



Primary Care You Deserve

*Learn How to
Find the Right
Doctor For You!*

Call today!
619.910.2264

sandiegomedical.com

Dr. Morris

*Find local
doctors inside
like Dr. Morris!*

Building a healthier community, one patient at a time Since 1995

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.

San Diego Medical Group is located in Hillcrest.

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.

sandiegomedical.com

619.910.2264

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!
619.910.2264

Available Monday-Friday, 8 AM - 5 PM

Our Team Can Help With:

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

What You Can Expect:

- A dedicated point person for any issues you have.
- 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:





Building a healthier community, one patient at a time **Since 1995**

About San Diego Medical Group

Since 1995, San Diego Medical Group has delivered exceptional care from our Hillcrest office in the Mercy Medical Building, across from Scripps Mercy Hospital. Our five providers and dedicated staff offer comprehensive services—from annual and well-woman exams to treatment of chronic conditions like hypertension, diabetes, heart and lung disease, and more. Patients appreciate our efficient, patient-friendly office and convenient online tools for scheduling, results, refills, and messaging.

Provider Care Teams

Our providers work together to provide the most cohesive care. That way, no matter who you see, you can be confident your doctor knows your history and is available for you.

Be more than a Number

At San Diego Medical Group, we know how important it is for you to feel seen and valued by your doctor. Our providers are dedicated to building lasting connections with you, so you can lead a happier, healthier life.

Schedule your appointment online with ease!

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

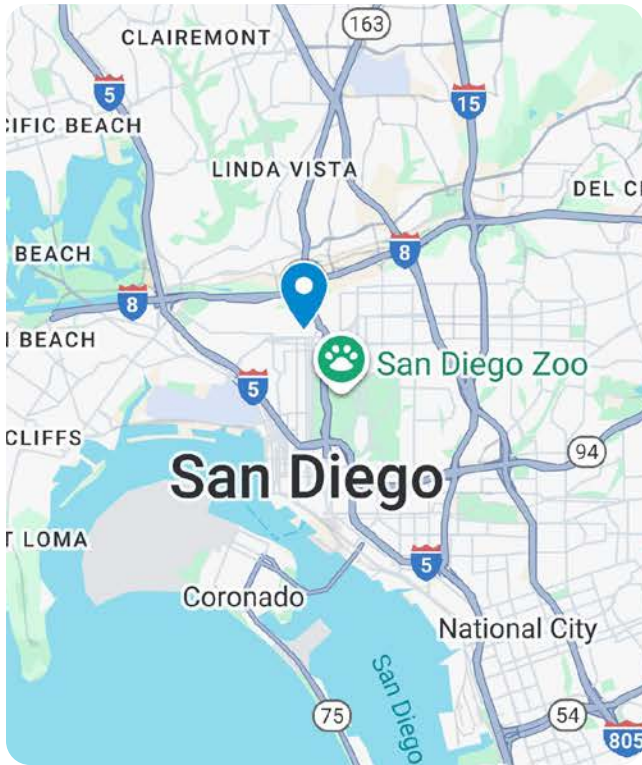


- ✓ 24/7 Access to booking appointments
- ✓ Book any visit, any time. No phone calls required
- ✓ Choose by provider, clinic, or next available
- ✓ Text confirmations and reminders

Scan the QR code
to get started!



Our Location & Providers



San Diego Medical Group - Hillcrest

4060 Fourth Ave., Suite 100
San Diego, CA 92103

Appointment Line:
619.718.9444

Parking Structure
Adjacent to our building
for your convenience.



Dr. Morris



Dr. Gavriluk



**Anna Mekhed,
FNP-C**



**Abbeygail Jiongco,
MSN, APRN, FNP-C**



Dr. Raylina Morris

FAMILY PHYSICIAN



sandiegomedical.com/aep/

San Diego
Featured Providers

4060 Fourth Ave., Suite 100
San Diego, CA 92103
Appointment line:
619.718.9444

About Dr. Raylina Morris

Dr. Raylina Morris completed her undergraduate studies at the University of San Diego, earning a bachelor's degree in neuroscience and philosophy. She went on to attend medical school in Las Cruces, New Mexico, before completing her residency training at Loma Linda University Health in Murrieta.

Her passion for medicine began in high school, when she volunteered at Rady Children's Hospital in San Diego, where she served for six years through high school and college. Those early experiences inspired her to pursue a career in medicine

and shaped her commitment to caring for underserved communities. Dr. Morris has a broad-spectrum family medicine focus, with particular interest in women's health and minor procedures such as joint injections and skin biopsies.

Outside of her work, Dr. Morris enjoys reading, spending time with her family, and attending baseball games. Growing up in San Diego, she witnessed firsthand the healthcare challenges faced by underserved populations, which continues to motivate her to provide compassionate, comprehensive care for her patients.

Become a patient!
Call today! 619.910.2264



Abbey Jiongco, FNP-C

FAMILY NURSE PRACTITIONER

Education

- University of West Florida
- United States University
- Master of Science in Nursing as a Family Nurse Practitioner with the American Association of Nurse Practitioners

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San Diego
Featured Providers

4060 Fourth Ave., Suite 100
San Diego, CA 92103

Appointment line:
619.718.9444

Dr. Igor Gavrilyuk

INTERNIST

Education

- St. Petersburg State Medical Academy, St. Petersburg, Russia

Residency

- Loma Linda University Medical Center



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Anna Mekhed, FNP-C

FAMILY NURSE PRACTITIONER



Education

- Master of Science from Grand Canyon University
- Post-Master's Family Nurse Practitioner program at Kaplan University

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San Diego
Featured Providers

4060 Fourth Ave., Suite 100
San Diego, CA 92103

Appointment line:
619.718.9444



Confidence in Care: Medicare Options for Your Healthcare Needs

You're invited to our educational Medicare seminars!
See What's Changing in Medicare for 2026

WHERE:

Chicken Pie Shop
2633 El Cajon Blvd
San Diego, CA 92104

**FREE DESSERT
AT NO OBLIGATION**
ILLUSTRATION
PURPOSES ONLY.



WHEN:

October 16 10:30am
October 23 1:30pm

November 6 10:30am
November 13 1:30pm
November 20 1:30pm

Presenting Licensed Insurance Agents:



Pamela Gasca
(619) 943-3204
info@kindredins.com
License #0185375



Jamie Thomas
(760) 478-6214
verityinssvcs@gmail.com
License #0L37578

**Seating is limited.
Reserve Your Spot!**

619-910-2264
TTY 711, (M-F, 9a-5p)

Free dessert at no obligation to enroll.
These events are for educational
purposes only. No plan information will
be shared. For special accommodations,
please call 619-910-2264.

Your Partner in Health Coverage!

When it comes to your health, having the right coverage makes all the difference. **Options Advantage Insurance Services** is dedicated to helping you find a Medicare Health Plan that fits your lifestyle, your health needs, and your budget. Whether you want all-in-one coverage, extra security, or help managing prescription costs, we have the solutions you can trust. Our services are at no cost to you.

- Medicare Advantage
- Medicare Supplement
- Prescription Drug Plans
- Enrollment Help
- Much More!

Can't Attend?

Meet our other Licensed Insurance Agents



Desiree Acosta
(213) 583-2736
desireea37@gmail.com
License #0D24863



Mikhail Yegiazaryan
(818) 875-5771
myegia@sbcglobal.net
License #0E89839



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.



Dr. Morris

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

619.910.2264

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 SCAN ME