



HERITAGE



People

ISSUE 1 | FALL 2020



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FITNESS | NUTRITION | TESTIMONIALS

// Come experience
The Heritage
Difference! //



heritage **people**

we|come

We are the High Desert leader in life-changing health programs and high-value benefits. Heritage members enjoy a responsive customer experience, increased patient contact, everyday coordinated care, and Five Star Rated service quality measures.

We cover Southern California's High Desert and Mountain Communities with neighborly doctors and a wide range of specialists. We offer access to the best tertiary hospital care in Southern California.

Our technology delivers faster referrals.
Our streamlined operations deliver better results.
Our comprehensive coordinated care and included services bring peace of mind.

One of our fresh approaches to living your best life is Heritage LifeFit. It's an innovative path to health and wellbeing that considers and includes everything about you. Backed by doctors wanting to listen and brimming with fresh ideas, LifeFit is about loving the way you feel and an everyday way of living you can get excited about.

Both Heritage LifeFit and Heritage Medical Group offer a personal concierge-type service with an eager-to-please local member services team who are committed to delivering well beyond your expectations. Keep reading to learn more about the Heritage Difference!

our mission

To generate better personal and community well being through connecting with people emotionally, with a spirit of excellence, delivering an unexpected experience that reassures and leaves people highly satisfied



physician spotlight

Dr. Sourav Das, M.D.

Family Medicine, Sports Medicine, Regenerative Medicine

Dr. Das was born & raised in New York City. This is where he began his educational career and quest to combine his biggest passions - sports, fitness, and medicine. En route to becoming a physician, and as a physician, he has been fortunate to train with, and practice alongside some of the greatest minds in family medicine, sports medicine and regenerative medicine. His extensive experience allows him to specialize in non-operative approaches to sports/ activity related injuries, injury prevention, and overall improvement of health & fitness. Although he loved the time he spent with top Division I collegiate teams (Duke, University of Maryland), professional football teams (Baltimore Ravens), and professional baseball teams (Baltimore Orioles), it's the medical missions & volunteer work throughout his life that ultimately shaped his perspective on what a physician should be.

Dr. Das is on the forefront of Platelet Rich Plasma (PRP) and Prolotherapy, two non-surgical Regenerative Medicine techniques now being offered to patients of Heritage Victor Valley Medical Group. For more information about this exciting new treatment visit hvvmg.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Please call Cindy Carroll @ (442)242-6724 to sign up for Open Enrollment					
1	2	3	4 10:00am AEP- Scan, Healthnet, United Healthcare 12:00pm AEP- Aetna, Humana, Inter Valley 2:00pm AEP- Anthem, Blue Shield, Alignment (Resort- Suite 1)	5 2:00pm AEP Scan, Healthnet United Healthcare, (Resort- Suite 1)	6 2:00pm AEP Scan with Christie Cuellar	7
8	9	10 2:00pm AEP Healthnet, Humana, United Healthcare (Resort- Suite 1)	11	12 10:00am AEP Scan, Aetna, Inter Valley 12:00pm AEP- Anthem, Blue Shield, Alignment 2:00pm AEP- Scan, Healthnet, United Healthcare (Resort- Suite 1)	13	14
15 	16	17	18 10:00am AEP Healthnet, Humana, United Healthcare 2:00pm AEP Scan with Christie Cuellar (Resort- Suite 1)	19 2:00pm AEP Aetna, Inter Valley, Golden State (Resort- Suite 1)	20	21
22	23	24	25	26 Happy Thanksgiving!! HVMG is closed	27 CLOSED	28
29 	30					

12424 Hesperia Rd. Suite 1 | Victorville, CA 92395 | P: 760.245.4747 | F: 760.269.1293 | hvvmg.com

senior calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 12:00pm AEP Scan, Healthnet, United Healthcare 2:00pm AEP Aetna, Humana, Inter Valley (Resort- Suite 1)	3 10:00am AEP Wellcare, Healthnet, Golden State 2:00pm AEP Scan with Christie Cuellar (Resort- Suite 1)	4	5 
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 	21	22	23	24 Happy Holidays HVMG IS CLOSED	25	26 
27	28	29	30	31		

You MUST sign up with one of our Sr. Programming Team Members for All classes.
Crafts, Painting, Jewelry and Woodworking. All classes require an RSVP at the beginning of each month.
Activities are OPEN TO ALL SENIOR MEMBERS AND NON MEMBERS, unless otherwise specified.
Please call for more information: (760) 245-4747 ex. 6722 or 6724

12424 Hesperia Rd. Suite 1 | Victorville, CA 92395 | P: 760.245.4747 | F: 760.269.1293 | hvvmg.com

senior living

a word from **cindy**



Hello all my senior friends! What a year 2020 has been! Oh how we in senior programming have missed you here at the Resort, but we are happy that you have all stayed home and safe during this pandemic. I know that when we all get back together again, we will have lots of stories to tell. We are working on ways to make your return safe for everyone, and you will notice some differences in the way our classes are being held. Registration for all classes must be done by phone to limit exposure, and you must speak to Renee or myself to register. You may only register for yourself at this time, sorry no exceptions. You must wear a mask to enter the Resort, and your temperature will be taken at the door. If you have any health conditions that prevent you from wearing a mask, please do not register for classes. We are sorry for any inconvenience this might cause. Together, we will come back safe and strong. If you have any questions, please call me at 442-242-6724.

I hope to see you soon!

Cindy

SKILLET CHICKEN WITH BRUSSELS SPROUTS AND APPLES

Ingredients:

- 1 ½ pound skinless chicken thighs
- 2 teaspoons chopped fresh thyme
- Salt and pepper to taste
- 1 tablespoon canola oil
- 1 package shredded Brussels sprouts
- 1 sliced apple, (any kind will do)
- ½ slice red onion
- 1 chopped garlic clove
- 2 tablespoons balsamic vinegar
- 2 teaspoons brown sugar
- 1/3 cup chopped pecans, (optional)

Directions:

Season chicken thighs with thyme and salt and pepper. Cook in canola oil in a large skillet over medium high heat until cooked through, set aside. Add Brussels sprouts, apple, red onion and garlic to skillet. Cook, tossing, until Brussels sprouts are warm and wilted and onion has softened. Stir in balsamic vinegar and brown sugar. Season with salt and pepper to taste. Return chicken to pan and toss with vegetables. Top with pecans if desired.

Makes four servings.



Coffee Club is a relaxing meet-up where older adults and retirees enjoy pastries and freshly brewed coffee over fun activities like "Kings Corner" and an exciting dice game called "ZONK"!

It's a great way to start or finish the week, it's free, and you don't even need to sign up - simply walk in and grab a cup! To find out more give us a call at (442) 242-6724.

We hope to see you there!

Mondays & Fridays
9:00AM – 11:00AM

12424 Hesperia Rd.
Suite 1
Victorville, CA

workout

SESSIONS AT HERITAGE

family matters

Choose Your Hard

Greetings from Heritage Fitness. We have a banner in our fitness facility that makes an impact on me every time I read it, and I know it does the same for others. It says this (with some added features):
Working out is hard- Feeling sore afterwards is hard- Making time for fitness is hard

Diabetes is hard- Heart disease is hard- The onset of dementia is hard- Losing our independence is hard- Being depressed is hard

Choose Your Hard

We all know the hard choices we have to make when it comes to working out regularly, but when we evaluate the quality of life that fitness provides versus the alternative of not being fit, it's really a pretty easy decision. Don't make this harder than it has to be; let us help you have the fit lifestyle you so richly deserve. I promise you that, no matter what fitness level you are at, we will work hard to help you live your best life possible.

George Mangum - Clinical Fitness Director



Check out our weekly workout videos at:
www.hvvmg.com/lifefitathome

1. BODYWEIGHT EXERCISES

SETS	2 MIN REST INBETWEEN...
2	BEGINNER
4	INTERMEDIATE
6	ADVANCED



20	LUNGES
5	SHOULDER PRESSES
10	ONE LEGGED SQUAT
20	SHOULDER TOUCHES
12	PUSH UPS
20	PLANK JUMP-INS
20	SIT UPS
20	SITTING TWISTS
20	TURKISH GET UPS

3. RESISTANCE TRAINING USING HOUSEHOLD OBJECTS

CHAIR LEG RAISE	BACKPACK LUNGE
CHAIR PRESS UP	BACKPACK SQUAT
CHAIR DIPS	WATER BOTTLE SHOULDER PRESS



2. YOGA

YOGA FOR BEGINNERS
40 MINUTE HOME YOGA WORKOUT

HOLD FOR 40 SEC
PAUSE FOR 20 SEC
3 TIMES A WEEK



4. 20-MINUTE HIIT SESSION BEGINNER

PERFORM AT 70-80% OF MAXIMUM EFFORT
DO EACH SET OF MOVES ONCE WITH GOOD FORM

20 X SQUATS	20 X LUNGE	10 X STEP OUT BURPEES	10 X PUSH UPS	20 X MOUNTAIN CLIMBERS EACH SIDE	40 X RUNNING HIGH KNEES
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nutrition 411



Foods that help Reduce Stress- When you're stressed, the foods that you are tempted to eat are likely going to be sugary, fatty or 'comfort' foods. However, this isn't a solution for stress.

To fight stress, having a healthy, balanced diet (including protein each meal) really helps. There are

some really great foods that can give you an extra boost when it comes to fighting stress. Include some of these stress-busting foods in your diet to help calm your mind permanently, rather than providing a fix temporarily:

Avocados (a serving)- Blueberries (a cup)- Dark chocolate (a small square)- Beef (a small serving)- Walnuts (a cup)- Green leafy vegetables (a full portion)

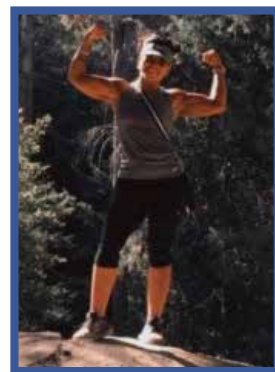
Laura Conley -

Heritage Nutrition and Performance Coach

FIT Testimonials

Maria Camacho

Hi, I'm Maria Camacho; mother to 5 kids and grandma to 1 and 1/2 grandkids. I've been with Heritage Fitness for almost 5 amazing years! I really enjoy the welcoming environment and the fact that the coaches actually care for you as a person, not just as a customer, and that keeps me going back. My first day at Heritage was scary because I had never worked out before, but I was tired of being a couch potato. I was 180 pounds with no energy and no motivation for anything. The energy and motivation I got whenever I went to work out at Heritage kept me coming back for more. Heritage Fitness not only helped me lose weight, but it changed my entire mindset. Going to workouts with our Family at Heritage was just the thing to get me out of my comfort zone and into a completely new and healthy life. I encourage you to do the same. Come join us Heritage Fitness and discover a whole new you.



HERITAGE
LifeFit
FITNESS

**BREAKTHROUGH
BOOTCAMP**

FEARLESS

ZUMBA
free

**FREE
FIT CAMPS**

**RETROFIT
MUSCLEFIT
FITNESS 101**

ZUMBA

HIT FIT

UBERFIT

YOUFIT

**BIGGER FASTER
STRONGER**

CROSSFIT

YOGA

**WE OFFER CLASSES FOR
ALL LEVELS OF FITNESS!**



healtheducation



What a rollercoaster of a year 2020 has been! We know COVID-19 has been the topic of conversation and caused a lot of change for the last 6+ months; but, did you know that we did not have to change helping our Heritage members work on their chronic conditions, weight, or nutrition? You don't even have to leave the safety or comfort of your own home in order to take that next step to improve your health! Our growing team currently consists of a Registered Dietician, Certified Diabetes Educator Specialist, Registered Nurse, and Pharmacist that all work together towards one goal: healthy, happy people (and Heritage Members). If you are interested in getting more help, please talk to your primary care doctor!



We encourage each of you to continue to practice social distancing, wear a mask, wash your hands with warm soap and water for at least 20 seconds (or hand sanitizer if soap and water is not an option), and stay home and away from others if you do not feel well. Please continue to check our website for any updates on resuming class as we move through the coming months!

Rachel Dillinger, RN, BSN, CDCES -
Director of Disease Management and Health Education



Prevent the Spread!

- Stay at home when you are sick
- Cover your mouth and nose with a tissue when you cough or sneeze
- Cough or sneeze into your upper sleeve, *not* your hand
- Put used tissues in the waste basket

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



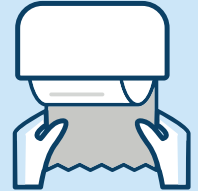
Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



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community spotlight



Yolanda Butler

I first met Yolanda in April of 2019 when she came to the Resort to take my crochet class. Yolanda explained to me that she had lost her sight due to an eye disease when she was 30, and was now completely blind, but had always wanted to learn to crochet. I had never taught a blind person to crochet, but Yolanda had such a bright spirit and can do attitude, that I told her we would give it a try.

We began to teach her to crochet by feel, not by sight. It was bumpy at first, but Yolanda had such a great attitude and was so eager to learn, that in a few weeks, she was doing a simple stitch. Not long after that, she completed her first lap blanket, and began to crochet for her family and friends. Yolanda is so friendly and bubbly that it didn't take long for her to make lots of new friends, and soon she was attending our painting, craft and wood classes and attended our senior prom. A life can be changed through the simplest things.





HERITAGE fithouse

Welcome to the FIT House, the first gym of its kind. We are the gym of the future in America, and we're not following the lead of anyone else, but, instead, we're blazing new trails and creating what we call a "whole new medical model" in the health industry. Take a moment to look at some of the highlights of our world-class and critically acclaimed fitness program.

Party-O, not Cardio: Though the FIT House is clinically based, there is a party-like gym atmosphere that is engaging and exhilarating. It's something you want to be a part of.

FIT: FIT= Fitness before Intervention or Treatment. Our FITness is designed to help you overcome things like obesity, heart disease, diabetes, and more. The more FIT you are, the less you have to depend on potentially harmful and costly meds and prescriptions. Thus, The FIT House is more of a mission than it is a name.

Classes: Classes are our strength, and we offer everything from Fitness 101 to Zumba to CrossFIT to Bigger Faster Stronger for athletes. There are classes for every level and every style, with certificated coaches leading the way.

FIT House Extras: When you work out at The FIT House, you not only receive the finest training anywhere (at no cost), you have access to a nutritionist, a FIT-sician ("team doc"), and performance coaching, along with a state-of-the-art training facility.

Come join us, and we help you to "Live Your Best Life Possible".

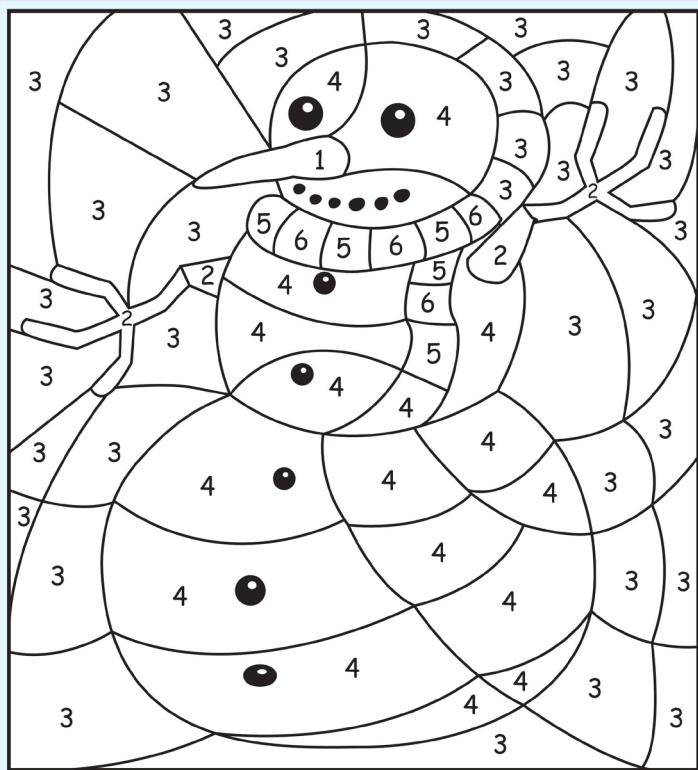
KID'S CORNER



	5			4		6	
3				6	8	2	
4	6			9			1
				1		4	
	3	4		5		7	2
	9		2				
6				8		7	9
		9	3	2			8
7		9				5	

	2	6			4		
9	3				7	4	
		1		8		9	2
1						3	9
	6	9					2
2	4	8		5		6	
		7	3			8	5
			6			7	1

	6	2		9		7	4
	5		6				
	7	3		1			5
						2	6
1		4				3	8
6	9						
2				4		1	5
					6		8
5		8		2		6	9



- 1 = orange
- 2 = brown
- 3 = blue
- 4 = white
- 5 = green
- 6 = red



WINTER WORD SEARCH

M C H X B Z P Q I Y E M M A M
J X O S N O W F L A K E C S Q
O I S M O R E J O P Z D Z Q Z
B G N F H T R C A N U C L Y R
E L D S Z J O D X C W P X F I
S O V B E C M B R Q K Q Y D D
H O U I T P S P L P T E B C F
O U V O T N N N T I A D T E R
V S H S F F O A O C Z I C Y O
E R W G R S W I P W F Z F D S
L X S D O Q M R C R B M A U T
M U E Z Z L A F A I A A Y R Y
L L I C E G N C L U C M L A D
S E L X N A S O D F D L Y L X
M I T T E N S B Z N D L E O B

- BLIZZARD
- FROSTY
- FROZEN
- HOT COCOA
- ICICLE
- ICY
- IGLOO
- JACKET
- MITTENS
- SCARF
- SHOVEL
- SLED
- SNOWBALL
- SNOWFLAKE
- SNOWMAN





Recommended Child and Adolescent Immunization Schedule for ages 18 years or younger

UNITED STATES

2020

(800) 655-9999

Members@hvvvmg.com

These recommendations must be read with the notes that follow. For those who fall behind or start late, provide catch-up vaccination at the earliest opportunity as indicated by the green bars. To determine minimum intervals between doses, see the catch-up schedule (Table 2). School entry and adolescent vaccine age groups are shaded in gray.

Vaccine	Birth	1 mo	2 mos	4 mos	6 mos	9 mos	12 mos	15 mos	18 mos	19–23 mos	2–3 yrs	4–6 yrs	7–10 yrs	11–12 yrs	13–15 yrs	16 yrs	17–18 yrs
Hepatitis B (HepB)	1 st dose	2 nd dose					3 rd dose										
Rotavirus (RV): RV1 (2-dose series), RV5 (3-dose series)			1 st dose	2 nd dose	See Notes												
Diphtheria, tetanus, acellular pertussis (DTaP <7 yrs)			1 st dose	2 nd dose	3 rd dose				4 th dose			5 th dose					
<i>Haemophilus influenzae</i> type b (Hib)			1 st dose	2 nd dose	See Notes				3 rd or 4 th dose								
Pneumococcal conjugate (PCV13)			1 st dose	2 nd dose	3 rd dose				4 th dose								
Inactivated poliovirus (IPV <18 yrs)			1 st dose	2 nd dose					3 rd dose			4 th dose					
Influenza (IIV) or Influenza (LAIV)									Annual vaccination 1 or 2 doses				Annual vaccination 1 or 2 doses	Annual vaccination 1 dose only		Annual vaccination 1 dose only	
Measles, mumps, rubella (MMR)					See Notes			1 st dose					2 nd dose				
Varicella (VAR)								1 st dose					2 nd dose				
Hepatitis A (HepA)					See Notes			2-dose series, See Notes									
Tetanus, diphtheria, acellular pertussis (Tdap ≥7 yrs)														Tdap			
Human papillomavirus (HPV)														See Notes			
Meningococcal (MenACWY-D ≥9 mos, MenACWY-CRM ≥2 mos)															1 st dose	2 nd dose	
Meningococcal B															See Notes		
Pneumococcal polysaccharide (PPSV23)															See Notes		

Range of recommended ages for all children

Range of recommended ages for catch-up immunization

Range of recommended ages for certain high-risk groups

Recommended based on shared clinical decision-making or *can be used in this age group

No recommendation/ not applicable



ARE YOU BETWEEN THE AGES OF 50-74?

Screenings can be important tools in preventing some illnesses and diseases!

Have you been checked for Prostate Cancer?
Screening is available for Males between ages
50-70 with a simple blood test called a PSA.

Have you been screened for Breast Cancer?
Screening is available for Females between ages
50-74 with a mammogram every 24 months.

Have you been screened for Colon Cancer?
All you need is a FOBT kit every year or a Colonoscopy every 10 years.

Do you have Diabetes?
Are your HbA1c test levels reading 8.9 or below and your kidney levels checked every year?

Have you had your Diabetic Eye Exam?
Yearly retinal eye exam for Males or Females between ages 18-75 who have a diagnosis.

Do you have enough medication?
Have your Doctor call you in a 90 day supply on your medications.

Is your blood pressure under control?
Controlled readings should be between
120/80 - 140/80

Have you had your yearly physical?
A senior wellness exam done once a year by your PCP or in our HVVMG wellness Center.

Do you have a diagnosis of cardiovascular disease?
Are you on a medication called Statin?
Ask your doctor during your visit!



**A workforce
covered by
Heritage is
a healthy
workforce.**

The well-being of your
people is our bottom line.

Achieved through
top-tier medical, fitness,
and lifestyle offerings.

Realized in productivity returns
and employee satisfaction.





Member Benefits

There is no cost to receive these membership benefits. Simply switch your current doctor to a Heritage doctor and keep your current health insurance!

HOW DO I SWITCH?

I have HMO health insurance

1. Visit hwmvg.com and choose a Heritage physician or call member services for their assistance.
2. Contact your insurance plan.
3. Request a primary care physician change.
4. Your insurance provider will send you an effective date.

I have PPO health insurance

Call membership services and they will assist you.



New Mobile App

Discounts up to 50% at national outlets and exclusive deals at local businesses.

Fast Track Referrals

New paperless automated processing delivers speedy referrals!

Provider Options

45 primary care doctors and more than 200 physician specialists across the High Desert.

Best Hospitals

Total coordinated care and access to the best tertiary hospital care in southern California.

Heritage Lifefit

Free fitness programs and thriving social community, led by Director of Fitness, George Mangum, M.A.

Senior Activities Program

The most highly attended, diverse, senior activities and senior fitness program in the region.

Wellness Center

Health Evaluations and Prescriptive Fitness, Pharmacy, Optometry and Health Education Consulting.

Heritage Health Insurance Plans

FAMILIES & INDIVIDUALS

aetna

Aetna

Anthem 

Anthem -
Blue Cross



Blue Shield

 **Cigna**

Cigna

  **COVERED
CALIFORNIA**

Covered California /
Health Net

 **MOLINA[®]
HEALTHCARE**

Molina

UnitedHealthcare

United Healthcare

SENIORS

aetna

Aetna

Anthem 

Blue Cross



Blue Shield

*Care***1st**
HEALTH PLAN

Care 1st

 **GOLDEN STATE
MEDICARE HEALTH PLAN**

Golden State
Medicare Health Plan



Health Net[®]

Health Net

Humana

Humana

IEHP
A Public Entity
Inland Empire Health Plan

IEHP



Inter Valley Health Plan
Medicare plans for health. Not for profit.

Inter Valley
Health Plan

 **MOLINA[®]
HEALTHCARE**

Molina

 **scan**
HEALTH PLAN

SCAN

 **SecureHorizons[®]**
by UnitedHealthcare

Secure Horizons

UnitedHealthcare [®]

United Healthcare

 **WellCare[®]**
Health Plans

Wellcare





Apple Valley


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(760) 256-2181

 **Kenneth Terry, DO**
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(760) 256-1777


 **Donald Case, MD**
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Primary Care Physician
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(760) 256-0213


 **Mohan Mallam, MD, FACP, CMD**
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Internal Medicine
Primary Care Physician
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(760) 256-4601


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Works with Ravindra Gautam, MD
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(760) 256-1004

 **Veena Muangprasert, NP-C**
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Big Bear

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 **David Horner, MD**
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(909) 878-8000

 **Kellie Ploense, NP**
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Works with Christopher Fagan, MD
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(909) 866-5868

 **John Bulrice, PA**
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Works with Steven Knapik, DO
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(909) 878-8000


 **Steven Knapik, DO**
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(909) 878-8000

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42002 Fox Farm Road, Suite 200
(909) 866-5808

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Certified Physician Assistant,
Family Practice
Works with Steven Knapik, DO
41949 Big Bear Blvd.
(909) 878-3696

 **Joyce Kusuma, FNP**
Family Nurse Practitioner
Works with Steven Knapik, DO
42002 Fox Farm Road, Suite 201
(909) 878-8000

 **Christopher Fagan, MD**
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41945 Big Bear Blvd., Suite 200
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 **Benjamin Lutz, PA-C**
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Hesperia


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 **Joseph Tate, PA**
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Oak Hills



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(760) 981-0132

Phelan



Vivek Gill, MD
Internal Medicine
Primary Care Physician
9723 Sierra Vista Road, Suite A
(760) 868-1990



Randolph F. Leon Guerrero, MD
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Primary Care Physician
3936 Phelan Road, Suite F-1
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Victorville



Mikel Alwis, MD
Urgent Care, General Practice
Primary Care Physician
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Katherine Anglin, MD
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Primary Care Physician
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Marcus Barber, MD
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(760) 662-7420



Chansa Cha, MD
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12408 Hesperia Rd, Ste 21
(760) 553-7000



Sourav Das, MD
Board Certified, Family Medicine
Certified Sports Medicine
Primary Care Physician
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(760) 952-0244



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Internal Medicine, Hematology
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(760) 245-6455



Maritza Harrison, NP
Nurse Practitioner
Works with
David Hernandez-Rodriguez, MD
16460 Victor Street, Suite B
(760) 245-6925



David Hernandez-Rodriguez, MD
Board Certified, Internal Medicine
Primary Care Physician
16460 Victor Street, Suite B
(760) 245-6925



Anisbel Hornia-Silva, NP
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16460 Victor St, Ste B
(760) 245-6925



Emili Hun, PA
Physician Assistant
Works with
Namita Mohideen, MD
15237 11th Street, Suite A
(760) 662-7420



Arthur Jimenez, MD
Family Practice
Primary Care Physician
15381 7th Street, Suites 2 & 3
(760) 245-2380



Michael Ling, FNP-C
Family Nurse Practitioner
12408 Hesperia Road, Suite 28
(760) 553-7000



Glenn Matney, MD
Board Certified, Pediatrics
Primary Care Physician
12402 Industrial Blvd., Suite B-1
(760) 245-9363



Williane Mendiola, FNP-C
Family practice Nurse Practitioner
Works with Marlon Russell, MD
12370 Hesperia Road, Suite 15
(760) 261-5292



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Board Certified Pediatrics
- Victor Valley Pediatrics
Primary Care Physician
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(760) 662-7420



Roger Moushabek, MD
Board Certified, Internal Medicine
Industrial Medicine
Primary Care Physician
12408 Hesperia Road, Suite 23
(760) 952-1222



Ezzat Nashed, MD
Internal Medicine
Primary Care Physician
16200 Bear Valley Road, Suite 102
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Medical Director Heritage Urgent Care
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Laboratory Services

QUEST DIAGNOSTICS

Victorville (Hesperia Rd)
12370 Hesperia Rd Ste 4,
Victorville, CA 92395
(442) 242-4672

Victorville (Vons)
12199 Hesperia Rd,
Victorville, CA 92395
(442) 242-5727

Hesperia
25462 Main St Ste B,
Hesperia, CA 92345
(442) 267-7557

Apple Valley
18523 Corwin Rd Ste P,
Apple Valley, CA 92307
(442) 242-4518

Barstow
309 E Mountain View St Ste 112,
Barstow, CA 92311
(442) 235-1629

Big Bear
42002 Fox Farm Rd Ste 103,
Big Bear Lake, CA 92315
(909) 936-8426

Imaging Facilities

Apple Valley

**RadNet Victor Valley
Advanced Imaging Apple Valley**
18523 Corwin Road, Suite J

**Apple Valley MRI Victor Valley
Advanced Imaging**
18495 Corwin Rd.

Barstow

**RadNet Main Street
Imaging Barstow**
222 E. Main Street, Suite 214

Barstow Community Hospital
555 South 7th Avenue

(760) 242-4444
7am to 7pm, Mon-Fri

(760) 242-4444
7am to 10pm Mon-Sat
7am to 7pm Sun
hours for no contrast

(760) 256-6541
8am to 5pm Mon-Fri
closed 12 to 1pm daily

(760) 256-1761

Victorville

**RadNet Victor Valley Advanced
Imaging Apple Valley**
12677 Hesperia Road, Suite 190

**RadNet Victor Valley Advanced
Imaging Open Scan MRI**
12276 Hesperia Road, Suite 6

RadNet Elite Advanced Imaging
17260 Bear Valley Road, Suite 109

(760) 243-1234
8am to 5pm, Mon-Fri

(760) 843-0995
8am to 5pm, Mon-Fri

(760) 843-2900
7am to 7pm Mon-Fri

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HERITAGE

URGENT CARE PLUS

Other Urgent Care Facilities Affiliated with Heritage Medical Group

Family Practice Associates

Hesperia

11919 Hesperia Rd., Suite C
Hesperia, CA 92345-2158
(760) 948-1454

Monday - Friday: 8:00 am to 9:00 pm
Saturday: 9:00 am to 5:00 pm
Sunday: 1:00 pm to 5:00 pm

Dr. Mikes Walk-In Clinic

Apple Valley

12143 Navajo Road
Apple Valley, CA 92308-7250
(760) 240-1144

Monday - Friday: 9:00 am to 7:00 pm
Saturday: 10:00 am to 5:00 pm

Dr. Mikes Walk-In Clinic

Barstow

716 E Main St.
Barstow, CA 92311
(760) 256-6426

Monday - Friday: 8:00 am to 8:00 pm
Saturday: 10:00 am to 5:00 pm

Dr. Mikes Walk-In Clinic

Hesperia

15791 Bear Valley Road
Hesperia, CA 92345-1746
(760) 949-1231

7 Days a Week
8:00 am to 8:00 pm

Mikel Alwis, MD | Joseph Oei, MD | Rosina Frize, PA-C

Victorville

15626 Hesperia Road
Victorville, CA 92395-3324
(760) 952-0244

Monday - Friday: 9:00 am to 6:00 pm
Saturday & Sunday: 10:00 am to 5:00 pm

Bear Mountain Urgent Care

Big Bear Lake

41949 Big Bear Blvd.
Big Bear Lake, CA 92315-6865
(909) 878-3696

Monday - Friday: 9:00 am to 6:00 pm
Saturday: 10:00 am to 5:00 pm
Sunday: 10:00 am to 4:00 pm

Meridian Urgent Care

Barstow

705 East Virginia Way, Ste N
Barstow, CA 92311
(760) 255-3200

Monday - Friday: 9:00 am to 5:00 pm
Saturday: 9:00 am to 3:00 pm
Sunday: 9:00 am to 1:00 pm



frequently asked questions

What is a medical group and what are the benefits of belonging to one?

Health plans contract with groups of doctors to provide health care. These groups of doctors are called medical groups. Medical groups can range from small practices with several doctors to very large organizations with hundreds of doctors. While a small number of health plans – fewer than twenty – insure most people in California, there are hundreds of medical groups in the state.

The difference between a medical group and a health plan sometimes isn't clear. The medical group's job is to care for patients – this work is done by the doctors, nurses, therapists and other professionals in the medical group. The health plan is responsible for seeing that its members receive care easily by contracting with enough medical groups and their doctors in a local area so it is convenient for members to find nearby care. (CA.GOV)

How do I become a Heritage Member and receive benefits?

Keep your current insurance, just switch to a Heritage doctor. There is no cost. All benefits are included in membership. **1(800) 655-9999**

Becoming a member is as easy as selecting one of our Heritage primary care physicians. This can be done by contacting our Member Services department or by contacting your current health plan and making the request for a new PCP.

What is the difference for the patient between HMO and PPO insurance?

Health Maintenance Organization (HMO) plans:
Comprehensive coordinated care.

A health maintenance organization (HMO) contracts with health care professionals and facilities to create a "provider network." If you choose HMO insurance, you'll typically pay a small co-payment if you visit a physician or hospital within the plan network. HMO insurance often features lower premiums and co-pays than other plans.

Preferred Provider Organization (PPO) plans:
Self coordinated care.

A preferred provider organization (PPO) also enters into contractual agreements with health care providers and creates a "provider network." But unlike HMOs, PPO health insurance will cover some – but not all – of the cost of care administered by out-of-network providers, and patients take on more responsibility to coordinate their care.

What is coordinated care?

Navigating through the healthcare system can be very difficult for even the most informed individuals. Coordinated care is a way that a medical group assists you in finding the right care by the right doctor.

How many doctors does Heritage have, and where are they located?

Heritage has forty-five doctors located across the High Desert and Mountain Communities.



How do I know what doctor is a Heritage Primary Care Physician?

Visit www.hvvmg.com and click on the Doctor's page.

How is Heritage different from other medical groups?

Heritage has many benefits and resources that other medical groups in our area do not have. These benefits include fast track referrals, free fitness, senior activities and more. Heritage also has an Urgent Care facility for members with near-emergency-room levels of care (known as high acuity care), capable of handling even serious injuries.

What health insurance plans does Heritage accept?

Heritage accepts most health plans. Contact our member services to see if we are contracted with your health plan.
1(800) 655-9999

How many specialists are available to Heritage members?

Because Heritage is part of the Heritage Provider Network - one of Southern California's largest medical groups - our members have access to over 200 local specialists as well as many specialists throughout Southern California. We can assure you are receiving the best possible care.

What is the referral process and how long does it take?

Heritage uses an automated system to process fast track referrals in hours - not weeks!

What are Heritage's Urgent Care and hospital affiliations?

Heritage has its own Urgent Care Plus high acuity urgent care facility with services including on-site Labs, x-ray, wound care and infusion services. Heritage Medical Group is contracted with four High Desert urgent care facilities and is contracted with hospitals in the High Desert and Southern California.

Covid 19 Information

Heritage Victor Valley Medical Group follows CDC guidelines for coronavirus exposure prevention. The majority of people exposed to COVID-19 only experience minor to moderate symptoms. Call Us at 760-553-7000 Before Entering an HVVMG Primary Care Clinic Site, at 760-261-5292 before entering the Heritage Urgent Care or at 760-245-4747 before entering any other HVVMG service site if:

- You traveled in regions impacted by coronavirus (foreign and domestic- check CDC www.cdc.gov)
- You have been exposed to someone known to be infected
- You have symptoms of: temperature, coughing, sneezing or other flu-like symptoms

Please call ahead to let your care provider know you may have been exposed to the coronavirus so that we can offer special attention to protect You and the Community. HVVMG is serious about preventing the spread of the coronavirus. A team member will meet you at the door and escort you to a room with proper protections.

The coronavirus (COVID-19) outbreak is changing life for all of us. You may feel anxious, stressed, worried, sad, bored, depressed, lonely or frustrated in these circumstances.

For strategies and support visit <https://covid19.ca.gov/resources-for-emotional-support-and-well-being>



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Heritage General Information	(760) 245-4747
Urgent Care Plus	(760) 261-5292
Member Services	1(800) 655-9999
Primary Care Physicians	1(800) 655-9999
Specialists	1(800) 655-9999
Referrals	1(800) 655-9999
Hearing Impaired TTY/TDD	1(800) 735-2922

Senior Services	(442) 242-6724
Heritage LifeFit Fitness Department	(760) 261-5257
Case Management	1(800) 655-9999
Wellness Center and Health Education Department	(760) 261-6497
Prescriptive Fitness	(760) 952-1222
Industrial / Occupational Medicine	(760) 952-1222
Behavioral Health Service	1(800) 655-9999

Referral Management Operating Hours:
(8-5 Mon-Fri)

After-Hours Referrals - Heritage Urgent Care Plus:
(760) 261-5292 (or your provider's after hours call lines)

Discuss a Referral:
1(800) 655-9999

Referral Management Team
1(800) 655-9999



1 (800) 655-9999
www.hvvmg.com
members@hvvmg.com
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