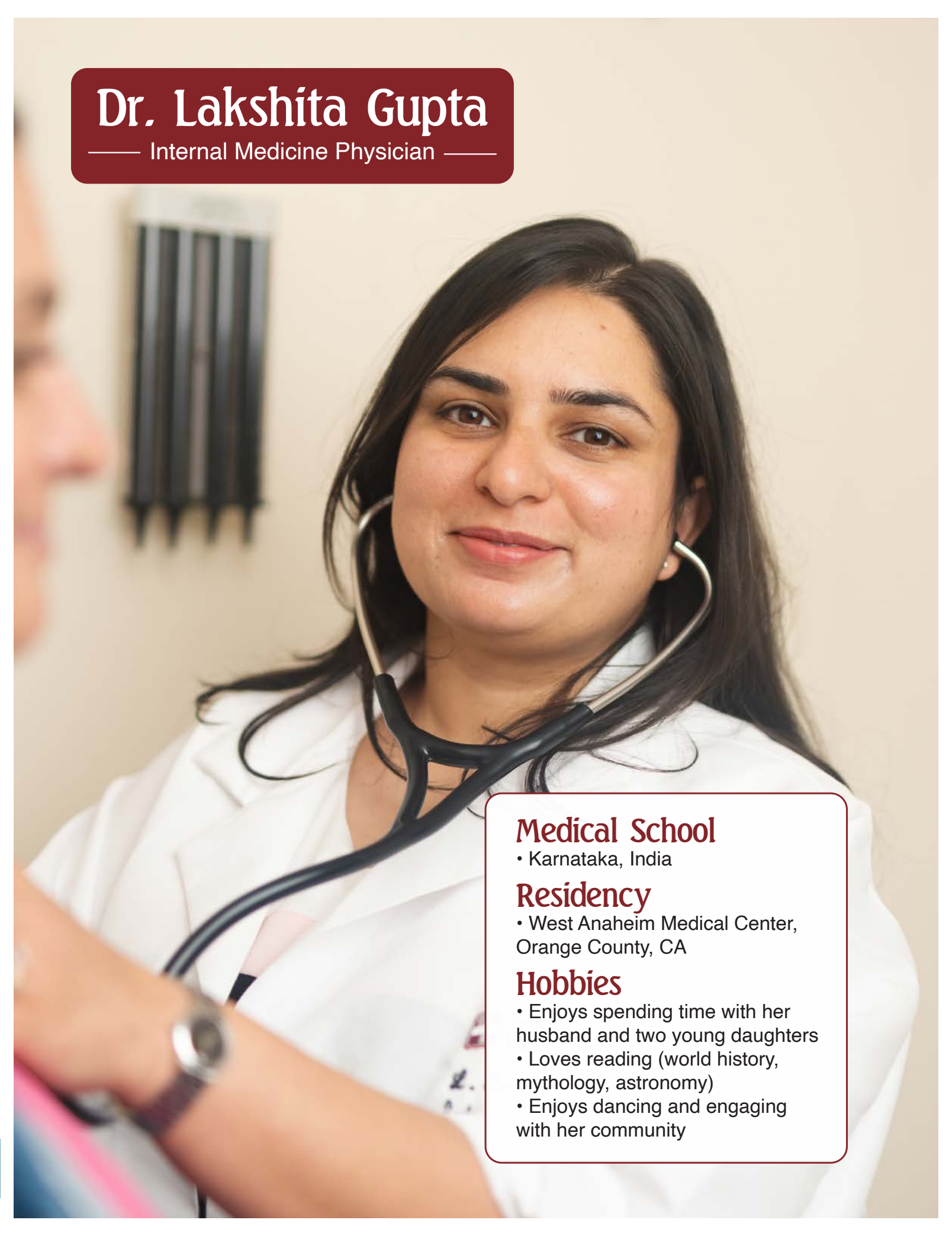


Hilda Mancilla, PA



Heidi Larson, FNP





Dr. Lakshita Gupta

— Internal Medicine Physician —

Medical School

- Karnataka, India

Residency

- West Anaheim Medical Center,
Orange County, CA

Hobbies

- Enjoys spending time with her husband and two young daughters
- Loves reading (world history, mythology, astronomy)
- Enjoys dancing and engaging with her community

Rancho Cucamonga

Providers

8231 Rochester Ave
Rancho Cucamonga, CA 91730

Appointment line:
909.483.7800

Dr. Ravinder Singh

Family Physician

Medical School

- Wayne State University in Detroit, Michigan

Residency

- Baylor College of Medicine in Houston, Texas

Hobbies

- Enjoys reading history and fiction
- Stays active at the gym and plays basketball
- Avid fan of Michigan sports



Barbara Santa Cruz, PA

Physician Assistant

Education

- Studied at Cerritos College
- Attended Cal State Dominguez Hills
- Completed training at Charles Drew Post-Graduate Medical School

Hobbies

- Enjoys yoga and hiking
- Passionate about promoting lifelong strength and vitality through movement and mindfulness



Upland Providers

525 N 13th Ave. Ste. A
Upland, CA 91786

Appointment line:
909.982.5111



Hilda Mancilla, PA

Physician Assistant

Education

- Undergraduate degree from Cal State San Bernardino
- Medical training at Western University of Health Sciences in Pomona, CA

Hobbies

- Enjoys hiking, Pilates, and music
- Values quality time with her family



Heidi Larson, FNP

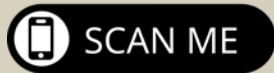
Family Nurse Practitioner

Education

- Undergraduate degree from Westmont College
- Graduate degree from University of Phoenix

Hobbies

- A lifelong advocate for health and fitness, she is a former professional athlete in women's figure bodybuilding and continues to live an active lifestyle.



**Call our Senior
Medicare Support
Team to find the
right doctor for you!**

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[ranchowellness.com](https://www.ranchowellness.com)



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