

Locations

- 1 Poway – Outpatient Center**
15611 Pomerado Road, Poway, CA 92064
- 2 Escondido – Health Center Building**
488 East Valley Parkway, Suite 400
Escondido, CA 92025
- 3 Escondido – Makena Medical Center**
1955 Citracado Parkway, Escondido, CA 92029
- 4 Escondido – Outpatient Center**
2125 Citracado Parkway, Escondido, CA 92029
- 5 Poway – Pomerado Professional Plaza**
15706 Pomerado Road, Unit 110, Poway, CA
- 6 Ramona**
211 13th Street, Ramona, CA 92065
- 7 Rancho Peñasquitos – Prado Building**
9878 Carmel Mountain Road,
San Diego, CA 92129

- 8 San Marcos – Outpatient Center**
120 Craven Road, San Marcos, CA 92078
- 9 Valley Center**
28743 Valley Center Road, Suite #B,
Valley Center, CA 92082
- 10 Vista – Premier Crossing**
2385 South Melrose Drive, Vista, CA 92081

URGENT CARE

- 1 POWAY | 858.675.3200**
Every Day: 9 a.m. – 8 p.m.
- 6 RAMONA | 760.789.5174**
Monday – Friday: 10:30 a.m. – 7 p.m.
Saturday: 9 a.m. – 4 p.m.

● OFFICES ● OFFICES WITH URGENT CARE



About Us

Palomar Health Medical Group, formerly Arch Health, is a multi-specialty, not-for-profit health care organization dedicated to enhancing the health of people in our communities. Based in San Diego, California, with more than 90 providers and 300 employees, we serve nearly 85,000 patients in North County San Diego at our medical centers in Escondido, Poway, Ramona, Rancho Peñasquitos, San Marcos, Valley Center and Vista.

These convenient locations offer outpatient services such as primary and specialty care, diagnostic and urgent care.

Proud Partners in Healthcare:

By choosing Palomar Health Medical Group, you have access to Palomar Health's nationally-recognized hospital facilities:

- > Palomar Medical Center Escondido
- > Palomar Medical Center Poway



Our partnership with Palomar Health also gives our doctors and patients access to Mayo Clinic expertise that you can't find anywhere else in San Diego.

Award-Winning Care!



Virtual Visits

Conveniently meet with our doctors from any location using your phone or smart device.



Provider Directory

2021-2022



URGENT CARE

1 Poway – Outpatient Center | 858.675.3200

6 Ramona | 760.789.5174

FAMILY MEDICINE

1 Poway – Outpatient Center | 858.675.3210

Nasrin Arbabi, MD	Yusra Mir, MD
Ludmilla Ionescu, MD	Richard Putnum, MD
Louis Maletz, MD	Simon Tanksley, MD
Susan Meram, MD	

6 Ramona | 760.789.5160

Ellen Blando, MD	Jerry Miller, MD
Susan Farrish, MD	Todd Wells, MD
Janine Kasch, DO	Cathy Shaffer, NP

7 Rancho Peñasquitos – Prado Building | 858.312.1440

Scott Miller, MD	Amy Trewella, MD
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9 Valley Center | 760.749.0824

Roy Johnson, MD

INTERNAL MEDICINE

4 Escondido – Outpatient Center | 760.294.2266

Marina Ross, MD	Joseph Garvin, AGNP
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1 Poway – Outpatient Center | 858.675.3293

Stuart Andersen, MD	Dennis Mamaril, MD
David Carty, MD	Larry Presant, MD
Belinda Dure-Smith, MD	Jennifer Young, PA

6 Ramona | 760.789.5160

Martin Schwartz, MD

PEDIATRICS

1 Poway – Outpatient Center | 858.675.3170

Stuart Graham, MD	Cheryl Shanmugam, MD
Sonal Khattri, MD	

HEART & VASCULAR

> CVT Surgery	> Interventional Cardiology
> Electrophysiology	> Invasive Cardiology
> Heart Failure	> Non-Invasive Cardiology

3 Escondido – Makena Medical Center | 760.743.0546

Roger Acheatel, MD	Mikhail Malek, MD
Ankur Bakshi, MD	Navinder Sawhney, MD
Hamed Bayat, MD	Rod Serry, MD
Andrew K. Chen, MD	Christopher Vanichsarn, MD
Christopher Gilbert, MD	Mo Ahmadi, NP
Jeffrey Gorwit, MD	Kimberly Barmack, FNP
Young Lee, MD	Jenna Gilbert, PA
Yuan Lin, MD	

1 Poway – Outpatient Center | 858.592.2696

Hamed Bayat, MD	Rod Serry, MD
Andrew K. Chen, MD	Christopher Vanichsarn, MD
Young Lee, MD	Kamen Zakov, MD
Daniel Mulvihill, MD	Jenna Gilbert, PA
Navinder Sawhney, MD	Judith Meyers, NP

BARIATRIC SURGERY

1 Poway – Outpatient Center | 760.300.3647

Karen Hanna, MD

10 Vista – Premier Crossing | 760.300.3647

Karen Hanna, MD

DERMATOLOGY

1 Poway – Outpatient Center | 858.675.3145

Patrick Armstrong, MD	Paul Jou, MD
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4 Escondido – Outpatient Center | 858.675.3145

Patrick Armstrong, MD	Paul Jou, MD
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6 Ramona | 760.789.5160

Stephen Shewmake, MD

EAR, NOSE AND THROAT & AUDIOLOGY

1 Poway – Outpatient Center | 858.485.7870

Patrick Fitzgerald, MD	Alison Learn, MD
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ENDOCRINOLOGY

4 Escondido – Outpatient Center | 760.294.2266

Farhad Farjoudi, MD

1 Poway – Outpatient Center | 760.294.2266

Farhad Farjoudi, MD

GASTROENTEROLOGY

1 Poway – Outpatient Center | 858.675.3150

Maram Zakko, MD

GENERAL SURGERY

1 Poway – Outpatient Center | 760.300.3647

Jay Grove, MD	Jennifer Ottino, DO
Karen Hanna, MD	

10 Vista – Premier Crossing | 760.300.3647

Adam Fierer, MD	Jennifer Ottino, DO
Karen Hanna, MD	

HEMATOLOGY – NEW!

4 Escondido – Outpatient Center | 760.740.2715

Hardeep Phull, MD

MEDICAL WEIGHT MANAGEMENT

1 Poway – Outpatient Center | 1st Floor | 760.300.3647

Karen Hannah, MD

1 Poway – Outpatient Center | 3rd Floor | 858.618.1191

Pegah Mashayekhi, DO

NEUROLOGY | 858.613.8900

*see note

NUTRITION

1 Poway – Outpatient Center | 858.675.3150

Janice Baker, RDN

*Services offered through our affiliated network. Please call 858.613.8900 for more information.

OBGYN & UROGYNECOLOGY – NEW!

2 Escondido – Health Center Building | 760.233.1896

Natalia Babkina, MD	Rachel Krochmal, NP
Brano Cizmar, MD	Karen Manchester, NP
Paul Hinshaw, DO	Elizabeth Saez, NP

3 Escondido – Makena Medical Center | 760.233.1896

Natalia Babkina, MD	Karen Manchester, NP
Brano Cizmar, MD	Pam Rudisill, NP
Paul Hinshaw, DO	Elizabeth Saez, NP
Rachel Krochmal, NP	

5 Poway – Pomerado Professional Plaza | 858.485.0130

Damon Cobb, DO

8 San Marcos – Outpatient Center | 760.740.2710

Kari Purcott, MD

ONCOLOGY – NEW!

4 Escondido – Outpatient Center | 760.740.2715

Hardeep Phull, MD

OPHTHALMOLOGY / OPTOMETRY

1 Poway – Outpatient Center | 858.675.3140

Jeffrey Lozier, MD	Michelle Kim, OD
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ORTHOPEDIC SURGERY

> Foot & Ankle	> Spine
> Hand	> Sports Medicine
> Joint Replacement	> Trauma
> Shoulder/Elbow	

3 Escondido – Makena Medical Center | 760.743.4789

Daniel Barba, MD	Ariel Palanca, MD
Brad Cohen, MD	Arush Patel, MD
Thomas Knutson, MD	Lorra Sharp, MD
K.C. Owsley, MD	Alexandra Chatfield, PA

1 Poway – Outpatient Center | 3rd Floor | 858.675.3286

Philip Balikian, MD	David Hustosky, PA
Lorra Sharp, MD	

1 Poway – Outpatient Center | 5th Floor | 858.485.0050

James Bried, MD	Ariel Palanca, MD
Brad Cohen, MD	Alexandra Chatfield, PA
K.C. Owsley, MD	

PULMONOLOGY

4 Escondido – Outpatient Center | 760.489.1458

Frank Bender, MD	Michele Quan, MD
Gregory Hirsch, MD	Kenneth Trestman, MD
Steven Popper, MD	

1 Poway – Outpatient Center | 760.489.1458

Frank Bender, MD	Michele Quan, MD
Gregory Hirsch, MD	Kenneth Trestman, MD
Steven Popper, MD	

RHEUMATOLOGY

4 Escondido – Outpatient Center | 858.675.3150

Soumya Rao, MD

1 Poway – Outpatient Center | 858.675.3150

Soumya Rao, MD



Arch Health Medical Group is now
Palomar Health Medical Group.

At this time, nothing will change for our patients. As we transition into a more strongly aligned system over time, you will begin to have access to a broader network of high-quality providers.

For simplicity, this year we will remain listed as Arch Health during your Open Enrollment selection.

SKILLED NURSING

Martin Schwartz, MD, SNF	Mohinderpal Thaper, MD
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SLEEP MEDICINE

1 Poway – Outpatient Center | 858.618.1191

Pegah Mashayekhi, DO

UROLOGY

3 Escondido – Makena Medical Center | 858.673.2450

Julian Anthony, MD	Tiffany Ebersohl, PA
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1 Poway – Outpatient Center | 858.673.2450

Julian Anthony, MD

ADDITIONAL SERVICES:

Anticoagulation
(Coumadin) Clinic

Infusion Services

Lab Services | 442.281.1610

> Escondido – Outpatient Center
> Poway – Outpatient Center
> Ramona

Radiation Oncology
Vaccinations

Imaging Services

> Echocardiogram
> Nuclear Medicine
> Ultrasound
> X-Ray

BILLING | 760.291.6621

MEDICAL RECORDS | 858.675.3199

Visit our website for additional information:

PalomarHealthMedicalGroup.org