Locations

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
   486 East Valley Parkway, Escondido, CA 92025

5. Ramona
   211 13th Street, Ramona, CA 92065

6. Rancho Peñasquitos
   9878 Carmel Mountain Road
   San Diego, CA 92129

OFFICES WITH URGENT CARE

7. Valley Center
   28743 Valley Center Road, Suite #B,
   Valley Center, CA 92082

8. Vista Office
   2385 South Melrose Drive, Vista, CA 92081

URGENT CARE

1. POWAY | 858.675.3200
   Every Day: 9 a.m. – 8 p.m.

2. RAMONA | 760.789.5174
   Monday – Friday: 10:30 a.m. – 7 p.m.
   Saturday: 9 a.m. – 4 p.m.

About Us
Arch Health Medical Group is a multispecialty, 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, Valley Center and Vista.

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

Proud Partners in Healthcare:
Arch Health Medical Group | Palomar Health

By choosing Arch Health, you have access to Palomar Health’s nationally-recognized 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!
URGENT CARE
Poway – Pomerado Outpatient Pavilion | 858.675.3200
Ramona | 760.789.5174

BARIATRIC SURGERY
Poway – Pomerado Outpatient Pavilion | 760.300.3647
Karen Hanna, MD
Vista Office | 760.300.3647
Karen Hanna, MD

HEART & VASCULAR
CVI Surgery
Electrophysiology
Heart Failure
Poway – Pomerado Outpatient Pavilion
Escondido – Citracado Parkway | 760.743.0546
Roger Acheatel, MD
Hamed Bayat, MD
Andrew K. Chen, MD
Christopher Gilbert, MD
Jeffrey Gorsett, MD
Young Lee, MD
Yuan Lin, MD
Mikhail Malek, MD

Poway – Pomerado Outpatient Pavilion | 858.592.2696
Hamed Bayat, MD
Andrew K. Chen, MD
Young Lee, MD
Daniel Muirhill, MD

Dermatology
Poway – Pomerado Outpatient Pavilion | 858.675.3145
Patrick Armstrong, MD
Paul Jou, MD
Ramona | 760.789.5160
Stephen Shehman, MD

Eas Office | 760.300.3647
Karen Hanna, MD

Elective Cardiology
Non-Invasive Cardiology
Endocrinology
Escondido – Citracado Parkway | 760.743.0546
Navinder Sawhney, MD
Rod Serry, MD
Christopher Vanichsarn, MD
M. Ahmad, NP
Kimberly Barmack, FNP
Judith Meyers, NP
Anne Mitruka, NP-C

Escondido – Valley Parkway | 760.294.2266
Farhad Farjoudi, MD

Gastroenterology
Poway – Pomerado Outpatient Pavilion | 858.675.3150
Maram Zako, MD

General Surgery
Poway – Pomerado Outpatient Pavilion | 760.300.3647
Jay Grover, MD
Karen Hanna, MD
Vista Office | 760.300.3647
Adam Frier, MD
Karen Hanna, MD
Jay Grover, MD

Medical Weight Management
Escondido – Valley Parkway | 760.294.2266
Pegah Mashayekhi, DO

Neurology | 858.613.8900
*see note

Nutrition
Escondido – Valley Parkway | 858.675.3150
Janice Baker, RDN

Obgyn | 858.613.8900 | COMING SOON!
*see note

Ophthalmology / Optometry
Poway – Pomerado Outpatient Pavilion | 858.675.3140
Jeffrey Lazier, MD
Michelle Kim, OD

Orthopedic Surgery
Poway – Pomerado Outpatient Pavilion | 858.675.3150
Sourya Rao, MD

Skilled Nursing
Martin Schwartz, MD, SNF
Mohinderpal Thaper, MD

Sleep Medicine
Escondido – Valley Parkway | 760.294.2266
Pegah Mashayekhi, DO

Urology
Escondido – Citracado Parkway | 858.673.2450
Julian Anthony, MD

Additional Services:
Anticoagulation (Coumadin) Clinic
Chronic Care Management
Clinical Research
Lab Services
Poway – Pomerado Outpatient Pavilion
Ramona

Weight Loss – Bariatric Procedures
Imaging Services
Nuclear Medicine
Ultrasound
X-Ray

Billing | 855.753.6606
Medical Records | 858.675.3199

Virtual Visits
All Arch Health physicians and advanced practitioners now offer virtual visits. Conveniently meet with your doctor from any location using your phone or smart device.