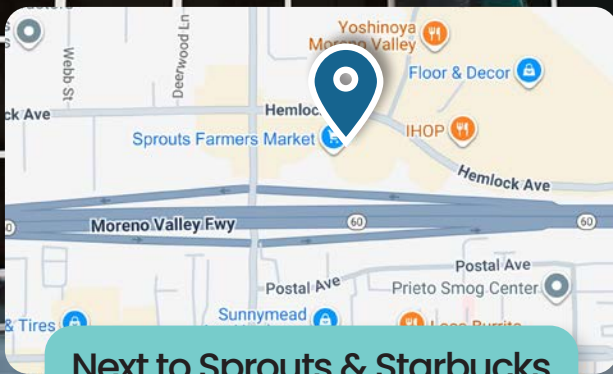




Moreno Valley Office Opening Soon!

TRUSTED PRIMARY CARE, CLOSE TO HOME

Meet Dr. Matthew Im



Next to Sprouts & Starbucks

ranchofamilymed.com | (951) 676-4193

Proudly serving Riverside County for over 80 years.

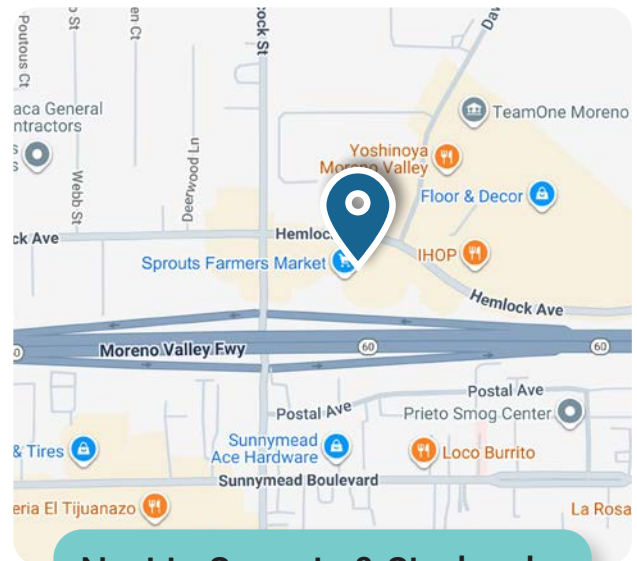
New Moreno Valley Office

NOW ACCEPTING NEW PATIENTS



24119 Hemlock Ave, Suite 104
Moreno Valley, CA 92557
(951) 414-8294

ranchofamilymed.com



Next to Sprouts & Starbucks

Comprehensive Primary Care at Every Age

Join the many families who trust Rancho Family Medical Group for accessible, advanced, and caring primary healthcare in your community.

- *Personalized care focused on your unique health*
- *Same-day and next-day appointments available.*
- *Prevention and chronic disease management*
- *Fast, seamless specialist referrals*
- *Thousands of 5-star reviews*
- *Modern facilities with online scheduling & telehealth*
- *Concierge team supporting Medicare patients*

Helping Seniors Navigate Their Healthcare With Ease

Managing your healthcare can feel overwhelming, but you don't have to do it alone. Our dedicated Senior Concierge team members are just a call away to guide you through every step.

Call Senior Concierge Line:
(951) 225-6808

Available Monday-Friday, 8 AM - 5 PM

Our Team Can Help With:

- Switching to a Rancho Family 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:



Bringing Advanced Primary

1. We Specialize in Senior Healthcare

Call Senior
Concierge Line:
(951) 225-6808



SENIOR CONCIERGE 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

APPS (ADVANCED PRACTICE PROVIDERS) ARE EITHER A PHYSICIAN ASSISTANT OR NURSE PRACTITIONER.

Have specialized training in:

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

APPs work in collaboration with a doctor as part of your care team.

3. 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.

Care Close to Home



4. 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.



5. Online Scheduling

With our secure online scheduling, you can book appointments 24/7 on your own time.

Skip the wait! Schedule your visit in seconds.

APPOINTMENT WAITLIST

Need to be seen sooner? Join our Waitlist. If an earlier appointment opens up, you'll automatically get a text or email offering you the slot—so you can get care as quickly as possible.

MORENO VALLEY OFFICE

Meet Dr. Matthew Im

FAMILY PHYSICIAN

Dr. Matthew Im is a family physician at Rancho Family Medical Group's Moreno Valley office. He grew up in Temecula and was inspired to pursue medicine by his father, Dr. Tae Im, who has long been part of Rancho Family. Early experiences on medical mission trips to Haiti and the Philippines further shaped his passion for serving others.

EDUCATION

Dr. Im completed his undergraduate studies at Southern Adventist University in Tennessee before earning his medical degree and completing his residency in family medicine at Loma Linda University. There, he embraced the philosophy of treating the whole person—body, mind, and spirit—which continues to guide his approach to patient care today.

OUTSIDE OF CLINIC

Outside of medicine, Dr. Im enjoys baseball as a San Diego Padres fan, exploring new coffee and food spots, and staying active through sports like basketball, pickleball, and softball. He also has a passion for photography and videography. Above all, he looks forward to partnering with his patients on their health journey.



Seeing patients
in Moreno Valley

Call to Schedule
an Appointment:
(951) 676-4193

Health & Harmony Through Nature Photography: A Doctor's Perspective

For Dr. Matthew Im, family medicine is more than treating symptoms — it's about embracing wellness in every part of life. Beyond his clinical practice at Rancho Family Medical, Hemet, Dr. Im is passionate about nature photography, a hobby that nourishes both mind and body.

Spending time outdoors, camera in hand, encourages mindfulness and presence in the moment. Slowing down to notice details like the texture of leaves, shifting light, or a bird in flight invites calm in a fast-paced world.

The benefits go beyond mental clarity. Regular time spent walking and exploring nature for photography supports physical health by encouraging gentle exercise, boosting cardiovascular fitness, and improving immune response. It's an accessible, joyful way to prioritize wellness.

Dr. Im believes that hobbies like nature photography offer patients more than just relaxation — they help build healthy habits that support long-term emotional and physical well-being. He encourages patients to find similar activities that connect them to the outdoors and to themselves.

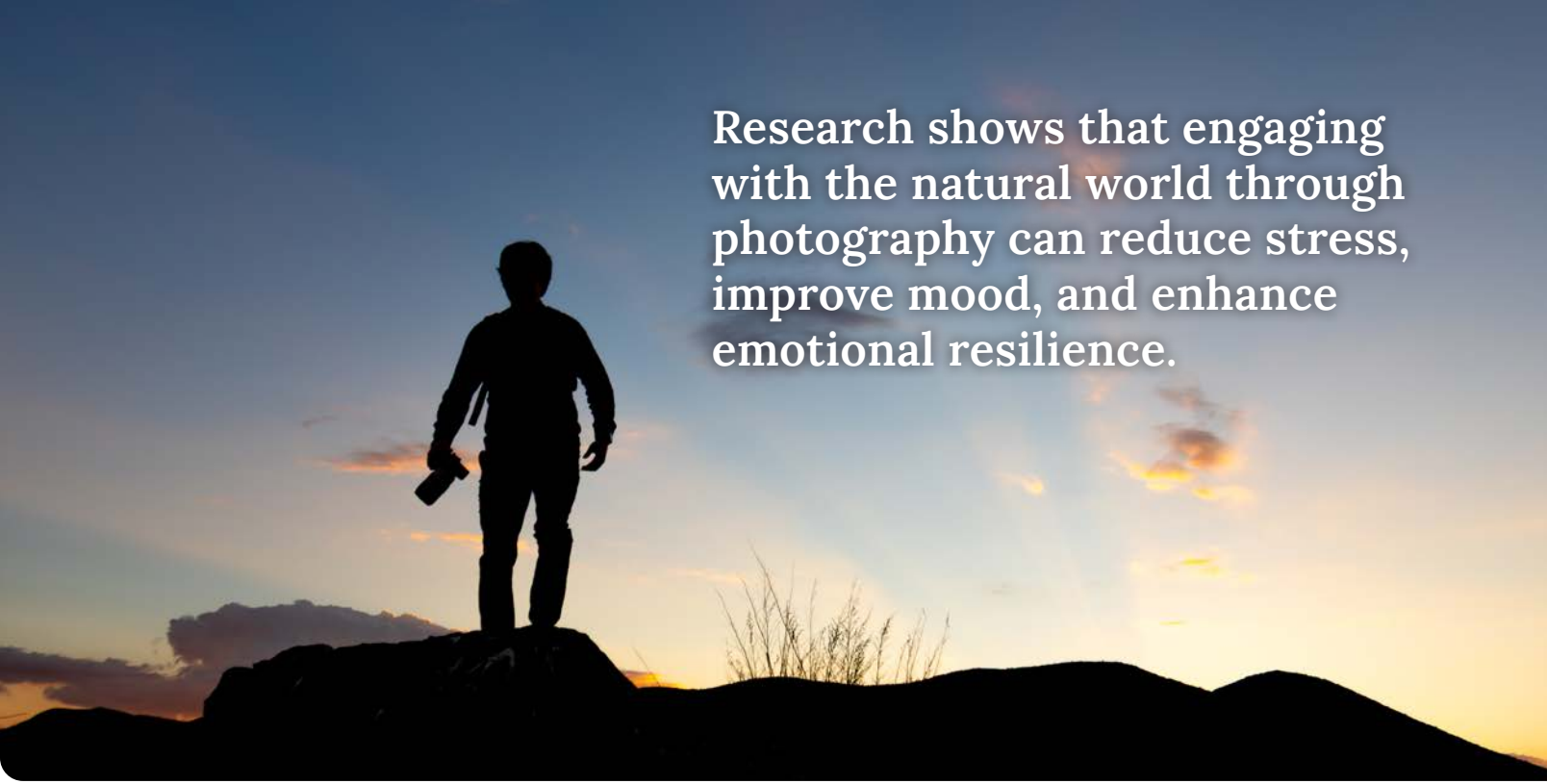
“As a doctor, I see how health is holistic. Mind, body, and spirit all matter. Photography in nature is a perfect example of how a simple, creative pursuit can enhance all these,”



Dr. Im shares. “It’s about more than pictures — it’s about carving out space for healing and finding your balance amid the noise.”

Dr. Im encourages you to step outside, slow down, and experience the world through a lens of wellness and mindful connection.

Research shows that engaging with the natural world through photography can reduce stress, improve mood, and enhance emotional resilience.



Overnight Oats

Blueberry & Peanut Butter

Servings
1

Prep Time
10 min

Calories
215 kcal

Ingredients

½ c Rolled oats
½ tbsp Chia seeds
½ c Almond milk
1 tbsp Honey (optional)
¼ c Granola
1 tbsp Peanut butter
Blueberries

Directions

STEP 1 Add your oats and chia seeds to a small jar or bowl.

STEP 2 Mix with a spoon. Then pour almond milk and honey on top.

STEP 3 Give the mixture a good stir. Cover and chill in the fridge for at least 2 hours or overnight. This will allow the oats to soak and soften.

STEP 4 In the morning, just grab one of the jars, add your toppings and enjoy it at home or on-the-go.

Zuppa Toscano

Servings
10

Prep Time
15 min

Cooking Time
20 min

Calories
114 kcal

Ingredients

1lb Italian sausage, spicy or sweet depending on preference
 ½ package of shredded kale
 ½ large onion, chopped
 2 tbsp chopped garlic
 1 package of gnocchi
 4 slices of bacon, chopped into pieces
 1 cup heavy whipping cream
 5 cups chicken stock
 Salt, pepper, and red pepper flakes to taste

Directions

STEP 1 In a large soup pot, cook Italian sausage over medium high heat until browned. Take out the sausage and set aside on a plate.

STEP 2 Cook the chopped slices of bacon in the pot until crispy and set aside on a paper towel lined plate for the fat to drain.

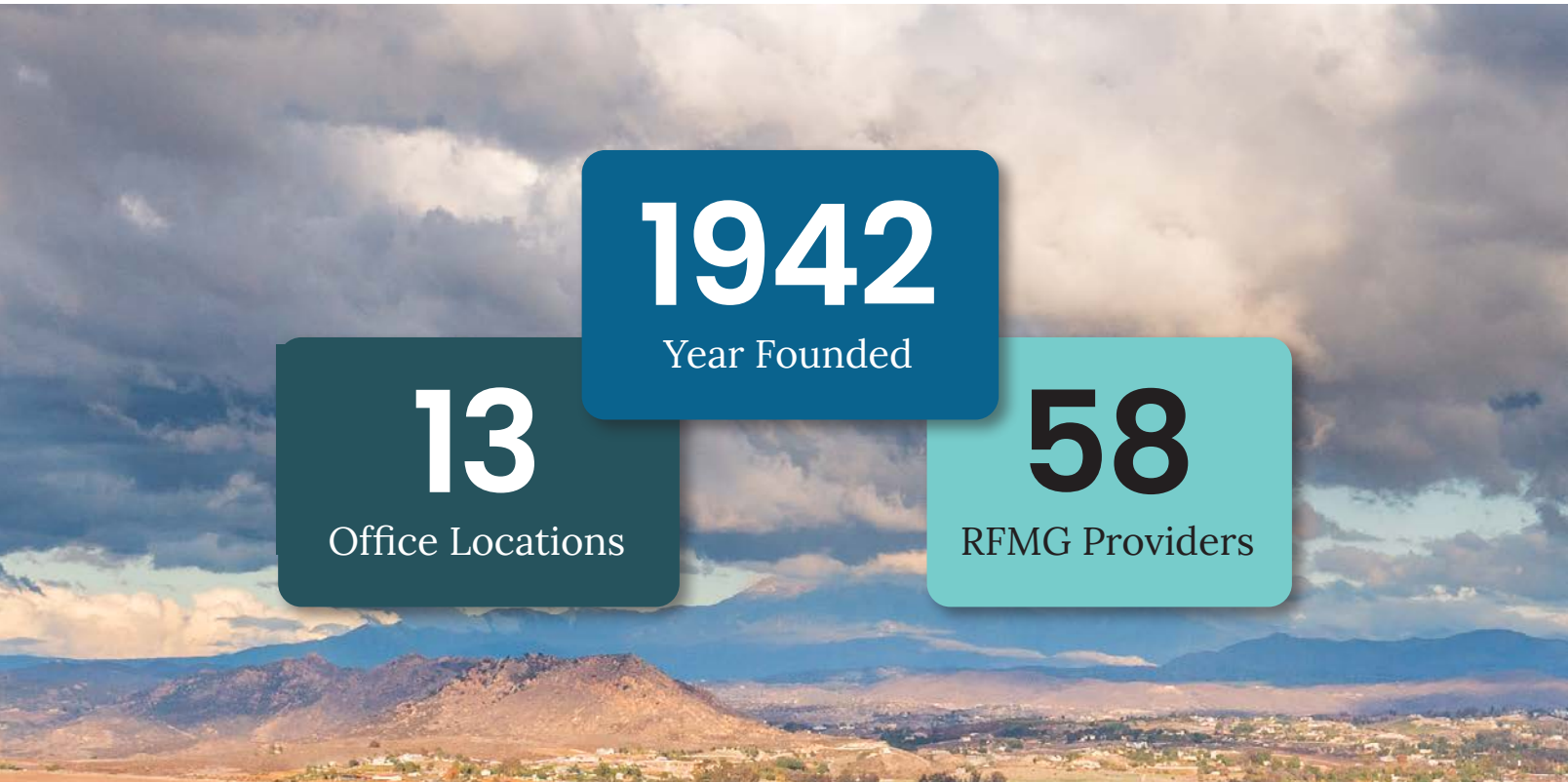
STEP 3 In the bacon fat, sautee onions until almost translucent and add the garlic until fragrant. Make sure not to burn the garlic or it will become bitter.

STEP 4 Add the sausage back into the pot and mix with the garlic and onions. Add in the chicken stock and bring to a boil.

STEP 5 Taste and make sure the soup is seasoned enough with salt and pepper and red pepper flakes if using.

STEP 6 Once the water is boiling, put in the gnocchi and cook according to package instructions, typically 3 minutes. Once the gnocchi is cooked, turn off the heat.

STEP 7 Add in the heavy whipping cream and kale and stir until the kale is wilted and the cream is incorporated.



1942

Year Founded

13

Office Locations

58

RFMG Providers

Primary Care | Pediatrics | Senior Care
Urgent Care | Hospitalists | Wellness Resources

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an Appointment:
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RANCHO FAMILY
MEDICAL GROUP

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February 2026