

**EMPLOYEE HEALTH SYSTEMS  
MEDICAL GROUP  
Telephone Hotlines – 24 Hours  
310-641-1997 \* (800) 231-1407**

**PRIMARY CARE PHYSICIANS AND LOCATIONS**

**Noble Community – Van Nuys**

14555 Hamlin St #100  
Van Nuys, CA 91411  
(818) 997-4561  
Hours: M-F 8:30-5:30

**Noble Community – North  
Hollywood**

11631 Victory Blvd #101  
N. Hollywood CA 91606  
(818) 764-8838  
Hours: M-F 8:30-5

**Noble Community –  
Granada Hills**

16919 Devonshire  
Granada Hills, CA 91344  
(818) 363-8176  
Hours: M-F 8:30-5:30

**Noble Community –  
Canoga Park**

22030 Sherman Way #101  
Canoga Park, CA 91303  
(818) 716-9434  
Hours: M-F 8:30-5:30

**Joey Brett, MD**

13320 Riverside Drive #104  
Sherman Oaks, CA 91423  
(818) 789-0034  
Hours: M-Th 9-5, Fr 9-12

**Michael Kass, MD**

**Pediatrics**  
3834 Hughes Ave #502  
Culver City, CA 90232  
(310) 204-7030  
Hours: M-F 8:30-5:30

**Crown City Med Group**

3208 Santa Anita #200  
El Monte, CA 91733  
(626) 454-1990  
M-F 8:30-6, Sat 8:30-2

**Nubar Sethian, MD**

**Pasadena**  
1028 N. Lake Ave #103  
Pasadena, CA 91104  
(626) 797-3378  
Hours: M-F 9-4, Sat 9-1

**Metropolitan Family Center –**

**San Bernardino**  
742 W. Highland Ave  
San Bernardino, CA 92405  
(909) 881-7320  
Hours: M-F 8-5

**Shahida Dadabhoy, MD**

**Pediatrics**  
145 W. Willow St  
Pomona CA 91768  
(909) 865-5555  
Hours: M-F 9-4

**Ngo Phan MD**

401 N Garfield Ave #3  
Alhambra, CA 91801  
(626) 281-3265  
Hours: M-F 9-5, Sat 9-1  
Closed Wed & Sundays

**Centinela Medical Center**

15603 S. Hawthorne Blvd  
Lawndale CA 90260  
(310) 644-4488  
Hours: M-F 9-6

**La Vida Medical Group –  
Lawndale**

4161 Redondo Beach Blvd #101  
Lawndale, CA 90260  
(310) 214-5436  
Hours: M-F 8-5  
Answering Service 9-5pm

**Medical Group of Culver City  
– Culver City**

4340 Overland Ave  
Culver City, CA 90230  
(310) 559-4411  
Hours: M-F 8-6

**Montes Medical Group –  
Inglewood**  
832 S. Grevillea Ave  
Inglewood, CA 90301  
(310) 419-4354  
Hours: M-F 8-5

**Clinica Medica La Caridad –  
Maywood**  
4347 E. Slauson Ave  
Maywood, CA 90270  
(323) 773-3137  
Hours: M-F 9-6, Sat 9-1

**Ishan Shamaon MD &  
Dr. Cota Family Practice**  
4946 E. Florence Ave  
Bell CA 90201  
(323) 773-0591  
Hours: M-F 10-7, Sat 9-4

**Multi-Health Med Group  
Southgate**  
3175 E. Firestone Blvd  
Southgate, CA 90280  
(323) 567-8910  
Hours: M-F 9-6, Sat 9-3:30

**Nalm Salama, MD  
& Afaf Soliman, MD  
Pediatrics**  
8204 Long Beach Blvd #B  
Southgate, CA 90280  
(323) 588-3300  
Hours: M-F 9-6, Sat 9-1

**La Libertad Medical Group –  
Southgate**  
8225 Long Beach Blvd #C  
Southgate, CA 90280  
(323) 585-1056  
M-Sat 8am-9pm 7 days

**Shabira Ahdel-Malek  
Pediatrics**  
3100 E. Florence Ave  
Huntington Park, CA 90255  
(323) 583-4115  
Hours: M-F 8:30-5

**Clinica Humanitaria**  
2765 E. Florence  
Huntington Park, CA 90255  
(323) 588-6888  
Hours: M-Th 9-5:30, F 9-2

**Clinica Humanitaria**  
5953 S. Atalantic Blvd  
Maywood, CA 90270  
(323) 562-6170  
Hours: M-F 8:30-5

**Clinica Humanitaria**  
3564-A Santa Anita Ave  
El Monte, CA 91731  
(626) 350-8101  
Hours: M-Th 9-6, F-Sa 9-2

**Clinica Humanitaria**  
3500 E Whittier Blvd #105  
Los Angeles, CA 90023  
(323) 262-8100  
Hours: M-Th 9-5:30, F 9-2

**Clinica Humanitaria**  
3518 W 8th Street  
Los Angeles, CA 90005  
(213) 384-9949  
Hours: M-F 9-5:30

**Nabil Soliman, MD  
Janet Soliman, MD  
Family Practice**  
11946 S. Hawthorne Blvd  
Hawthorne, CA 90250  
(310) 675-1136  
Hours: M-Th 10-5  
F 10-4:30, Sat 10-3

**Emile Shenouda, MD  
Pediatrics**  
10132 California Ave  
Southgate, CA 90280  
(323) 566-4411  
Hours: M-F 9-5  
Every other Sat 9-1pm

**Rosana Iskander, MD  
Family Practice**  
5920 Atlantic Blvd  
Maywood, CA 90270  
(323) 562-2535  
Hours: M-F 9-6

**Ruben Casabar, MD  
General Practice & Peds**  
6017 Atlantic Blvd  
Maywood, CA 90270  
(323) 560-8880  
Hours: M-Th 9-6, F 9-1

**Ruben Casabar, MD**  
**General Practice & Peds**  
2817 James Wood Blvd  
Los Angeles, CA 90002  
(213) 388-4415  
M/Tu/Th/F 9-6, W 9-1, Sat 9-1

**Ruben Casabar, MD**  
**General Practice & Peds**  
200 E. Anaheim St  
Wilmington, CA 90744  
(310) 835-4000  
Hours: Mon-Sat 9-6

**Yong Liang MD**  
888 N Hill Street  
Los Angeles, CA 90012  
(213) 687-0863  
Hours: M-F 9-5, Sat 10-3

**Ananias Ebilane MD**  
13429 S. Hawthorne Blvd.  
Hawthorne, CA 90250  
(310) 644-8683  
Hours: M-F 8:30-5:30

### **Urgent Care Facilities**

**Family Urgent Care - Lancaster**  
412 W. Avenue J, #D  
Lancaster, CA 93534  
(661) 729-4336  
M-F 9am-5:30pm

**Family Urgent Care**  
15450 Ventura Blvd #102  
Sherman Oaks, CA 91403  
(818) 808-2828  
M-F 9am-5:30pm, Sat: 10-3

**Studio City Urgent Care**  
12660 Riverside Drive #110  
Valley Village, CA 91607  
(818) 761-1800  
M-F 8am-8pm, Sat/Sun 9-5

**Lynwood United Medical Corp**  
3150 E. Imperial Hwy #203  
Lynwood, CA 90262  
(310) 763-0102  
M-F 5p-8:30p, Sat 9a-4:30p  
Sun 10am-1:30pm

**Centinela Airport Medical Center – LAX**  
9601 Sepulveda Blvd  
Los Angeles, CA 90074  
(310) 215-6020

**La Libertad Medical Center – South Gate**  
8427 Long Beach Blvd  
South Gate, CA 90280  
(323) 585-2486  
8am-Midnight 7 days

**U.S Healthworks – Van Nuys**  
16300 Roscoe Blvd.  
Van Nuys, CA 91406  
(818) 893-4426  
24hrs/7 days

**U.S Healthworks – Torrance**  
19401 S. Vermont Ave #L  
Torrance, CA 90502  
(310) 324-5777  
24hrs/7days

**U.S Healthworks – Vernon**  
3851 Soto Street  
Vernon, CA 90058  
(323) 585-7162 24hrs/7days

**U.S Healthworks – Commerce**  
3430 S. Garfield Ave  
Commerce, CA 90040  
(323) 722-8481

**U.S Healthworks – Compton**  
2499 S. Wilmington Ave  
Compton, CA 90220  
(310) 638-1113 24hrs/7days

**U.S Healthworks – LAX**  
500 N. Nash St  
El Segundo, CA 90423  
(310) 640-9911

**U.S Healthworks – Los Angeles**  
1212 Flower St.  
Los Angeles, CA 90015  
(213) 747-0634 24hrs/7days

**RapidCare Urgent Care Center**  
1130 W. Olive Ave  
Burbank, CA 91506  
(818) 843-8555  
M-F 8a-8p, Sat 9a-5p

**RapidCare Urgent Care Center – Glendale**  
801 S. Chevy Chase Drive #20  
Glendale, CA 91205  
(818) 265-2200  
M-F 8a-8p, Sat/Sun 9a-5p

**Verdugo Hills Urgent Care**  
544 N. Glendale Ave  
Glendale, CA 91206  
(818) 241-4331  
Hours: M-F 7a-8:30p,  
Sat/Sun 9a-5:30p

**Greater Covina Healthcare Clinic**  
605 E. Badillo Street #110  
Covina, CA 91723  
(626) 732-9232  
M-F 5p-11p, Sat/Sun 9a-5p

**Montclair Family Urgent Care**  
4950 San Bernardino #202  
Montclair, CA 91763  
(909) 621-4447  
M-F 9am-8pm, Sat 9am-3pm

**Chino Hills Family Health Care**  
2557 Chino Hills Parkway #A  
Chino, CA 91709  
(909) 393-4334  
M-F 9am-7pm, Sat/Sun 9am-5pm

**Claremont Community Care Clinic**  
1996 Indian Hill Blvd  
Pomona, CA 91767  
(909) 670-0777  
M-F 7p-9p, Sat 9a-2p

### **Contracted Hospitals**

**Brotman Medical Center**  
3828 Delmas Terrace  
Culver City, CA 90321  
(310) 836-7000

**Centinel Hospital Med Center**  
555 E. Hardy St.  
Inglewood, CA 90307  
(310) 673-4660

**Suburban Med Center**  
16453 S. Colorado Ave  
Paramount, CA 90723  
(562) 531-3110

**Community Hospital Of Huntington Park**  
2623 E. Slauson Ave.  
Huntington Park, CA 90255  
(323) 583-1931

**Encino-Tarzana Regional Medical Center**  
18321 Clark Street  
Tarzana, CA 91356  
(818) 881-0800

**Garfield Medical Center**  
525 N. Garfield Ave.  
Monterey Park, CA 91754  
(626) 573-2222

**Greater El Monte Hosp**  
1701 Santa Anita Ave.  
El Monte, CA 91733  
(626) 579-7777

**Los Angeles Metropolitan Medical Center**  
2231 S. Western Ave.  
Los Angeles, CA 90018  
(323) 730-7300

**Mission Hospital Of Huntington Park**  
3111 E. Florence Ave.  
Huntington Park, CA 90255  
(323) 582-8261

### **CHIROPRACTIC SERVICES**

**\$5.00 COPAY – NO PRIOR AUTHORIZATION REQUIRED**  
**INGLEWOOD FAMILY HEALTH & FITNESS CENTER INC**  
133 N. PRAIRIE AVE  
INGLEWOOD, CA 90301  
(310) 673-9861