



Optum – Arizona primary care

Agent guide and providers by location

September 2024

optum.com/az

Optum



Clients love us

9 out of 10 clients would refer their friends to an Optum doctor¹

Thank you for your ongoing support of Optum – Arizona

This is a very busy and important time of year for all of us. You're focused on making sure your clients are staying healthy and supported by making sure you have what you need to do your job and do it well. Optum – Arizona is grateful to work with you. Together, we can make health care better for everyone.



Shelby Haspert
Broker Relations Manager
Optum Primary Care
1-520-372-6368, TTY 711
shelby.haspert@optum.com



Ana Moreno
Broker Relations Manager
Optum Primary Care
1-520-338-0582, TTY 711
ana.moreno1@optum.com



Scott W. Morris
Director, MA Growth
Optum – AZ, CO, ID, NM, UT, NV
1-801-389-6016, TTY 711
scott.morris@optum.com

Tools for success

We're in this together. To support you in doing your best work, we offer a range of powerful tools and resources.

Optum Agent Newsletter

Want updates on all things Optum sent straight to your inbox? Sign up for the Optum Agent Newsletter today. Each month, you'll receive the latest news on upcoming events, agent tools and resources. You'll also hear about Optum doctors, clinics, health plans, programs and more. It's a quick and easy way to stay up to date on Optum.



Scan to register for the Optum Agent Newsletter.

Plans that we support

Blue Cross Blue Shield of Arizona

We accept the following plans from Blue Cross Blue Shield AZ (Maricopa and Pinal counties):

- Blue Best Life Classic (HMO)
- Blue Best Life Plus (HMO)

Humana

We accept the following Humana plans:

- Humana Choice (PPO) \$119
- Humana Gold Plus (HMO)
- Humana Gold Plus (HMO) \$42
- Humana HMO
- Humana HMO – \$0 Yavapai
- Humana HMO – Healthy Options
- Humana HMO – Yuma
- Humana PPO – \$0 Maricopa, Pima & Pinal
- Humana PPO – \$96 Advantage Alternative
- Humana PPO – Flex Allowance
- Humana PPO – Honor MA Only
- Humana PPO – Part B Give Back
- Humana PPO – USAA Honor MAPD
- Humana PPO – Value Plus Medicare Option

UnitedHealthcare

We accept the following plans from UnitedHealthcare:

- AARP Medicare Advantage Patriot (PPO)
- AARP Medicare Advantage Plan 1 (HMO-POS)
- AARP Medicare Advantage Plan 2 (HMO-POS)
- AARP Medicare Advantage Plan 3 (HMO-POS)
- AARP Medicare Advantage Plan 4 (HMO-POS)
- AARP Medicare Advantage Plus (HMO-POS)
- AARP Medicare Advantage Walgreens Plan 1 (PPO)
- AARP Medicare Advantage Walgreens Plan 2 (PPO)
- AARP Medicare Advantage Walgreens Plan 3 (PPO)
- UnitedHealthcare Chronic Complete (HMO-POS C-SNP)
- UnitedHealthcare Dual Complete LP (HMO-POS D-SNP)



Optum provides the care your clients need to live their healthiest lives.



30+ clinics are located throughout Phoenix, Tucson and Northern Arizona. Our clinic care teams work to understand your client's health needs and help arrange the care they need to stay healthy. In addition to annual wellness visits with their primary care provider, our clinics help coordinate their other care services and treatments.



800+ primary care providers and 2700+ specialists across 240+ groups in our network. This means our members can easily find a primary care provider and specialist close to home. And members get access to treatment that helps keep them healthier. We also offer many resources to our network members. They include a 24/7 nurse line, specialized services for complex care needs and assistance for intricate behavioral health. Supporting your clients' health care goals is what matters most to us.



7 Optum Community Centers across Arizona are places where those age 55+ can stay active, be healthy and build relationships. Our community centers offer fitness classes, games and social spaces. All classes are offered at no extra cost and open to the public.



Working together to improve health, one client at a time

Thank you for supporting Optum and ensuring your community has access to great doctors and high-quality, affordable health care.

How Optum supports our broker partners

We want to make it easier for you to have all you need to help your clients. That's why we offer resources available to help you, including:

- Optum University
- Access to owned clinic and community for select partners
- Marketing support and collateral
- Networking sessions
- Access to patient liaisons



Scan the QR code to visit the new broker portal where you can access the CRM, PLU and marketplace

We're here to support your client's whole health

With Optum, your client will have access to additional care services like:

- Delivering client-focused care in hospitals, SNFs and clients' homes
- Programs that help clients get what they need
 - Transitions of care (CSC team)
 - Social services
 - Specialized illness management programs
- Care and medicine support programs that optimize health results
- Complex behavioral health
- Programs designed to improve quality of life while getting care
- Dedicated home health (Assisted Home Health)
- Specialized in-home wound care (WoundTech)
- Mobile urgent care (DispatchHealth)
- Annual wellness visits
- Optum community center programming including classes, health education, events and more

Care management programs



Collaborative care for your patients

Our team of nurses, pharmacists, social workers and health educators work with each patient to develop a care plan that meets their medical and social needs.



Disease and chronic care programs²

We teach patients how to manage conditions such as congestive heart failure, chronic obstructive pulmonary disease, kidney disease and diabetes.



Case management²

Our team consists of registered nurses, social workers, licensed vocational nurses and health advocates.



Hospitalist and post-discharge programs²

Our hospitalists and case managers oversee the care of clients while they're in the hospital or a skilled nursing facility.



Palliative and supportive care²

These specialized programs are most commonly utilized for clients and their families facing advanced stages of metastatic cancer, chronic diseases or cognitive impairment.

Community center whole-health programs



Our centers were created just for people age 55+. Your client can stay active, be healthy and make friends. We focus on 4 areas of wellness:

- 1. Staying social:** Our centers are designed to feel like home. We have spaces for playing games and meeting new friends.
- 2. Keeping your body active:** We have workout classes for all levels of fitness. We have dance classes, yoga classes and tai chi.
- 3. Working on your brain health:** We have classes where your client can learn a new skill or how to use a computer.
- 4. Emotional support:** We understand everyone has challenges in their lives. Your client can join a class about how to take care of stress. They can talk to others who are going through similar life changes.

All classes are offered at no extra cost. They are open to ages 55+.



Scan the QR code for more information, or visit optum.com/azcommunitycenters



To schedule a community center tour for you and your clients, please email Shelby Haspert at shelby.haspert@optum.com

Community center

Class descriptions

Our centers offer a wide variety of classes. Below are descriptions for some of our most popular classes.

- 30+ different classes/groups available each month across all centers
- 5-6 different classes per day/average 30 classes per center per week
- Programming from 8:30 a.m.-3:30 p.m. each weekday
- Clients do not need to register or RSVP for a class

Art workshop

This class is a great way to expand your understanding of art. Classes include painting, print making, sketching, water color and pencil art. No supplies needed.

Arts and crafts

We offer a variety of activities involving making things with one's own hands.

Beading class

Do you enjoy working with your hands and making beaded items? Learn how to make necklaces, bracelets, decorative pieces and other crafts. Our instructor makes this class fun and easy to follow. No supplies needed.

BrainSavers

BrainSavers focuses on healthy brain activities. These include exercise, lowering stress, healthy eating, socializing and memory exercises.

Chair dance

This class combines fitness and fun while learning dance routines with the support of a chair.

Chair drumming

This class will guide you through simple and fun rhythmic drumming. Sticks will be provided, and no experience is needed.

Circuit training

Circuit Training will work all of your muscle groups. This 60-minute workout is taught by one of our certified fitness specialists. An orientation is required prior to taking this class.

Conversational Spanish

Join us to learn the basics of conversational Spanish.

Grief support

Grief affects people in different ways. Being around others can be healing. You can express your feelings and talk with others in this group setting.

Healthy Minds

Learn skills to help reduce emotional stress and improve overall health.

Lifebio

Write your own life story. Join a guided conversation to help bring about memories and life experiences.

Line dancing (beginners and advanced)

Learn new and popular line dances for beginners while having fun and getting fit.

Community center

Class descriptions

Medicare basics

Do you have family or friends preparing to sign up for Medicare? This is a no-cost event for the general public to learn more. For educational purposes only. No health plan specific benefits or details will be shared.

Nutrition 101

Learn the basics for a healthier diet.

Pilates

Pilates is for all abilities. Pilates focuses on the basics needed for overall health. Some of the moves have been modified with a chair, band and ball.

Qigong yoga

Mindful movements combined with breathing that helps balance daily energy levels while gently increasing balance, range of motion and flexibility.

Sound healing

Sound healing can reduce your stress and anxiety, improve your sleep and create a deep sense of wellbeing.

Stand, sit and be fit

This fitness program is for all fitness levels while standing or sitting. Light weights, rubber bands and fitness balls are used to get a full body workout.

Staying healthy & active after 55

Health, safety and other professionals will discuss many important topics intended for those age 55 or older. Please join us monthly for educational presentations on a variety of topics, including fall prevention, immunizations, osteoporosis and more.

Stress management and calming the mind

Have you ever felt like your mind is racing? Or you can't sleep because you can't turn your mind off? Calming your mind can have important health benefits. These include lower stress, more happiness and overall peace. This class teaches the basic techniques needed to help you relax.

Stretch and balance

Learn exercises to help you be more aware of your body and movement.

Tai Chi

This class consists of slow, gentle, flowing movements aimed at reducing stress.

Technology class

This class teaches the basics of laptops, smartphones and tablets using your own device.

The 3 M's

This class blends low impact and strength training exercises, as well as Pilates and yoga.

Yogalates

This class blends a traditional yoga practice with Pilates mat and floor-based exercises.

Please bring your own yoga mat.

Zumba

Zumba is a Latin-inspired dance class that offers a fun full-body workout. This program is low impact and easy to follow.

How an Optum community center changed Margaret's life

Sometimes one choice can change your life. With the help of her doctor and community center, Margaret changed her life for the better.

Throughout the years, Margaret has been through mental hardships. In 1999, her life was turned upside down when her dad passed away, and in 2002 her mom passed away. Then shortly after, her friend passed away.

Margaret found herself struggling mentally. To make matters worse, her health started to decline. She had 3 surgeries, 3 years in a row.



The choice that changed her life

At every visit, Dr. Goldansky handed Margaret a flyer about her local Optum Community Center.

Margaret chose to ignore the flyer, until one day something clicked. She was driving by the community center.

She took a chance and went in. And she hasn't looked back since.

For Margaret, Optum is a place where you can walk in and the team just takes care of you. Our doctors' approach to care isn't someone just punching the numbers. It's thinking about the whole person.

Margaret loves to be a part of the community. "I just found a place here that makes me happy, that keeps me going. It makes me want to be a better person. I want to be active in the community."

She goes to the center 4 times a week. She puts a smile on everyone's face when she enters the room. She even met some of her best friends at the center.

"The community center gave her a family. People know who she is when she walks into the community center. She has a great social circle," says Dr. Goldansky. "She looks forward to going there every week."

I just found a place here that makes me happy, that keeps me going. It makes me want to be a better person. I want to be active in the community.

—Margaret

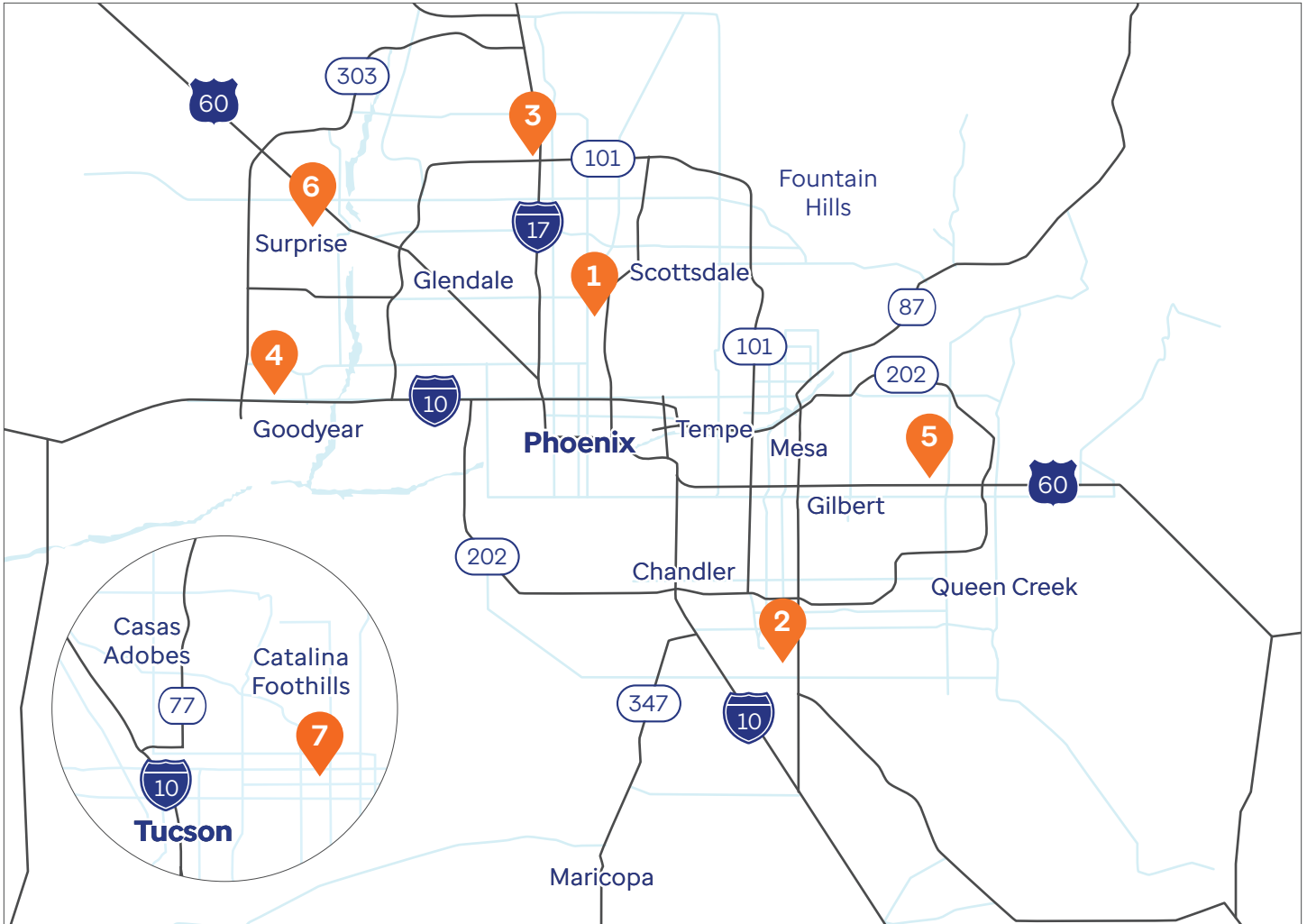


We have virtual classes for clients who can't go to an Optum community center. Visit the link to see a collection of our most popular classes.

optum.com/virtualcommunitycenter

Optum community centers

Arizona



1. Central Phoenix

1125 E. Glendale Ave.
Phoenix, AZ 85020

3. Deer Valley

20414 N. 27th Ave., Ste. 100
Phoenix, AZ 85027

5. Mesa

6005 E. Southern Ave.
Mesa, AZ 85206

2. Chandler

985 W. Chandler Heights Rd.
Ste. 12
Chandler, AZ 85248

4. Goodyear

1981 N. Pebble Creek Pkwy.
Ste. 8
Goodyear, AZ 85395

6. Surprise

15800 N. Litchfield Rd.
Surprise, AZ 85374

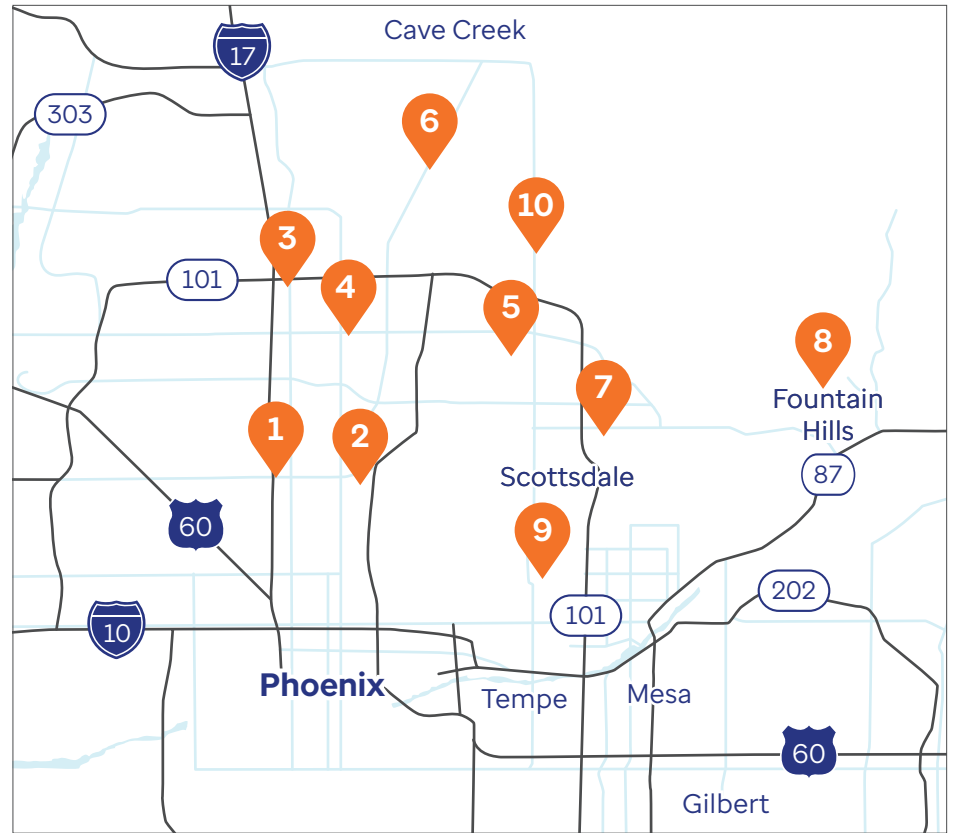
7. Tucson

4780 E. Grant Rd.
Tucson, AZ 85712

Optum Primary Care (OPC) clinics

Central and North Valley

- 1. OPC – Black Canyon**
 8041 N. Black Canyon Hwy.
 Phoenix, AZ 85021
1-602-249-0115, TTY 711
*Will be moving to
 Metro Center – opening
 October 29, 2024.*
 9801 N. Metro Pkwy E.
 Phoenix, AZ 85051
- 2. OPC – N. 15th St.**
 7600 N. 15th St.
 Phoenix, AZ 85020
1-602-200-3800, TTY 711
- 3. OPC – Deer Valley**
 20041 N. 19th Ave., Ste. A
 Phoenix, AZ 85027
1-623-869-5000, TTY 711
- 4. OPC – Moon Valley**
 1107 E. Bell Rd.
 Phoenix, AZ 85022
1-602-567-4800, TTY 711
- 5. OPC – Greenway**
 6501 E. Greenway Pkwy.
 Scottsdale, AZ 85254
1-480-948-9903, TTY 711
- 6. OPC – Cave Creek**
 30845 N. Cave Creek Rd.
 Ste. 101
 Cave Creek, AZ 85331
1-480-488-9220, TTY 711



- 7. OPC – Shea**
 9590 E. Ironwood Square Dr.
 Ste. 125
 Scottsdale, AZ 85258
1-480-455-3000, TTY 711
- 8. OPC – Fountain Hills**
 16838 E. Palisades Blvd.
 Bldg. C, Ste. 153
 Fountain Hills, AZ 85268
1-480-816-3131, TTY 711
- 9. OPC – Miller**
 7534 E. 2nd St.
 Scottsdale, AZ 85251
1-480-947-5454, TTY 711
- 10. OPC – N. Scottsdale Rd./
 Deer Valley**
 21803 N. Scottsdale Rd.
 Ste. 125
 Scottsdale, AZ 85255
1-602-837-7491, TTY 711

Optum Primary Care (OPC) clinics

West Valley

11. OPC – Goodyear

3090 N. Litchfield Rd.
Goodyear, AZ 85395
1-623-526-0707, TTY 711

12. OPC – Sun City

10249 W. Thunderbird Blvd.
Ste. 100
Sun City, AZ 85351
1-623-972-1151, TTY 711

13. OPC – Surprise

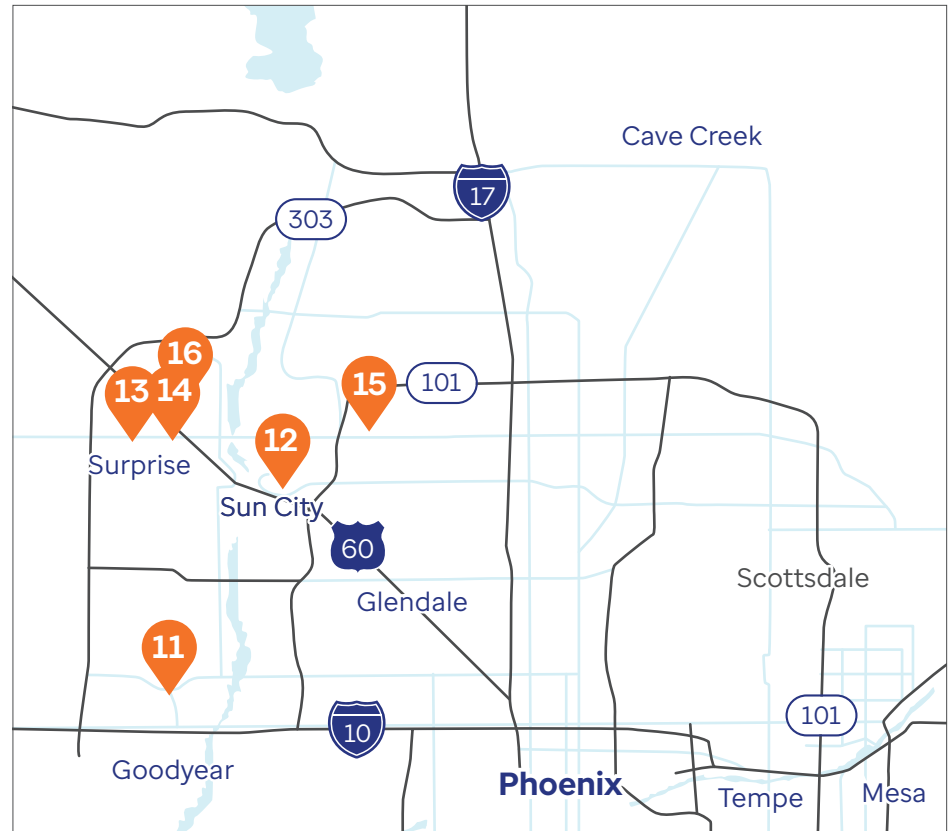
15021 W. Bell Rd., Ste. 125
Surprise, AZ 85374
1-623-691-7748, TTY 711

14. OPC – Surprise – W. Bell Rd./Parkview Pl.

14973 W. Bell Rd., Ste. 100
Surprise, AZ 85374
1-623-815-2900, TTY 711

15. OPC – Glendale

17218 N. 72nd Dr., Ste. 100
Glendale, AZ 85308
1-623-334-8671, TTY 711



16. OPC – Meeker Blvd.

14418 W. Meeker Blvd.
Ste. 210
Sun City West, AZ 85375
1-623-544-8400, TTY 711

Optum Primary Care (OPC) clinics East Valley

17. OPC – Baseline

3048 E. Baseline Rd.
Ste. 120
Mesa, AZ 85204
1-480-505-3276, TTY 711

18. OPC – Warner Rd.

2905 W. Warner Rd., Ste. 12
Chandler, AZ 85224
1-480-831-8457, TTY 711

19. OPC – Chandler

600 S. Dobson Rd.
Ste. D-27
Chandler, AZ 85224
1-480-496-0000, TTY 711

20. OPC – Dobson

1100 S. Dobson Rd.
Ste. 100
Chandler, AZ 85286
1-480-347-4300, TTY 711

21. OPC – Gilbert

3420 S. Mercy Rd., Ste. 101
Gilbert, AZ 85297
1-480-899-4420, TTY 711



22. OPC – San Tan

36283 N. Gantzel Rd.
Ste. 101
San Tan Valley, AZ 85140
1-480-899-4420, TTY 711

23. OPC – Maricopa

21300 N. John Wayne Pkwy.
Ste. 123
Maricopa, AZ 85139
1-520-494-7778, TTY 711

Optum Primary Care (OPC) clinics

Northern Arizona

24. OPC – N. Fourth St.

2001 Fourth St.
Flagstaff, AZ 86004
1-928-527-4325, TTY 711

25. OPC – Yale St.

1501 S. Yale St., Bldg. 2
Ste. 150
Flagstaff, AZ 86001
1-928-527-4325, TTY 711

26. OPC – Cottonwood

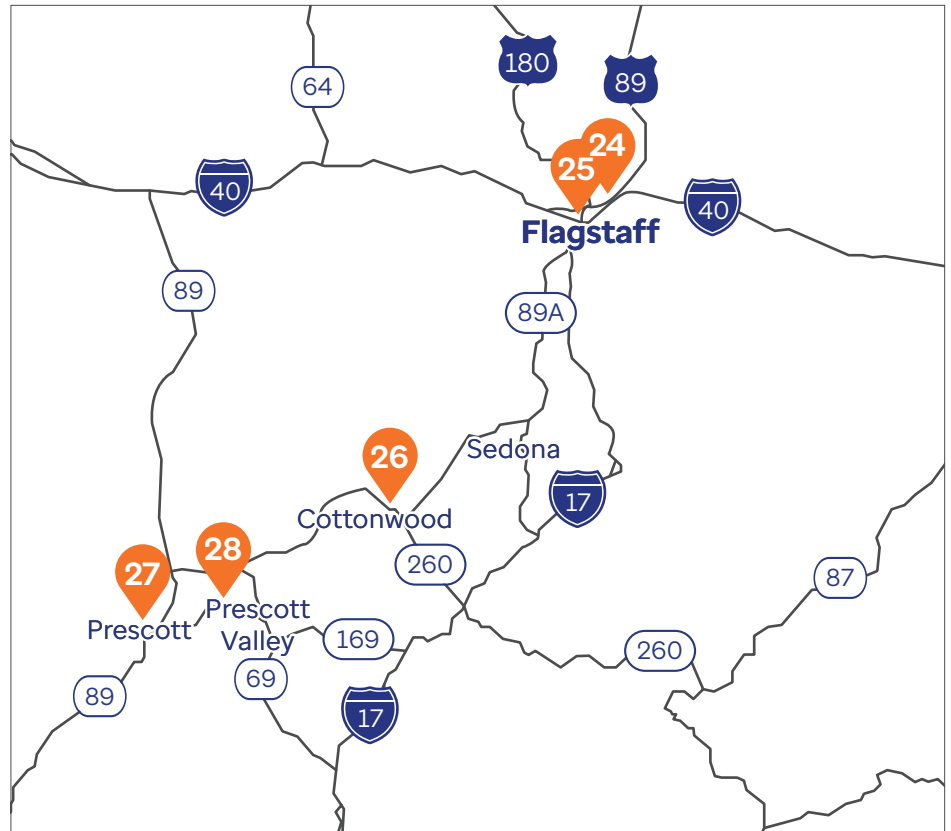
203 S. Candy Ln.
Ste. 13 A-B
Cottonwood, AZ 86326
1-928-649-1389, TTY 711

27. OPC – Prescott

1151 Iron Springs Rd., Ste. F
Prescott, AZ 86305
1-928-612-2368, TTY 711

28. OPC – Prescott Valley

3190 N. Windsong Dr.
Prescott Valley, AZ 86314
1-928-800-5701, TTY 711



Optum Primary Care (OPC) clinics Greater Tucson

29. OPC - Ina

1669 W. Ina Rd., Ste. 141
Tucson, AZ 85704
1-520-795-6183, TTY 711

30. OPC - East Grant

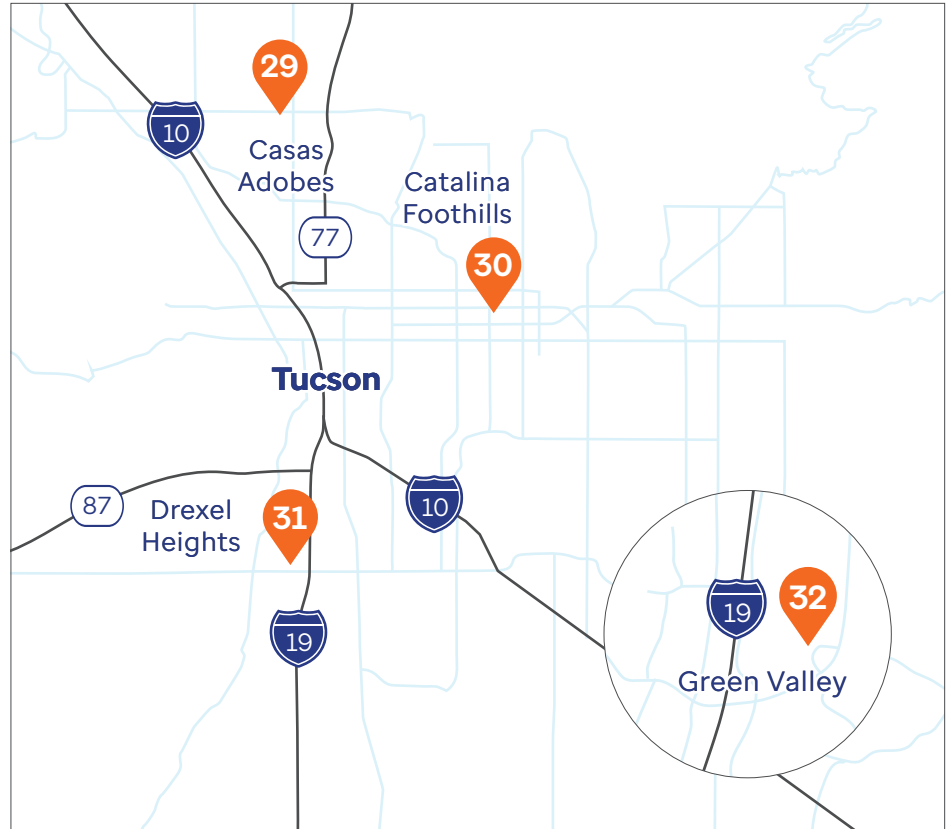
4730 E. Grant Rd.
Tucson, AZ 85712
1-520-290-0300, TTY 711

31. OPC - Midvale

1460 W. Valencia Rd.
Tucson, AZ 85746
1-520-573-0966, TTY 711

32. OPC - Green Valley

695 S. Pecan Tree Ln.
Green Valley, AZ 85614
1-520-625-8116, TTY 711





Providers at Optum Primary Care clinics

Find Optum clinics and learn about the doctors at each site.

Optum Primary Care (OPC) providers

Central and North Valley

OPC – Black Canyon

8041 N. Black Canyon Hwy., Ste. 1
Phoenix, AZ 85021
1-602-249-0115, TTY 711



Neda Azizian, MD

Dr. Neda Azizian is an internal medicine physician. She attended medical school at American University of Antigua College of Medicine, and she completed her residency at NYC Health + Hospitals/Woodhull. Dr. Azizian's care philosophy is marked by emphasizing a strong provider-patient relationship to promote long-term health and well-being.

NPI: 1225591068
United: 251935429
Humana: 404103
AZ Blue: 1225591068



Philip Kaczar, MD

Dr. Philip Kaczar is an internal medicine physician, in practice for 26 years. He attended medical school at Loyola Stritch School of Medicine, and he completed his residency at Baylor College of Medicine. Over his long career, Dr. Kaczar practices with a keen focus on establishing and maintaining a strong doctor-patient relationship.

NPI: 1235189077
United: 25193-4031
Humana: 396191
AZ Blue: 1235189077



Tom Matthew, MD

NPI: 1841873437
AZ Blue: 1841873437

Optum Primary Care (OPC) providers

Central and North Valley

OPC – Black Canyon, cont.



Scott Steingard, DO

Dr. Scott Steingard is a family practice physician. He attended medical school at Ohio University College of Osteopathic Medicine, and he completed his fellowship at the Center for Sports Medicine and Orthopedics in Phoenix, AZ. Dr. Steingard believes in caring for the whole patient. This promotes the provider-patient relationship and overall well-being.

NPI: 1770570129
United: 7157400107
AZ Blue: 1770570129



Roger Conant, NP

NPI: 1487219317
United: 251935567
Humana: 078778
AZ Blue: 1487219317



Maureen Hamel-Schwartz, PA-C

NPI: 1740232057
AZ Blue: 1740232057



Kregg Lemon, PA-C

NPI: 1194426452
United: 0251935329
AZ Blue: 1194426452



Tiffany Tapia, PA-C

NPI: 1629065206
United: 00010565480
AZ Blue: 1629065206

Optum Primary Care (OPC) providers

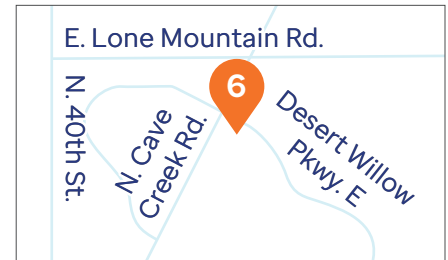
Central and North Valley

OPC – Cave Creek

30845 N. Cave Creek Rd., Ste. 118-05
Cave Creek, AZ 85331
1-480-488-9220, TTY 711



Alicia Earley, APRN



NPI: 1053626648
United: 251935741
Humana: 360902
AZ Blue: 1053626648

OPC – Deer Valley

20041 N. 19th Ave., Ste. A
Phoenix, AZ 85027
1-623-869-5000, TTY 711



Cavarlez Cowden, MD



NPI: 1992385090
AZ Blue: 1992385090



Bruce Herman, MD

Dr. Bruce Herman specializes in geriatric and internal medicine. He attended medical school at Medical College of Wisconsin, and he completed his residency at Mount Sinai Medical School in Milwaukee. Dr. Herman helps his patients fully understand each step of their care. He also makes sure they're educated about their own health.

NPI: 1801894951
United: 25193-4947
Humana: 064748
AZ Blue: 1801894951

Optum Primary Care (OPC) providers

Central and North Valley

OPC – Deer Valley, cont.



Tara Ostrom, MD, FACP

Dr. Tara Ostrom is an internal medicine physician. She attended medical school at Keck School of Medicine, University of Southern California, and she completed her residency at St. Joseph's Hospital and Medical Center. Dr. Ostrom strives to make her patients part of their own care journey. She makes sure they understand every step of their own care.

NPI: 1124017009
United: 25193-4150
Humana: 305177
AZ Blue: 1124017009



Marie Rink, MD

Dr. Marie Rink is an internal medicine physician. She attended medical school at University of New Mexico School of Medicine, and she completed her residency at St. Joseph's Hospital and Medical Center. Dr. Rink strives to give compassionate, understanding care. She enjoys partnering with patients on their wellness journey.

NPI: 1316936297
United: 25193-2990
Humana: 306003
AZ Blue: 1316936297



Joseph Hall, APRN

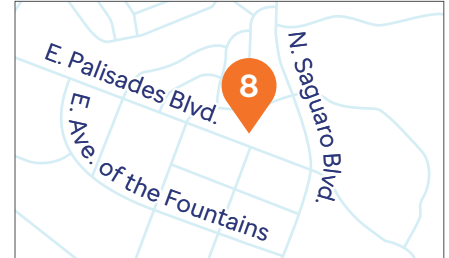
NPI: 1326552910
AZ Blue: 1326552910

Optum Primary Care (OPC) providers

Central and North Valley

OPC – Fountain Hills

16838 E. Palisades Blvd., Bldg. C, Ste. 153
Fountain Hills, AZ 85268
1-480-816-3131, TTY 711



Jodi Novak, DO

NPI: 1659371425
United: 25193-4350
Humana: 966913
AZ Blue: 1659371425



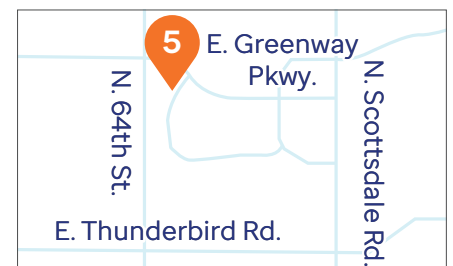
Parminder Sidhu, MD

Dr. Parminder Sidhu is a board-certified internal medicine physician. He attended medical school at Government Medical College in Patiala, India, and he completed his residency at New York Methodist Hospital in Brooklyn. Dr. Sidhu believes in helping his patients live long, healthy lives. He also has experience in the care of chronic (long-lasting) health problems.

NPI: 1629379904
United: 25193-4844,
0251935519,
0251935574
Humana: 966919
AZ Blue: 1629379904

OPC – Greenway

6501 E. Greenway Pkwy.
Scottsdale, AZ 85254
1-480-948-9903, TTY 711



Gerald Bush, MD

Dr. Gerald Bush is an internal medicine physician. He attended medical school at the University of Arizona, and he completed his residency at Good Samaritan Internal Medicine (now Banner University Medical Center). Dr. Bush believes in promoting an active lifestyle to encourage overall health and well-being.

NPI: 1811087653
United: 25193-4892
Humana: 16248
AZ Blue: 1811087653

Optum Primary Care (OPC) providers

Central and North Valley

OPC – Greenway, cont.



Shilpa Gujrathi, MD

Dr. Shilpa Gujrathi is a board-certified family medicine physician. She attended medical school at University of Manitoba, Canada, and she completed her residency at University of Massachusetts, Worcester. Dr. Gujrathi is a strong proponent of long-term preventive care. She believes a strong doctor-patient bond gives the best chance for positive health results.

NPI: 1528056967
United: 25193-4634,
251935541
Humana: 473232
AZ Blue: 1528056967



Jyothi Krishnamurthy, MD

NPI: 1861597734
United: 0251935582
AZ Blue: 1861597734



Rama Vasireddy, MD

Dr. Rama Vasireddy is an internal medicine physician. She attended medical school at Guntur Medical College in Guntur, India, and she completed her residency at Wyckoff Heights Medical Center in Brooklyn.

NPI: 1871606673
United: 25193-4521,
251935578
Humana: 684707
AZ Blue: 1871606673



Beena Achuthan Pillai, NP

NPI: 1841951852
United: 251935585
Humana: A18463
AZ Blue: 1841951852

Optum Primary Care (OPC) providers

Central and North Valley

OPC – Miller

7534 E. 2nd St.
Scottsdale, AZ 85251
1-480-947-5454, TTY 711



Erica Grabinski, DO

Dr. Erica Grabinski is an internal medicine physician. She attended medical school at Marian University College of Osteopathic Medicine, and she completed her residency at Mountain Vista Medical Center Internal Medicine Residency. Dr. Grabinski is passionate about promoting preventive medicine and providing personalized care.

NPI: 1780176404
United: 251935558
AZ Blue: 1780176404

OPC – Moon Valley

1107 E. Bell Rd.
Phoenix, AZ 85022
1-602-567-4800, TTY 711



Gustavo Riffel, MD

Dr. Gustavo Riffel is an internal medicine physician. He attended medical school at University of Buenos Aires, Argentina, and he completed his residency at St. John's Episcopal Hospital in Far Rockaway, New York. Dr. Riffel offers care for many different medical issues. That includes both short-term and long-lasting illnesses.

NPI: 1588068415
United: 25193-3837,
251933837
Humana: 628272
AZ Blue: 1588068415

Optum Primary Care (OPC) providers

Central and North Valley

OPC – Moon Valley, cont.



Elizabeth Becker, PA-C

NPI: 1699085274

United: 0251935926

AZ Blue: 1699085274



Rosa Tschetter, APRN

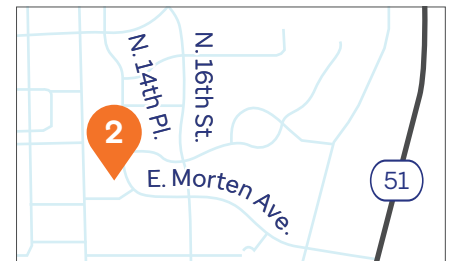
NPI: 1417733700

United: 0251935954

AZ Blue: 1417733700

OPC – N. 15th St.

7600 N. 15th St., Ste. 190
Phoenix, AZ 85020
1-602-200-3800, TTY 711



Daniel Abelev, MD

Dr. Daniel Abelev is a family medicine physician. He attended medical school at St. Louis University School of Medicine, and he completed his residency at Penn State Health Family and Community Medicine. Dr. Abelev is a fierce proponent of evidence-based care. He prides himself on his patient-first focus.

NPI: 1417573163

United: 251935555

Humana: A30031

AZ Blue: 1417573163



Ernie Riffer, MD

Dr. Ernie Riffer is an internal medicine physician. He attended medical school at the University of Illinois, and he completed his residency at Good Samaritan Medical Center in Phoenix (now Banner – University Medical Center). Dr. Riffer's primary practice focus is helping his patients maintain long-term healthy habits.

NPI: 1134284268

United: 251935544

AZ Blue: 1134284268

Optum Primary Care (OPC) providers

Central and North Valley

OPC – N. 15th St., cont.



Shawn Dunmire, APRN

NPI: 1083359962
United: 251935514
Humana: A30011
AZ Blue: 1083359962

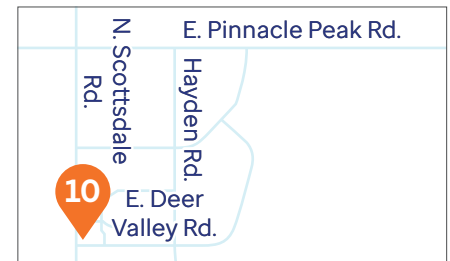


Dorothy Trimmer, NP

NPI: 1891756045
United: 251935537
AZ Blue: 1891756045

OPC – N. Scottsdale Rd./Deer Valley

21803 N. Scottsdale Rd., Ste. 125
Scottsdale, AZ 85255
1-602-837-7491, TTY 711



James Vogt, MD

Dr. James Vogt is an internal medicine physician. He attended Chicago Medical School's Rosalind Franklin University of Medicine & Science, and he completed his residency at the University of Wisconsin in Appleton. Dr. Vogt believes in the health benefits of a physically active life. He supports such healthy habits in his patients.

NPI: 1740332352
United: 1323988,
251935215
Humana: 076641
AZ Blue: 1740332352



Christopher Szoke, NP

NPI: 1497852396
AZ Blue: 1497852396

Optum Primary Care (OPC) providers

Central and North Valley

OPC – Shea

9590 E. Ironwood Square Dr., Ste. 120 and 125
Scottsdale, AZ 85258
1-480-455-3000, TTY 711



Fida Sawalha, MD

Dr. Fida Sawalha is a board-certified endocrinologist. She attended medical school at the University of Jordan, and she completed her residency at SUNY at Buffalo University. Dr. Sawalha's 20-year career has been guided by evidence-based care focusing on diabetes and obesity management.

NPI: 1750545422
United: 251935908
Humana: A30032
AZ Blue: 1750545422



Satyadevi Sista, MD

Dr. Satyadevi Sista is a family medicine physician. She attended medical school at Guntur Medical College, an affiliate of NTR University of Health Sciences, Vijayawada in India, and she completed her residencies at Louisiana State University Medical Center and University of Massachusetts. Dr. Sista believes in emphasizing preventive care and personalization.

NPI: 1275632044
United: 25193-4594,
251935534
Humana: 332361
AZ Blue: 1275632044



Laura Burrows, APRN

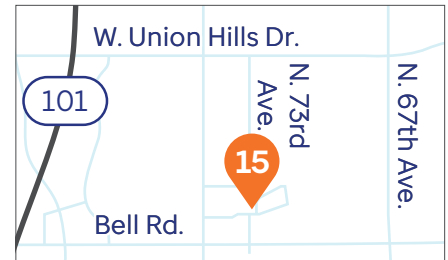
NPI: 1518579135
United: 0333943432
Humana: A56214
AZ Blue: 1518579135

Optum Primary Care (OPC) providers

West Valley

OPC – Glendale

17218 N. 72nd Dr., Ste. 100
Glendale, AZ 85308
1-623-334-8671, TTY 711



Saman Manzouri, DO

NPI: 1750686614
AZ Blue: 1750686614



Amar Sharma, MD

Dr. Amar Sharma is an internal medicine physician. He attended medical school at Guru Gobind Singh Medical College in Punjab, India, and he completed his residency at Maricopa Medical Center. Dr. Sharma thinks of himself as an educator as well as a doctor. He likes to help his patients learn to keep their own health needs safe.

NPI: 1790719367
United: 32064-0269,
251935547
AZ Blue: 1790719367



Kimberly Brabentz, PA-C

NPI: 1437120300
United: 0251935571
Humana: A30007
AZ Blue: 1437120300

Optum Primary Care (OPC) providers

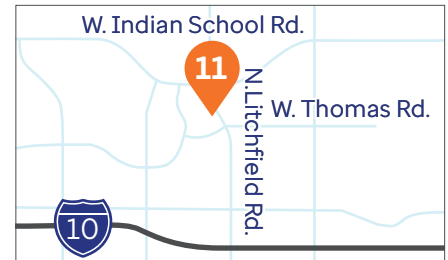
West Valley

OPC – Goodyear

3090 N. Litchfield Rd.
Goodyear, AZ 85395
1-623-526-0707, TTY 711



Richelle Radzykewycz, APRN



NPI: 1700583341
United: 251935522
Humana: A30036
AZ Blue: 1700583341

OPC – Meeker

14418 W. Meeker Blvd., Ste. 210
Sun City West, AZ 85375
1-623-544-8400, TTY 711



Jalal Abbas, MD



NPI: 1205895034
United: 0251935402
Humana: A30018
AZ Blue: 1205895034



Dilip Dhadvai, MD

Dr. Dilip Dhadvai is an internal medicine physician. He attended medical school at Osmania College in India, and he completed his residency at New York's Catholic Medical Center. Dr. Dhadvai focuses on preventive medicine. He prides himself on delivering compassionate care.

NPI: 1497861181
United: 251935894
Humana: A30010
AZ Blue: 1497861181

Optum Primary Care (OPC) providers

West Valley

OPC – Meeker, cont.



Rommel Mesola, MD

NPI: 1104979269
United: 0251936033
Humana: A63132
AZ Blue: 1104979269



Theresa Krueger-Junk, APRN

NPI: 1225400500
United: 0333943283
Humana: 073920
AZ Blue: 1225400500

OPC – Sun City

10249 W. Thunderbird Blvd., Ste. 100
Sun City, AZ 85351
1-623-972-1151, TTY 711



Rajesh Bhakta, MD

Dr. Rajesh Bhakta is a board-certified physician specializing in internal medicine. He attended medical school at American University of Caribbean, and he completed his residency at Maricopa Medical Center. In his practice, Dr. Bhakta focuses on preventive care. He offers personalized advice for each patient's issues.

NPI: 1023077872
United: 25193-4672,
0251935532,
0251935566
Humana: 444399
AZ Blue: 1023077872



Nicole Calma, APRN

NPI: 1043894512
United: 251935565
Humana: A30022
AZ Blue: 1043894512

Optum Primary Care (OPC) providers

West Valley

OPC – Sun City, cont.



Crisanto Melchor, APRN

NPI: 1427535582
United: 251935560
Humana: A30042
AZ Blue: 1427535582

OPC – Surprise

15021 W. Bell Rd., Ste. 125
Surprise, AZ 85374
1-623-691-7748, TTY 711



Michael Kleven, DO

Dr. Michael Kleven is a family medicine physician. He attended medical school at Arizona College of Osteopathic Medicine, and he completed his residency at Mesa General Hospital. Dr. Kleven makes sure his patients fully understand each step of their care. He believes it's important for positive long-term health outcomes.

NPI: 1447323423
United: 25193-4171,
0251935529,
0251935573
Humana: 398967
AZ Blue: 1447323423



Naomi Jimenez, NP

NPI: 1083189112
Humana: A30015
AZ Blue: 1083189112



Rebecca Polkabila, PA

NPI: 1649583238
United: 0251935518
Humana: A30043
AZ Blue: 1649583238

Optum Primary Care (OPC) providers

West Valley

OPC – Surprise – W. Bell Rd./Parkview Pl.

14973 W. Bell Rd., Ste. 100
Surprise, AZ 85374
1- 623-815-2900, TTY 711



Ravi Bajpai, DO

Dr. Ravi Bajpai is an internal medicine physician and native Arizonan who has been practicing locally for over 15 years. He attended Arizona College of Osteopathic Medicine, and he completed his residency at Banner University Medical Center (formerly Banner Good Samaritan Medical Center). Dr. Bajpai is dedicated to helping all his patients achieve their long-term health goals.

NPI: 1083798334
United: PR-7094373
Humana: 811749,
251930397
AZ Blue: 1083798334



Jacob Jones, DPM

Dr. Jacob Jones specializes in podiatric medicine. He attended medical school at Des Moines University – College of Podiatric Medicine and Surgery, and he completed his residency with Southern Arizona VA Healthcare System. Dr. Jones is driven by helping patients find relief from pain and discomfort.

NPI: 1720213598
United: 3486325
AZ Blue: 1720213598



Constantin Siclovan, MD

NPI: 1164613675
United: 1702993,
251931972
Humana: A03950
AZ Blue: 1164613675



Bradley Hall, PA-C

NPI: 1295761153
Humana: A03948
AZ Blue: 1295761153

Optum Primary Care (OPC) providers

West Valley

OPC – Surprise – W. Bell Rd./Parkview Pl., cont.



Ameet Shukla, PA-C

NPI: 1447307921

United: 4588808

AZ Blue: 1447307921



Celine Villariz, NP

NPI: 1013268630

United: 3641600,
251935412

Humana: 491741

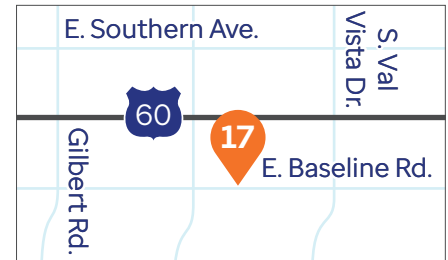
AZ Blue: 1013268630

Optum Primary Care (OPC) providers

East Valley

OPC – Baseline

3048 E. Baseline Rd., Ste. 120
Mesa, AZ 85204
1-480-505-3276, TTY 711



Brian Andrews, MD

Dr. Brian Andrews is a board-certified internal medicine physician. He attended medical school at the University of Arizona, and he completed his residency at Good Samaritan Medical Center. Dr. Andrews has been in practice for over 3 decades. He focuses on caring for long-lasting illnesses. That includes diabetes and cardiovascular (heart) and pulmonary (lung) illnesses. He also passionately believes in the power of preventive medicine.

NPI: 1326127473
United: 25193-4915,
251935562
Humana: 060070
AZ Blue: 1326127473



Anu Nutakki, MD

Dr. Anu Nutakki is an internal medicine physician. An Arizona native, she attended medical school at University of Arizona College of Medicine, and she completed her medicine-pediatrics (med-peds) residency at Phoenix Children's Hospital. Dr. Nutakki promotes patient education in her practice. This helps her patients live healthy and stop illnesses early.

NPI: 1386605657
United: 25193-4914
Humana: 060068
AZ Blue: 1386605657



Michele Davis, APRN

NPI: 1821690157
United: 251935546
AZ Blue: 1821690157



Haleigh Sanfilippo, APRN

NPI: 1720725682
United: 251935584
AZ Blue: 1720725682

Optum Primary Care (OPC) providers

East Valley

OPC – Baseline, cont.



Tierney Shea, PA-C

NPI: 1952829582
United: 00010920355
Humana: A30056
AZ Blue: 1952829582



Marcee Wharton, PA-C

NPI: 1760442784
United: 0251935580
Humana: A30060
AZ Blue: 1760442784

OPC – Chandler

600 S. Dobson Rd., Ste. D-27
Chandler, AZ 85224
1-480-496-0000, TTY 711



Pina Shah, MD

Dr. Pina Shah is an internal medicine physician. She attended medical school at B.J. Medical College in India, and she completed her residency at Tucson Hospitals Medical Education Program. Dr. Shah is also active in the Arizona chapter of the American College of Physicians.

NPI: 1336110584
United: 0251935554
Humana: A30046
AZ Blue: 1336110584



Saraswati Hamal, APRN

NPI: 1831711670
United: 251935400,
0251935564
Humana: A30013
AZ Blue: 1831711670

Optum Primary Care (OPC) providers

East Valley

OPC – Dobson

1100 S. Dobson Rd., Ste. 100
Chandler, AZ 85286
1-480-816-3131, TTY 711



Michelle Yoo, PA-C



NPI: 1053655043
United: 0251935575
Humana: A30052
AZ Blue: 1053655043

OPC – Gilbert

3420 S. Mercy Rd., Ste. 101
Gilbert, AZ 85297
1-480-899-4420, TTY 711



Leo Odle, DO

Dr. Leo Odle is an internal medicine physician. He attended medical school at Kirksville College of Osteopathic Medicine, and he completed his residency at St. Joseph's Hospital and Medical Center. Dr. Odle practices in a collaborative, evidenced-based manner. This emphasizes long-term doctor-patient relationships.



NPI: 1073601415
United: 25193-4804,
251935521
Humana: 005014
AZ Blue: 1073601415



Jon Holden, PA-C

NPI: 1174022198
United: 0251935401
Humana: A30029
AZ Blue: 1174022198

Optum Primary Care (OPC) providers

East Valley

OPC – Gilbert, cont.



Patrick Lopez, APRN

NPI: 1942740048
United: 251935559
AZ Blue: 1942740048

OPC – Maricopa

21300 N. John Wayne Pkwy., Ste. 123
Maricopa, AZ 85239
1-520-494-7778, TTY 711



Steven Macko, MD

Dr. Steven Macko is a board-certified family medicine physician. He attended medical school at the University of New Mexico, and he completed his residency at Tacoma Family Medicine. Dr. Macko specializes in pediatrics and diabetes. He also promotes overall health maintenance strategies.

NPI: 1639155070
United: 32717-0043,
251935399,
0327170200
Humana: 469304
AZ Blue: 1639155070



Kyle Stoeckmann, MD

Dr. Kyle Stoeckmann is an internal medicine physician. She attended medical school at the University of Arizona, and she completed her residency at Good Samaritan Regional Medical Center. Dr. Stoeckmann teaches her patients how to keep themselves safe from illnesses. She also has experience in the care of chronic (long-lasting) health problems. These include diabetes and arthritis.

NPI: 1154322907
United: 32717-0044,
0251935542,
0327170198
Humana: 469305
AZ Blue: 1154322907

Optum Primary Care (OPC) providers

East Valley

OPC – Maricopa, cont.



Polina Barboy, APRN

NPI: 1649877267
United: 251935579
Humana: A30006
AZ Blue: 1649877267

OPC – San Tan

36283 N. Gantzel Rd., Ste. 101
San Tan Valley, AZ 85140
1-480-351-7277, TTY 711



Tina Menghe, APRN

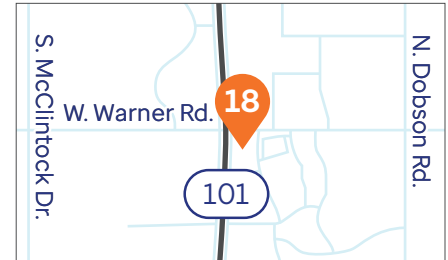
NPI: 1235343120
United: 327170199
Humana: A30048
AZ Blue: 1235343120

Optum Primary Care (OPC) providers

East Valley

OPC – Warner Rd.

2905 W. Warner Rd., Ste. 12
Chandler, AZ 85224
1-480-831-8457, TTY 711



Tyrone Hanks, DO

Dr. Tyrone Hanks is a family medicine physician. He attended medical school at Kansas City University of Medicine and Biosciences, and he completed his residency at St. Joseph's Hospital and Medical Center. Dr. Hanks strongly believes in a strong doctor-patient relationship. This helps with long-term positive health outcomes.

NPI: 1952587750
United: 3279464,
251934591
Humana: 672973
AZ Blue: 1952587750



Aaron Shumway, MD

Dr. Aaron Shumway is a family medicine physician. He attended medical school at Ross University School of Medicine, and he completed his residency at Yuma Regional Medical Center Family and Community Medicine. Dr. Shumway is devoted to giving patients complete care. He does this in a welcoming setting.

NPI: 1528627627
United: 251935351
Humana: 95256
AZ Blue: 1528627627



Adia Taylor, DO

Dr. Adia Taylor is a family medicine physician. She attended medical school at Kansas City University of Medicine, and she completed her residency at Peconic Bay Medical Center and United Memorial Medical Center. Dr. Taylor sees the care journey as a team effort. She helps patients boost their health with holistic living changes.

NPI: 1790004455
United: PR-6923539
Humana: 095256
AZ Blue: 1790004455



Mary Burton, NP

NPI: 1316415979
United: 251935448
Humana: 095490
AZ Blue: 1316415979

Optum Primary Care (OPC) providers

East Valley

OPC – Warner Rd., cont.



Cameron Ferrier, APRN

NPI: 1720592827

AZ Blue: 1720592827



Kristin Jamison, NP

NPI: 1245685510

United: PR-7091423,
251935447

Humana: A03589

AZ Blue: 1245685510



Susanna Kapoor, PA-C

NPI: 1720224520

United: 251935451

Humana: 163065

AZ Blue: 1720224520



Christopher Serrone, NP

NPI: 1366830945

United: 5749454,
251935449

Humana: 059574

AZ Blue: 1366830945



Ericka Vaughn, NP

NPI: 1942771506

United: 0333942322

Humana: 046920

AZ Blue: 1942771506

Optum Primary Care (OPC) providers

Northern Arizona

OPC – Cottonwood

203 S. Candy Ln., Ste. 13 AB
Cottonwood, AZ 86326
1-928-649-1389, TTY 711



Thomas Wendel, MD

NPI: 1750310355
AZ Blue: 1750310355



Angie Coil, NP

NPI: 1700247509
United: 6120077,
251935885
AZ Blue: 1700247509



Terah Walsworth, PA-C

NPI: 1568476802
AZ Blue: 1568476802

Optum Primary Care (OPC) providers

Northern Arizona

OPC – N. Fourth St.

2001 Fourth St.
Flagstaff, AZ 86004
1-928-527-4325, TTY 711



Chad Taylor, DO

Dr. Chad Taylor is a board-certified family medicine physician. He attended medical school at A.T. Still University School of Osteopathic Medicine, Arizona (ATSU-SOMA), and he completed his residency at Kingman Regional Medical Center Family Medicine Residency Program. Besides his practice, Dr. Taylor is also ATSU-SOMA's regional director of medical education.

NPI: 1871937417
United: 6112516
AZ Blue: 1871937417



Tara Creech, PA-C

NPI: 1184275851
United: 8237361
AZ Blue: 1184275851



Sunghoon Kim, NP

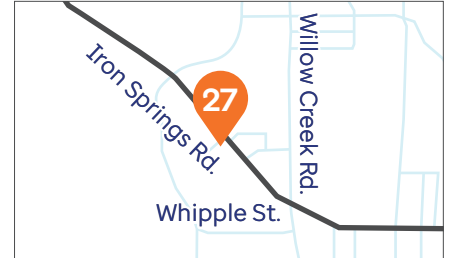
NPI: 1114682481
United: 7886637
AZ Blue: 1114682481

Optum Primary Care (OPC) providers

Northern Arizona

OPC – Prescott

1151 Iron Springs Rd., Ste. F-J
Prescott, AZ 86305
1-928-800-5701, TTY 711



Kevin Thomas, DO

NPI: 1730143637
United: 251935914
AZ Blue: 1730143637



Christina Sternesky, APRN

NPI: 1982283743
United: 251935886
AZ Blue: 1982283743

OPC – Prescott Valley

3190 N. Windsong Dr.
Prescott Valley, AZ 86314
1-928-800-5701, TTY 711



Optum Primary Care (OPC) providers

Northern Arizona

OPC – Yale St.

1501 S. Yale St., Bldg. 2, Stes. 150 and 151
Flagstaff, AZ 86001
1-928-527-4325, TTY 711



Karen Damgaard, PA-C

NPI: 1376600171
United: 2748797
Humana: 616679
AZ Blue: 1376600171



John Moeser, PA-C

NPI: 1902590706
AZ Blue: 1902590706



Elysia Small, PA-C

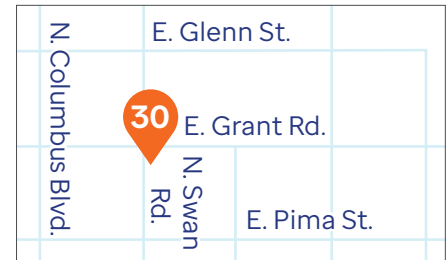
NPI: 1174074991
United: 6712236
Humana: 616680
AZ Blue: 1174074991

Optum Primary Care (OPC) providers

Tucson Metro

OPC – East Grant

4730 E. Grant Rd.
Tucson, AZ 85712
1-520-290-0300, TTY 711



Patrick Noonan, DO

Dr. Patrick Noonan is an internal medicine physician. He attended medical school at Kirksville College of Osteopathic Medicine, and he completed his residency at University of Iowa Hospitals and Clinics. Dr. Noonan's interests lie in caring for long-lasting illnesses. He also emphasizes healthy living and preventive care.

NPI: 1346561040
United: 32064-0267
AZ Blue: 1346561040



Rodolfo Penaflor, MD

Dr. Rodolfo Penaflor is an internal medicine physician. He attended medical school at Far Eastern University - Dr. Nicanor Reyes Medical Foundation in Manila, Philippines, and he completed his residency at Tucson Hospitals Medical Education Program. Dr. Penaflor specializes in preventive care. He believes in caring for the patient's whole health, not just a single issue.

NPI: 1821072018
United: 32064-0265
AZ Blue: 1821072018



Christine Querimit, MD

Dr. Christine Querimit is a family medicine physician. She attended medical school at the University of Santo Tomas in Manila, Philippines, and she completed her residency at the family medicine program of St. Mary Mercy Hospital in Michigan. Dr. Querimit gives care to patients of all ages. She especially focuses on promoting health and stopping illnesses.

NPI: 1295174522
United: 0197815044
Humana: 328358
AZ Blue: 1295174522

Optum Primary Care (OPC) providers

Tucson Metro

OPC – East Grant, cont.



Mark Zaetta, MD

Dr. Mark Zaetta is an internal medicine physician. He attended medical school at Temple University, and he completed his residency at Allegheny General. Dr. Zaetta believes in partnering with his patients. He does this to help them meet their long-term health and wellness goals.

NPI: 1114901394
United: 0320640270
AZ Blue: 1114901394



Kaitlin Compton, APRN

NPI: 1689458739
United: 0320640345
AZ Blue: 1689458739



Casandra Crowson, APRN

NPI: 1104464270
United: 0320640229
AZ Blue: 1104464270



Susan Gabbard, APRN

NPI: 1750603049
AZ Blue: 1750603049



Elena McCabe, APRN

NPI: 1649791450
United: 0320640255
AZ Blue: 1649791450

Optum Primary Care (OPC) providers

Tucson Metro

OPC – East Grant, cont.



Zoe Warren, PA-C

NPI: 1699329458
United: 0320640320
AZ Blue: 1699329458



Melinda Wildman, APRN

NPI: 1174205041
United: 0320640362
AZ Blue: 1174205041

OPC – Green Valley

695 S. Pecan Tree Ln.
Green Valley, AZ 85614
1-520-625-8116, TTY 711



Martha Lizarraga De Garza, APRN

NPI: 1366420648
United: 32064-0120
Humana: 332681
AZ Blue: 1366420648

Optum Primary Care (OPC) providers

Tucson Metro

OPC – Ina

1669 W. Ina Rd., Ste. 141
Tucson, AZ 85704
1-520-795-6183, TTY 711



Danielle Brower, DO

Dr. Danielle Brower is a board-certified internal medicine physician. She attended medical school at Midwestern University, and she completed her residency at Canyon Vista Medical Center. Dr. Brower focuses on preventive medicine and evidence-based care.

NPI: 1306233564
United: 32064-0266
Humana: 443623
AZ Blue: 1306233564



James Smith, MD

Dr. James Smith is an internal medicine physician. He attended medical school at Drexel University College of Medicine, and he completed his residency at Mercy Catholic Medical Center in Pennsylvania. Dr. Smith has a special interest in caring for hepatitis C. He also helps patients with obesity and weight care.

NPI: 1215043062
United: 32064-0022
Humana: 627198
AZ Blue: 1215043062

Optum Primary Care (OPC) providers

Tucson Metro

OPC – Midvale

1460 W. Valencia Rd.
Tucson, AZ 85746
1-520-573-0966, TTY 711



Jeffrey Courville, MD

Dr. Jeffrey Courville is a family medicine physician. He attended medical school at University of Texas Health Science Center Houston, and he completed his residency at Texas A&M Family Medicine. Dr. Courville has spent his 10 years of practice in Southern Arizona. He emphasizes evidence-based care.

NPI: 1801123948
United: 32064-0276
Humana: 051563
AZ Blue: 1801123948



David Musicant, DO

NPI: 1831177112
United: 32064-0206
Humana: 320890
AZ Blue: 1831177112



Carlos Aguilar, PA-C

NPI: 1477520484
United: 32064-0190
AZ Blue: 1477520484



Ana Maria Burger, APRN

NPI: 1356985774
United: 32064-0230
Humana: 682100
AZ Blue: 1356985774

Optum Primary Care (OPC) providers

Tucson Metro

OPC – Midvale, cont.



Aimee Herron, APRN

NPI: 1083385942
AZ Blue: 1083385942



Anna-Karina Marco, APRN

NPI: 1992316566
United: 0320640261
AZ Blue: 1992316566



Diana Rauckman, APRN

NPI: 1902885262
United: 32064-0180
Humana: 320892
AZ Blue: 1902885262

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Notes



1. optum.com/library/medicare-advantage/page.hub.patient-surveys.html
2. Programs and resources vary based on location and network.

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