

UC San Diego Health

The right primary care provider,
right here for you.

PRIMARY CARE PROVIDER DIRECTORY





FIND A PROVIDER

CARLSBAD

VISTA

SAN MARCOS

RANCHO BERNARDO

ENCINITAS

CARMEL VALLEY

CARMEL MOUNTAIN RANCH

SOLANA BEACH

DEL MAR

SCRIPPS RANCH

LA JOLLA

SANTEE

EL CAJON

CLAIREMONT

PACIFIC BEACH

KENSINGTON

LA MESA

HILLCREST

TALMADGE

NORTH PARK

DOWNTOWN

EASTLAKE

CHULA VISTA

SUNBOW

● UC San Diego Health Physician Network

Find your provider.

Not all providers are listed. For a full list, visit health.ucsd.edu/providers

Bankers Hill

UC San Diego Health

2131 3rd Ave
San Diego, CA 92101
(858) 657-7000

- Jamshid Akhavan, MD
- Luis Alonso Cruz, MD
- Courtney Konchan, DO
- Josefina Torres, MD

Carlsbad

One Medical

7740 El Camino Real
Carlsbad, CA 92009
(619) 232-3500

- Donna Mayeda, MD
- Elisha Phelan, NP
- Grace Vettraino, NP

Perlman Clinic

1905 Calle Barcelona
Carlsbad, CA 92009
(858) 799-0933

- Chelsea Ellingson Hipolito, PA-C
- Hanaah Fannin, PA-C
- Katherine Drilling, PA-C
- Bahar Rahnamayi, MD
- Diane Solic, FNP-C
- Elizabeth Symanski, FNP-C
- Rhodaline Tootell, MD

Perlman Clinic

2659 Gateway Rd
Carlsbad, CA 92009
(760) 671-2220

- Sandra Alexander, MD
- Hannah Fannin, PA-C
- Kate Haggerty, MD

Carmel Mountain Ranch

Perlman Clinic

11865 Carmel Mountain Rd
San Diego, CA 92128
(858) 997-2583

- Carley Anderson, PA-C
- Madalas Bista, MD
- Catherine Carroll, MD
- Priya Jagasia, MD
- Monica Tilley, NP

Carmel Valley

UC San Diego Health

6030 Village Way
San Diego, CA 92130
(800) 926-8273

- Victor Mori, DO
- Rachelle Sawyer, MD

Chula Vista

Adult Medicine Clinic

480 4th Ave
Chula Vista, CA 91910
(619) 932-6859

- Rodrigo Fernandez, MD

Oxford Care

330 Oxford St
Chula Vista, CA 91911
(619) 409-1802

- Mohammed Elsayed, MD

Perlman Clinic

299 J St
Chula Vista, CA 91910
(858) 779-2366

- Carina Correa, NP

Chula Vista (continued)

Perlman Clinic

752 Medical Center Ct
Chula Vista, CA 91911
(619) 421-4311

- Alejandra Vazquez-Bojorquez, MD
- Alonso Chan, PA-C
- Faith Robuchaud, PA-C

UC San Diego Health - Eastlake

2295 Otay Lakes Rd
Chula Vista, CA 91915
(800) 926-8273

- Amanda Crawford, MD
- Vincente Diaz-Gonzalez, MD

Clairemont

Perlman Clinic

3737 Moraga Ave
San Diego, CA 92117
(858) 799-0855

- Kelsey Abrahamsen, PA-C
- Yadani Al-Saleh, MD
- Laura Crites, PA-C
- Raymond Herr, MD

La Mesa Medical

4282 Genesee Ave
San Diego, CA 92117
(858) 452-7320

- Elahe Toulouie, MD

Del Mar

Perlman Clinic

12843 El Camino Real
San Diego, CA 92037
(858) 558-0399

- Emily Boydston, PA-C
- Jenaya Calderilla, DO
- Ilan Kuperman, MD
- Alice Lin, MD
- Maisa Nagi Morris, MD
- Lacey Post, PA-C
- Mirza Raheem, MD
- Jamie Switzer, DO

Anywhere you are.

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Downtown San Diego

One Medical

1230 Columbia St
San Diego, CA 92101
(619) 232-3500
— Victoria Bayliss, PA-C
— David Eisner, MD
— Daphna Schlomo, PA-C

Perlman Clinic

555 W. C St
San Diego, CA 92101
(858) 333-4977
— Uri Guefen, MD
— Devon Lewis, PA-C
— Oana Pickering, PA-C

El Cajon

La Mesa Medical

1580 N 2nd St
El Cajon, CA 92021
(619) 932-6859
— Elahe Toulouie, MD

Encinitas

Perlman Clinic

477 N. El Camino Real
Encinitas, CA 92024
(858) 766-6007
— Gourab Das, PA-C
— Mark Kalina, MD
— Madison Pachoe, FNP-C

UC San Diego Health

1505 Encinitas Blvd
Encinitas, CA 92024
(800) 926-8273
— Lindsey Anderson, DO
(limited availability)
— Jandark Yuseif, MD

Hillcrest

Perlman Clinic

3900 5th Ave
San Diego, CA 92103
(858) 554-1212
— Stuart Andersen, MD
— Matthew Anderson, PA-C
— Vania Arroyo, PA-C
— Puneet Bhalrhu, MD
— Judith Cabrera, MD
— Emily Ence, PA-C
— Krista Moorman, PA-C
— Breanna Murray, PA-C
— Sabrina Prijatel, PA-C
— Todd Rachel, PA-C

UC San Diego Health

330 Lewis St
San Diego, CA 92103
(800) 926-8273
(limited providers available)

Kensington

Perlman Clinic

4142 Adams Ave
San Diego, CA 92116
(858) 617-0717
— Brooklyn Bowcut, PA-C
— Lauren Frey, PA-C
— Susan Taylor, MD

La Jolla

One Medical

4504 La Jolla Village Dr
San Diego, CA 92122
(619) 232-3500
— Taylor Dawson, PA-C
— Robert Hickman, MD

Perlman Clinic

9850 Genesee Ave
La Jolla, CA 92037
(858) 864-9800
— Heba Ahmed, DO
— Lindzee Baker, PA-C
— Stephen Caso, PA-C
— Sarah de Vera, PA-C
— David Hirshfield, MD
— Kirseten Mott, PA-C
— Monica Perlman, MD
— Arzoo Sadiqi, DO
— Anna Stern, MD
— C. Michael Wright, MD
— Armando Wu, MD

Perlman Clinic

7855 Ivanhoe Ave
La Jolla, CA 92037
(858) 869-0188
— Ali Al-Saleh, MD
— Nicholas Canelo, MD
— Ilana Renfroe, FNP
— Kelly Snowden, PA-C

UC San Diego Health

9333 Genesee Ave
San Diego, CA 92121
(800) 926-8273
(limited providers available)

UC San Diego Health

8899 University Center Ln
La Jolla, CA 92122
(800) 926-8273
(limited providers available)

World-class care.

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La Mesa

La Mesa Medical

5358 Jackson Dr
La Mesa, CA 91942
(619) 940-1773
— Elahe Toulouie, MD

Perlman Clinic

6386 Alvarado Ct
San Diego, CA 92120
(858) 900-9490
— Michael Fangerow, DO
— Cody Jackson, MD
— William Pitt, MD

Mission Valley

Perlman Clinic

375 Camino de la Reina
San Diego, CA 92108
(619) 436-4776
— Melanie Shepard, PA-C
— Marina Udowenko, DO

North Park

Perlman Clinic

3180 University Ave
San Diego, CA 92104
(858) 529-7229
— Sheri Cameron, MD
— Monika Drzymalski, DO
— Bianca Schoeller, PA-C

Pacific Beach

Kaveh Bahmanpour, MD

3023 Bunker Hill St
San Diego, CA 92109
(858) 270-0010
— Kaveh Bahmanpour, MD

Poway

Healthy Bodies - Healthy Lives

15525 Pomerado Rd
Poway, CA 92064
(858) 592-7040
— Kathy Clewell, MD

Rancho Bernardo

UC San Diego Health

16950 Via Tazon
San Diego, CA 92127
(800) 926-8273
— Fariba Basali, MD
— Brittany Drutman, DO
— Jeiran Javaherian, DO
— Timothy Judd, DO
— Frank Truong, MD

San Marcos

Perlman Clinic

314 S Twin Oaks Valley Rd
San Marcos, CA 92078
(442) 372-2330
— Alina Shumakova, NP

Santee

Perlman Clinic

9325 Mission Gorge Rd
Santee, CA 92071
(619) 704-2248
— Kristen Mott, PA-C

Scripps Ranch

Perlman Clinic

9909 Mira Mesa Blvd Ste. 110
San Diego, CA 92131
(858) 788-7208
— Daisy Damasco-Gutierrez, MD
— Teresa Dudarewicz, MD

Scripps Ranch (continued)

UC San Diego Health

9909 Mira Mesa Blvd Ste. 200
San Diego, CA 92131
(800) 926-8273
(limited providers available)

Solana Beach

Perlman Clinic

380 Stevens Ave
Solana Beach, CA 92075
(858) 266-9551
— Morris Wisniewski, MD
— Robert Yuhas, MD

Talmadge

Compassionate Care Clinic

4440 Euclid Ave
San Diego, CA 92115
(619) 521-6812
— Charles Le, MD

Vista

Perlman Clinic

204 S. Santa Fe Ave
Vista, CA 92084
(760) 941-8888
— Tyler Bates, FNP
— Chloe Braamse, FNP
— Stuart Bursten, MD
— Marisa Merritt, FNP-C
— Kristina LePard, PA-C
— Midori Rivera, MD
— Phoebe Tabaranza, AGNP-C

UC San Diego Health

910 Sycamore Ave
Vista, CA 92081
(760) 697-3000
— Ali Husain, DO
— Shea Wickland, MD
— Sahil Vagha, DO

More reasons to choose UC San Diego Health



in San Diego & Best Hospitals **National Honor Roll**

Convenient Primary Care

Our primary care providers are located throughout the county, with services in Rancho Bernardo, Encinitas, Eastlake, Pacific Highlands Ranch, and more.

Same-Day Care

Walk in or save your spot online at our Urgent Care and Express Care clinics.

Versatile Online Tools

The MyUCSDHealth app supports online scheduling, video visits, messaging with your doctor, and prescription refill requests.

Health Coaching

We offer group and one-on-one texting to aide in support of behavior changes and education to meet your health goals, both mind and body.

Top Docs

More than 100 UC San Diego Health physicians were named "Top Docs" in the San Diego Magazine "Physicians of Exceptional Excellence."

Disease Management with Digital Health

We provide home health monitoring services, including device installation of blood pressure and glucose monitors, bed sensors, and more. This allows your care team to remotely support you.

Sports Medicine

Our sports medicine experts — the same ones who take care of the Padres — can help you prevent and recover from injuries.

Medicare Advantage Excellence

UC San Diego Health received the top honor for clinical quality from the Integrated Healthcare Association (IHA).

Social Support Services

We work with your health plan to link you to community resources, transportation, in-home services, meal delivery, referrals for counseling, and other social services.

Home Health Services

A UCSD Health medical care team provides home and Skilled Nursing Facility visits to ensure continuity of care. They help avoid an unnecessary emergency room visit and/or hospitalization.

Simple steps to switch your care to UC San Diego Health

It's easy to make the change. Visit getbettercarenow.com or call **800-926-8273** to learn how to switch your care to UC San Diego Health.

UC San Diego Health offers you more locations, more providers, more specialists and more convenience than ever before. Join the thousands of San Diegans who are making the switch to UC San Diego Health.

