

Trusted Primary Care for the Inland Empire, All in One Place

Your guide to choosing the right primary care provider this Open Enrollment.



Find local providers inside.

Same-week appointments. Real conversations.

CALL TODAY

909.483.7800

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

RANCHO CUCAMONGA

8231 Rochester Ave
909.483.7800

UPLAND

525 N 13th Ave, Ste. A
909.982.5111

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

OPEN ENROLLMENT PERIOD

OCT 15 – DEC 7

Your once-a-year chance to review or change your Medicare Benefits for 2027.

1 WHAT IS AEP?

Medicare's Annual Enrollment Period runs October 15 to December 7 - the time to review your coverage for the coming year.

2 WHY IT MATTERS

Plans change every year - benefits, provider networks, and costs. Make sure yours still works for you.

3 HOW WE HELP

We connect you with licensed Medicare brokers, help you know your benefits, and make changes before December 7.

- ✓ Know your benefits
- ✓ Call us for plan-friendly info
- ✓ Make changes before Dec. 7

How to use this magazine to find your provider

Choosing a provider is personal. Here's how to make the best choice for your care.

01 – Think about what matters most

Preventive care? Easy communication? Treatment options? Short wait times? Consider what's most important for your health journey.

02 – Decide how far you'll travel

You'll find us in two convenient locations - Rancho Cucamonga and Upland.

03 – Explore our providers

Learn where our providers trained, and get a feel for their approach and personality.

**Have questions?
We're here to help.**

Our Senior Medicare Support Team can guide you.

909.277.6207

OUR LOCATIONS & PROVIDERS



Rancho Wellness
YOUR MEDICAL HOME



Rancho Cucamonga

8231 Rochester Ave
Rancho Cucamonga, CA 91730

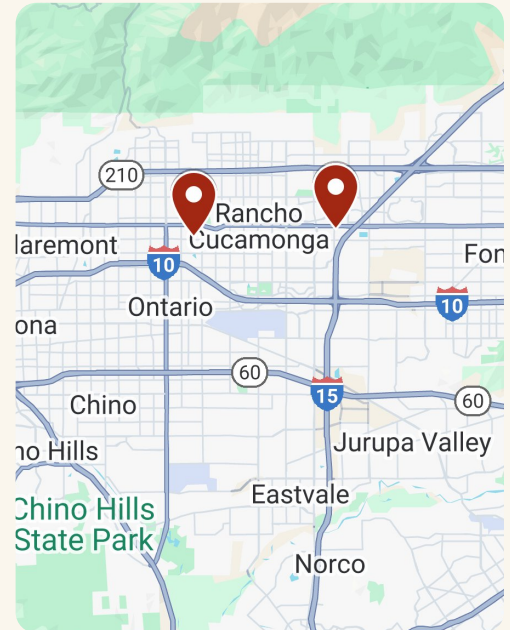
Appointment line:
909.483.7800



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. Ravinder Singh

FAMILY PHYSICIAN



LEARN
MORE

TRAINING

Medical School

Wayne State
University, Detroit

Residency

Baylor College of
Medicine, Houston

Dr. Ravinder Singh is a primary care physician with more than 25 years of experience. He emphasizes healthy lifestyle choices to help prevent and manage chronic disease, partnering with patients to achieve lifelong wellness.

OUTSIDE WORK

Reading, working out, & following Michigan sports
ranchowellness.com/ravinder-singh/



Dr. Lakshita Gupta

INTERNAL MEDICINE PHYSICIAN



LEARN
MORE

TRAINING

Medical School

Karnataka, India

Residency

West Anaheim Medical
Center, Orange County, CA

Dr. Gupta is passionate about preventive care, patient education, and helping patients stay healthy while avoiding unnecessary medications whenever possible. Dr. Gupta values building trusting relationships so her patients feel comfortable and heard.

OUTSIDE WORK

Spending time with her family, reading, & dancing
ranchowellness.com/lakshita-gupta/

SEES PATIENTS AT

Rancho Cucamonga
909.483.7800

Upland
909.982.5111



Become a Patient

MEET MORE OF OUR CARE TEAM



Barbara Santa Cruz, PA

PHYSICIAN ASSISTANT

A Southern California native, Barbara began her career in nursing before becoming a PA in the profession's early days. She's passionate about wellness at every stage of life - with a special focus on menopausal care, chronic disease management, and bioidentical hormone replacement therapy.

EDUCATION

Cerritos College • Cal State Dominguez Hills • Charles Drew Post-Graduate Medical School

OUTSIDE WORK

Yoga, hiking, movement & mindfulness

Heidi Larson, FNP

FAMILY NURSE PRACTITIONER

Board-certified and caring for patients at Rancho Cucamonga for the past ten years. Originally from Huntington Beach, Heidi is a lifelong advocate for health and fitness - a former professional athlete in women's figure bodybuilding who is passionate about helping patients achieve their best health through personalized care.

EDUCATION

Westmont College • University of Phoenix

OUTSIDE WORK

Fitness & an active lifestyle



Hilda Mancilla, PA

PHYSICIAN ASSISTANT

A lifelong Inland Empire resident, Hilda is passionate about preventive care, patient education, and healthy lifestyles. Her wellness philosophy emphasizes balanced nutrition, regular exercise, hydration, and quality sleep.

EDUCATION

Cal State San Bernardino • Western University of Health Sciences, Pomona

OUTSIDE WORK

Hiking, Pilates, music & family

CONFUSED ABOUT MEDICARE?

We Make It Simple.

Get **clear** answers. Make **confident** decisions.
Avoid **costly** mistakes.



JOIN US FOR A
FREE
DINNER AND
EDUCATIONAL
SEMINAR



Enjoy a complimentary dinner
at Stonefire Grill



10680 Foothill Blvd
Rancho Cucamonga, CA 91730



Turning 65 Soon?
Learn the Medicare Basics.



Tuesday, November 3rd



Wednesday, November 11th



Monday, November 16th



6:00 pm



Already on Medicare?
Learn about your 2027 options.



Monday, November 2nd



Wednesday, November 4th



Tuesday, November 10th



Thursday, November 12th



6:00 pm

YOU'LL LEARN HOW TO:



**KEEP YOUR
DOCTORS**

Understand which
plans include the
doctors you trust.



**AVOID LIFETIME
PENALTIES**

Learn key enrollment
rules so you don't
pay more later.



**COMPARE YOUR
OPTIONS**

Medicare Advantage
vs. Supplements -
what's right for you?



**SAVE ON
PRESCRIPTION
DRUGS**

Find drug coverage
that fits your health
and your budget.



2027 Medicare changes explained in plain English



PRESENTED BY:

10 Year Medicare Expert

Jason Juarez

(909) 728-0255

CA License #4006195

Seating is limited!

**RESERVE YOUR FREE DINNER
TODAY!**

Call Jason directly to
reserve your seat.



FREE MEDICARE SEMINARS

Find out about the upcoming Medicare changes for 2027



Join us at an educational seminar near you. As a licensed insurance agent, I'm here to make Medicare easy to understand—and help you find the plan that fits.

**Reserve your spot
& ENJOY A WHOLE PIE!**

(800) 593-9215

TTY 711
24 hours / 7 days

Central Park Senior Center

11200 Base Line Rd, Rancho Cucamonga, CA 91701

MONDAYS - 10 AM & 2 PM

OCT: 19, 26

NOV: 9, 16



**WHOLE
PIE**

Pacific Community Center

814 Alpine St., Upland, CA 91786 · Room 2

WEDNESDAYS - 10 AM & 2 PM

OCT: 21, 28

NOV: 4, 11, 18

DEC: 2



**WHOLE
PIE**

Brandon's Diner

24626 Sunnymead Blvd.
Moreno Valley, CA 92553

FRIDAYS - 11 AM

OCT: 16, 23, 30



**MID-DAY
SNACK**

Virtual - Zoom Meeting

SATURDAYS - 10 AM

OCT: 17, 31

NOV: 14

**LINK TO
JOIN BELOW**

FRIDAY - 10 AM

NOV: 20

THURSDAY - 10 AM

DEC: 3



PRESENTED BY:

**Diana Ordaz
Cherrington**

CA LIC# 4035485



**SCAN ME
TO JOIN**

LINK TO JOIN

<https://us06web.zoom.us/j/7703189485?wd=5RQ93eN1m2FQDRU6FJp6ukJmgCBH0w.1>

MEETING ID: 770 318 9485

PASSWORD: APHIS2026

Enjoy a free whole pie with no obligation to enroll. These events are for educational purposes only; no plan benefit information will be shared. For accommodation of persons with special needs at meetings, call (909) 781-3057, TTY 711, M-F 9am-5pm PST. By calling the number above, you will be directed to a licensed insurance agent. CA LIC 4035485



"MEET THE DOCTOR" EVENTS

FIND THE RIGHT PROVIDER FOR YOU

Meet Rancho Wellness providers, ask questions, and discover the right fit for your healthcare needs.

FREE CATERED MEAL

Limited seating available!



Call to RSVP & learn more:

909.277.6207

ranchowellness.com



SCAN ME

Oct. 2026