



● OFFICES ● OFFICES WITH URGENT CARE

- 1 Pomerado Outpatient Pavilion
15611 Pomerado Road, Poway, CA 92064
- 2 Pomerado Medical Center
15525 Pomerado Road, Poway, CA 92064
- 3 Citracado Parkway
1955 Citracado Parkway, Escondido, CA 92029
- 4 Valley Parkway
488 East Valley Parkway, Suite 211, Escondido, CA 92025
- 5 Ramona
211 13th Street, Ramona, CA 92065
- 6 Rancho Peñasquitos
9878 Carmel Mountain Road, San Diego, CA 92129
- 7 Valley Center
28743 Valley Center Road, Suite #B, Valley Center, CA 92082
- 8 San Marcos - Coming Soon!
120 Craven Road, 1st Floor, San Marcos, CA 92078

Urgent Care

- 1 POWAY | 858.675.3200
Sunday - Saturday: 9 a.m. - 8 p.m.
- 5 RAMONA | 760.789.5174
Monday - Friday: Noon - 7 p.m.
Saturday: 9 a.m. - 4 p.m.



Provider Directory

ArchHealth.org



URGENT CARE

1 POWAY – POMERADO OUTPATIENT PAVILION

URGENT CARE | 858.675.3200

Michael Cutler, MD
Joseph Fiore, MD
Charles Hardison, MD
Sadaf Najand, MD

Todd D. Wells, MD
Keri L. White, MD
Anapatricia Najera-Higareda, FNP

5 RAMONA

URGENT CARE | 760.789.5174

Scott Flinn, MD
Steven Holm, PA

PRIMARY CARE

4 ESCONDIDO – VALLEY PARKWAY | 760.294.2266

FAMILY MEDICINE

Susan Farrish, MD

INTERNAL MEDICINE

Pegah Mashayekhi, DO
Joseph Garvin, AGNP

SLEEP MEDICINE

Pegah Mashayekhi, DO

1 POWAY – POMERADO OUTPATIENT PAVILION

FAMILY MEDICINE | 858.675.3210

Nasrin Arbabi, MD
Carol Cornelius, MD
Ludmilla Ionescu, MD
Louis Maletz, MD

Susan Meram, MD
Yusra Mir, MD
Ngoc Nguyen, MD
Richard Putnum, MD

INTERNAL MEDICINE | 858.675.3293

David Carty, MD
Belinda Dure-Smith, MD
Dennis Mamaril, MD

Larry Presant, MD
Jennifer Young, PA

PEDIATRICS | 858.675.3170

Stuart Graham, MD
Sonal Khattri, MD

Cheryl Shanmugam, MD

5 RAMONA | 760.789.5160

FAMILY MEDICINE

Ellen Blando, MD
David Dasso, MD
Jerry Miller, MD

Janine Kasch, DO
Jessica Salas, NP

INTERNAL MEDICINE – NEW!

Martin Schwartz, MD

6 RANCHO PEÑASQUITOS | 858.312.1440

FAMILY MEDICINE

Ellen Blando, MD
Scott Miller, MD

Lyn Santos, FNP

PRIMARY CARE

8 SAN MARCOS LOCATION – COMING SOON!

120 Craven Road, 1st Floor, San Marcos, CA 92078

FAMILY MEDICINE

Ngoc Nguyen, MD

7 VALLEY CENTER | 760.749.0824

FAMILY MEDICINE

Roy Johnson, MD
Minu Sharma, MD

SPECIALTY CARE

HEART & VASCULAR

Cardiology, Cardiothoracic & Cardiovascular Surgery, Vascular,
Electrophysiology

1 Poway – Pomerado Outpatient Pavilion | 858.592.2696

Hamed Bayat, MD
Andrew K. Chen, MD
Young Lee, MD
Daniel Mulvihill, MD

Navinder Sawhney, MD
Rod Serry, MD
Kamen Zakov, MD
Kathleen Drennan, FNP

3 Escondido – Citracado Parkway | 760.743.0546

Hamed Bayat, MD
Andrew K. Chen, MD
Christopher Gilbert, MD
Jeffrey Gorwit, MD
Young Lee, MD
Yuan Lin, MD

Mikhail Malek, MD
Navinder Sawhney, MD
Rod Serry, MD
Mo Ahmadi, NP
Kimberly Barmack, FNP
Anne Mitruka, NP-C

DERMATOLOGY

1 Poway – Pomerado Outpatient Pavilion | 858.675.3145

Patrick Armstrong, MD
Paul Jou, MD

3 Ramona | 760.789.5174

Stephen Shewmake, MD

EAR, NOSE AND THROAT & AUDIOLOGY

2 Poway – Pomerado Medical Center | 858.485.7870

Patrick Fitzgerald, MD
Alison Learn, MD

Jacyln Miller, Au.D.

GASTROENTEROLOGY

1 Poway – Pomerado Outpatient Pavilion | 858.675.3150

Maram Zakko, MD

For Your Convenience

If you have any billing questions or would like to contact medical records, please give us a call!

BILLING | 855.807.9437

MEDICAL RECORDS | 858.675.3199

SPECIALTY CARE

NUTRITION

1 Poway – Pomerado Outpatient Pavilion | 858.675.3150

5 Ramona | 760.789.5160

4 Escondido – Valley Parkway | 760.294.2266

Janice Baker, RDN

OPHTHALMOLOGY / OPTOMETRY

1 Poway – Pomerado Outpatient Pavilion | 858.675.3140

Jeffrey Lozier, MD
Michelle Kim, OD

ORTHOPEDICS

1 Poway – Pomerado Outpatient Pavilion | 858.675.3286

Philip Balikian, MD
David Hustosky, PA

2 Poway – Pomerado Medical Center | 858.485.0050

Moving soon to 5th floor Pomerado Outpatient Pavilion.

James Bried, MD
Brad Cohen, MD

K.C. Owsley, MD
David Hustosky, PA

4 Escondido – Citracado Parkway | 760.743.4789

Daniel Barba, MD
Thomas Knutson, MD

K.C. Owsley, MD
Arush Patel, MD

PULMONOLOGY

1 Poway – Pomerado Outpatient Pavilion | 760.489.1458

5 Escondido – Valley Parkway | 760.489.1458

Frank Bender, MD
Gregory Hirsch, MD
James Otoshi, MD

Steven Popper, MD
Kenneth Trestman, MD

RHEUMATOLOGY

1 Poway – Pomerado Outpatient Pavilion | 858.675.3150

5 Escondido – Valley Parkway | 858.675.3150

Soumya Rao, MD

SKILLED NURSING

Martin Schwartz, MD
Mohinderpal Thaper, MD

ADDITIONAL SERVICES

Anticoagulation
(Coumadin) Clinic

Chronic Care Management

Clinical Research

Lab Services

- Escondido – Valley Parkway
- Poway – Pomerado Outpatient Pavilion
- Ramona

Vaccinations

Imaging Services

NUCLEAR MEDICINE

ULTRASOUND

X-RAY

- Escondido – Citracado Parkway
- Escondido – Valley Parkway
- Pomerado Outpatient Pavilion – Poway
- Ramona