



Working together  
for members

Blue Shield  
of California

and

Optum  
Care  
Network-  
AppleCare  
Select

Blue Shield of California and Optum Care Network-AppleCare Select have teamed up to work towards a better experience for our members.

We are working together to create better coordination and communication among our members' health plan, doctors, and hospitals.

Together, we're helping provide members with best-practice, clinical care that is more personalized and easier to access.

### About Optum Care Network-AppleCare Select

Optum Care Network-AppleCare Select is a multi-specialty group of private-practice, independent physicians. Our family of providers serves over 100,000 members across Los Angeles and Orange County.

Our more than 900 board-certified primary care and specialist physicians have been serving the southeast area of Los Angeles and north Orange County for decades, dedicating our medical expertise and passion to improving the health of the communities in which we live and work.

Our family practice physicians include internal medicine, general medicine, ob/gyn, geriatric specialists, and more.

Each day we strive to shape a health care system that works better for your whole health. Our aim is to:

- Bring every aspect of health care together to give a complete view of your health
- Provide you with personalized insights to help guide your decisions for easier health care experiences
- Support you anywhere you need us by giving you affordable choices to meet your needs
- Drive better options for your health care that help you live a healthy life

trio<sup>HMO</sup>

Part of **Blue Shield's Trio provider network**, focused on delivering choice, affordability and coordinated care. Learn more at [blueshieldca.com/trio](https://blueshieldca.com/trio).

## Access and convenience

**Optum Care Network-AppleCare Select makes it easy to access care when you need it.**

- **Close to home and Accessible:** Clinic locations, urgent care centers, and hospitals with convenient locations
- 11 conveniently located hospitals
- 34 urgent care centers located near work and home with extended hours and weekend access.
- Multiple locations for convenience (i.e., multiple physician offices, clinics etc.)
- Dedicated customer service team to help navigate the system

## Service and support

**Our facilities, programs and services provide extra health and wellness support.**

- Dedicated customer service team, ready to assist with your healthcare needs
- Case management and complex care management
- On-staff diabetic educators and nutritionists (select locations)
- On-site pharmacies (select locations)

Optum Care Network-AppleCare Select offers a wide range of medical, surgical and support services at locations throughout Los Angeles.

Contact **1-800-460-5051, TTY 711** for assistance to find doctors, learn about services & classes

Visit [optum.com/applecare](https://www.optum.com/applecare) for details on the extensive range of service, information, and programs available.

## ! URGENT CARE CENTERS

Conveniently located Urgent Care facilities across LA and Orange County.

Visit <https://www.applecaremedical.com/im-looking-for/urgent-care> for more information.

## 📍 LOCATIONS

Optum-Downey Brookshire  
11525 Brookshire Ave. Ste. 300, Downey, CA 90241  
562-869-4497

Optum-Downey Lakewood (Specialty)  
10441 Lakewood Blvd., Ste. A and B, Downey, CA 90241  
562-869-1089

Optum-Lynwood  
3628 E Imperial Hwy. Ste. 202, Lynwood, CA 90262  
310-631-5000

Optum-Whittier  
15111 Whittier Blvd. Ste. 102, Whittier CA 90603  
562-945-6440

## H PREFERRED HOSPITAL AFFILIATIONS\*

Anaheim Regional Medical Center  
Beverly Hospital Medical Center  
Lakewood Regional Medical Center  
Long Beach Memorial Medical Center  
Los Alamitos Medical Center  
Memorial Hospital of Gardena  
Monterey Park Hospital  
PIH Health Hospital – Downey  
Placentia-Linda Hospital  
St. Francis Medical Center  
Whittier Hospital Medical Center

## 🏥 HEALTHCARE PROVIDERS

- 500+ primary physicians
- 400+ top specialists
- 4 group clinic locations
- 34 urgent care centers
- 11 hospitals

\* Preferred hospitals shown are part of the Trio ACO HMO Network providing coordinated care to members. For a complete listing of hospital affiliations, please visit [blueshieldca.com/fap](https://www.blueshieldca.com/fap).

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