PIH Health Hospital - Downey Marks Five Years

Open Enrollment: Choose PIH Health

PIH Health Hospital - Whittier Celebrates 60 Years of “Patients First” Healthcare
It’s That Time of Year: Medicare Open Enrollment Starts October 15

Join a Free Medicare Forum

If Medicare enrollment is on the horizon for you, it’s a good idea to know when you can sign up, your plan options, and what it all means for you. PIH Health is committed to helping you get the answers you need.

The Timing: Every fall, Medicare has an annual election period, also known as open enrollment. During this time, Medicare beneficiaries can enroll in a Medicare Advantage (HMO) plan or Medicare Supplement, switch plans or disenroll. This year’s open enrollment period is October 15 to December 7, 2018. Changes made to any Medicare plan during this timeframe will take effect on January 1, 2019.

About Open Enrollment: Open enrollment is the best time to assess your healthcare needs and review your options, especially since Medicare plans, costs and benefits can change from year to year. During this time, you can select the health plan, doctors and hospital that work best for you. Remember, when you select a doctor and medical group, you are also choosing the hospital where you will be admitted, should the need arise. If you are not enrolled with PIH Health Physicians, we encourage you to choose PIH Health during this year’s open enrollment, so you have access to the highest quality physicians and hospitals.
Free Medicare Forums: At PIH Health, we know that Medicare can be confusing. To help answer your questions, we will host several free Medicare Forums. These informal events (offered in both English and Spanish) feature a lecture about benefit changes in 2019, and an opportunity to speak with representatives from most Medicare plans accepted by PIH Health. These forums will be held:

Saturday, October 6 and November 3, 2018
9 am to 12 Noon
PIH Health Hospital - Whittier
Blanchard-Haendiges Auditorium
12401 Washington Blvd.
Whittier, CA 90602

Saturday, October 13, 2018
9 am to 12 Noon
PIH Health Hospital - Downey
Auditorium
11500 Brookshire Ave.
Downey, CA 90241

RSVP to 562.789.5401 Ext. 82195

“A The Medicare Forum was great—it presented all the key information on Medicare in a very clear, simple way, and demystified the entire process in an informal setting,” said Ted Knoll. “The information helped me make a very seamless transition to Medicare… it was so easy.”

Ted Knoll

A Patient’s Experience with Open Enrollment and the Medicare Forums: When Whittier resident Ted Knoll was turning 65, he had plenty of questions about “aging into” Medicare and how to choose the right Medicare Advantage Plan. Fortunately, he attended a Medicare Forum at PIH Health Hospital - Whittier. He not only learned about his options, he connected with several health plan representatives, ultimately choosing one affiliated with PIH Health.

When you get sick, you want to be seen by a doctor as soon as possible—preferably the same day. But what if your primary care physician (PCP) isn’t available? Where can you turn?

At PIH Health, we’ve got you covered. We offer same day appointments, which means if your regular PCP is not available on the day you need care, we will get you in to see another PIH Health Family Medicine doctor who has an opening, even at another office.

“This is a very convenient option for patients who need same-day care,” said Elisabeth Brown MD, a Family Medicine physician at Bloomfield Medical Office Building in Santa Fe Springs. “All patients need to do is call their doctor’s office and if their regular PCP is booked, options of another provider (doctor, nurse practitioner, or physician assistant) who has openings that day will be offered.”

To schedule an appointment, call your doctor’s office. For more information about PIH Health Family Medicine, office locations and same day access, visit PIHHealth.org/FM.

PIH Health Pharmacy: Now Open
We are pleased to announce the opening of PIH Health Pharmacy located inside the Bloomfield Medical Office Building in the city of Santa Fe Springs. For your convenience, prescriptions can be sent electronically to the pharmacy by your physician after your appointment and be available for pick-up on your way out. You can also shop at the pharmacy for low-cost over-the-counter medications and medical supplies.

PIH Health Pharmacy
12400 Bloomfield Ave., Santa Fe Springs, CA 90670
562.967.2810 | Hours of operation: M-F: 9 am to 8 pm
Sat-Sun: 10 am to 5 pm (closed weekends 1:30 to 2 pm)
Se habla español
Open Enrollment: It’s Your Time to Choose PIH Health

Accessing health insurance through your employer is a valuable benefit. Once a year, you have the opportunity to make changes to your coverage, so that your insurance plan best meets your and your family’s changing needs.

It all happens during an important time of year called “open enrollment,” which typically happens in fall and early winter. Within this timeframe, employees may select their healthcare plans for the following year. It’s a great chance to review and update your healthcare benefits, especially if your needs have changed. Be sure to choose carefully since your selection will determine the quality of care you receive for the upcoming year. Remember that while your health insurance plan is locked in for the year, your doctors and medical groups can be changed during the year to ensure that you have a physician who suits your needs.

“It’s very important to choose the right primary care physician and medical group so that you have access to the best hospitals and physicians in the area,” said Brian Smolskis, president of PIH Health Physicians. “I strongly encourage individuals to choose a doctor with PIH Health Physicians, so you can receive compassionate, high-quality healthcare from a team that puts your needs first.”

Why Choose PIH Health?

• **Outstanding care:** The PIH Health network includes board-certified physicians, nurse practitioners and physician’s assistants, plus a comprehensive support staff with extensive training and education.

• **Wide range of services:** PIH Health features two full-service hospitals, home healthcare services, as well as heart, cancer, stroke, women’s health, urgent care, and emergency services.

• **Advanced equipment:** PIH Health continues to invest in the latest instruments and technologies to provide improved diagnostic results and medical outcomes.

• **Convenience:** The PIH Health network offers numerous physicians and medical offices throughout the community and nearly every medical specialty.
For more information about your insurance options or for a list of PIH Health doctors in your area, call 888.365.4450 or visit PIHHealth.org/Find-a-Doctor.

Remember, not all medical groups refer patients to PIH Health hospitals for inpatient care. Only by choosing PIH Health Physicians as your medical group can you ensure you’ll be hospitalized at one of our facilities, should the need arise. So be sure to select a PIH Health Physicians medical group primary care doctor.

Save Yourself a Trip: Request Medical Records Online

If you are a PIH Health patient or the legal authorized representative of one, you can request medical records from the convenience of your home or office using a smart mobile device or computer. To make a request by computer or laptop, you will need to fill out the Authorization for Use or Disclosure of Health Information form, and then print, scan and upload it back into the system for processing. To request by mobile device, a simple click on the “start the process” link will allow you to fill out the request and electronically submit without printing. Regardless of which method you choose, a tracking number will be issued to you, so you can track the status of each request at any time.

For more information, visit PIHHealth.org/Records.

PIH Health and CHOC Children’s have formed a new affiliation that advances pediatric care for children throughout the PIH Health communities. As part of the affiliation, a CHOC Children’s Health Center has opened in PIH Health’s Whittwood Medical Office Building in Whittier, providing close-to-home, specialized pediatric care.

“It’s tremendously beneficial to have a CHOC Children’s Health Center at the nearby Whittwood PIH Health medical office in Whittier, because it means that newborns and children living in the area now have local access to the expertise and high-quality care of CHOC’s pediatric specialty services,” explained PIH Health Physicians Medical Group President and Pediatric Department Chair, Keith S. Miyamoto MD.

PIH Health Physicians currently see more than 45,000 pediatric patients annually, with nearly 30,000 pediatric visits in the Emergency Departments at PIH Health’s hospitals in Whittier and Downey. With the addition of a CHOC Children’s Health Center, the youngest residents of our community can now receive services such as pediatric neurology, gastroenterology and cardiology without having to commute the extra distance.

Local residents can continue to access PIH Health primary care pediatricians and a growing list of specialists near their homes, while CHOC provides resources for pediatric patients who need an even higher level of care.

Later this year, a CHOC board-certified pediatrician will staff PIH Health’s Whittier Urgent Care Center and many more collaborations are planned to meet the needs of children throughout the area.

CHOC Children’s Health Center at PIH Health’s Whittwood Medical Office Building is located at 15725 E. Whittier Blvd., Suite 300, in Whittier. To make an appointment or for more information about the new health center, call 888.770.2462.
PIH Health Hospital - Whittier Celebrates 60 Years of “Patients First” Healthcare

From Humble Beginnings to an Integrated Healthcare Delivery Network

Over the last 60 years, PIH Health Hospital - Whittier has been a cornerstone in Southeastern Los Angeles County and Northern Orange County, providing some of the most advanced care available anywhere to keep our communities healthy. Started by a group of visionary business and civic leaders, the hospital has built a legacy of caring for countless people battling devastating illnesses, providing thousands of children with a healthy start and actively participating in the daily lives of our communities.

In January 2019, PIH Health Hospital - Whittier celebrates its 60th anniversary. “It’s a strong start,” says James R. West, president and chief executive officer, “but our work is ongoing. Our future holds significant promise as we work strategically and passionately to offer the latest in medical advances delivered by knowledgeable and compassionate medical professionals for decades to come.”

Since its beginning in 1959 as a single 188-bed hospital, PIH Health has evolved into a fully integrated healthcare delivery system, featuring 746 beds, more than 5,000 employees and over 600 exceptional physicians serving nearly 2.1 million residents in its service area—a population larger than 15 U.S. states. Today, the organization includes PIH Health Hospital - Downey, PIH Health Physicians, urgent care centers, home health, hospice, and 19 medical offices.

“The most significant change has been technology—the world in general has adopted so many new digital tools and that has also been true for the healthcare industry, including PIH Health,” said PIH Health Hospital - Whittier Interim Chief Nursing Officer Karen Profeta RN MSN who has worked for the organization for 27 years. “New state-of-the-art equipment allows for more rapid diagnoses and treatments and has enhanced communication, teamwork, and collaboration between our physicians and nurses to improve patient care.”

Notable Milestones During the Past 60 Years Include:

- 1959 First infant, Joan Lonzo, born opening day, January 19.
- 1968 On-site 24/7 physician coverage for emergency cases.
- 1969 The PIH Health Foundation was created to target and oversee the hospital’s growing development activities, trusts, and endowments to raise funds in support of the hospital.
- 1971 Neonatal Intensive Care Unit (NICU) opened.
- 1979 Intensive Care Unit/Critical Care Center established.
  Family Practice Residency Program began.
Choosing the best hospital can take years of diligent research. Fortunately, someone’s already done it for you. Healthgrades®, the leading online resource for information about physicians and hospitals, recently honored PIH Health Hospital - Whittier with the Outstanding Patient Experience Award™—for the fourth year in a row (2015, 2016, 2017 and 2018)—along with the 2018 Distinguished Hospital Award for Clinical Excellence™.

If you’ve ever thought there should be at least one award based completely on what the patient has to say, good news—the Outstanding Patient Experience Award is it! This award relies on data collected from a 32-question survey of the hospital’s own patients focusing on their perspectives of the care they received. This distinction places us among the top 10 percent of hospitals in the nation and puts you in very good hands.

“At PIH Health, we have a culture of excellence that drives us to continually push to be better,” said PIH Health Vice President of Regulatory Affairs Judy Pugach RN MPH CPHQ. “We always ask ourselves and our patients what we can do to improve the patient experience, and collaborate across our organization to go way beyond the status quo. We’re proud of these two awards because they tell us that we’re doing things right for the patients and the communities we serve.”

To learn more about PIH Health, visit PIHHealth.org.
Game-Changing Weight Loss

Football Referee Loses 110 Pounds with Gastric Bypass Surgery

Eddie Marquez loves football. For the past 21 years, he has officiated football games as a referee—both at the high school and collegiate level—outside of his normal work hours as a field accountant in the utility industry.

But five years ago, Eddie’s body started changing. He had gained weight, had very little energy, and felt tired all the time. At his highest, Eddie weighed 268 pounds. Along the way, he developed high blood pressure, diabetes, irregular hormone levels, and sleep apnea. It was getting tougher to hustle down the football field; he was discouraged and he was desperate for a change.

“In my younger days, I was always fit,” said Eddie, who used to be on the U.S. boxing team. “Once I gained weight, though, I tried everything and nothing worked. I finally asked my doctor, Elisabeth Brown, if I was a good candidate for bariatric surgery, and she said yes. That’s when I connected with a PIH Health Bariatric Surgeon, Justin D. Braverman MD.”

PIH Health patient, Eddie Marquez, addressed several health concerns through bariatric surgery.
After discussing all of the options, Eddie decided on gastric bypass surgery. The surgery was done in February 2017.

“Not only did Eddie meet the medical criteria for weight loss surgery, he also exhibited the willingness to make the necessary lifestyle modifications for long-term weight loss success,” said Dr. Braverman. “The laparoscopic surgery was simple and straightforward. It took only an hour, with one night in the hospital and one week recovery time.”

Today, Eddie is a different man off all medications. His blood pressure and cholesterol levels are excellent. He’s no longer diabetic and his sleep apnea is gone (along with his C-Pap machine). In addition, he has tons of energy to run up and down the field and keep up with high-performance athletes.

“For me, the surgery was just a tool,” he said. “Through PIH Health classes, I also learned how to eat right. It’s a whole mental shift and a lifestyle change, and I’ve been successful. I lost 110 pounds and am now 158 pounds. I lost 11 inches in my waist, and went down from a size 2XL to a Medium. I’m so excited and happy about where I am today—I feel fantastic.”

In addition to Bariatric surgery, PIH Health also offers plastic surgery and body contouring for patients who have sustained significant weight loss after surgery with the expertise of PIH Health’s newest Plastic Surgeon Millicent O. Rovelo MD.

To learn more about bariatric surgery, visit PIHHealth.org/Bariatrics or call 562.789.5444 for a consultation.
PIH Health Hospital - Downey Marks Five Years as Integral Part of PIH Health

October 2018 marks the fifth anniversary since PIH Health Hospital - Downey (formerly Downey Regional Medical Center) joined PIH Health, expanding the organization’s service area to more than 2.1 million residents in Los Angeles and Orange counties, including most of the San Gabriel Valley. The Downey campus has undergone a number of modernization projects to enhance the facility, improve patient experiences and support the campus employees, physicians and volunteers, ensuring that the community receives the “Patients First” care they have come to expect from PIH Health.

“A deep passion for our community prevails on the Downey campus,” said Ramona Pratt, PIH Health Hospital - Downey chief operating officer/chief nursing officer.

“For nearly 100 years, patients have relied on this hospital, knowing they will receive good care. We want to preserve, continue and build on that tradition.”
Improvements at PIH Health Hospital - Downey that have advanced healthcare and patient experiences over the past five years include the addition of state-of-the-art radiation equipment; remodeled patient rooms; a brand-new inpatient pharmacy and cafeteria; and a modern main entrance.

Buildings throughout the hospital have undergone seismic retrofitting, so that patient care areas will be able to withstand a major earthquake and continue to function. PIH Health leaders felt it was important to go above and beyond basic requirements and make an investment in the overall safety of the infrastructure so that the organization can continue to care for the community for years to come.

Technological updates include new communication systems and a modernized wireless infrastructure that supports the hospital’s electronic records which boosts efficiency and security in handling patients’ sensitive healthcare information.

New PIH Health Physicians Obstetricians and Gynecologists and Family Medicine specialists’ offices were added to our Brookshire Medical Building. Programs such as the Daisy Award (allows patients to nominate an outstanding nurse for exemplary service) and the Pet Therapy Program continue to give character and substance to Downey’s community-focused care.

Alfonso Estrada, a local resident who goes to PIH Health Hospital - Downey every two weeks for outpatient treatments, says he’s excited to see all the recent improvements. “This is my hospital, and will be for the rest of my life,” he stated. “The staff in the Surgical Outpatient Department are like family to me—always caring and loving. I’m glad to see all of the new improvements at the hospital. It’s a positive change for the community.”

The expansion of the Emergency Department, which began in 2016 and is scheduled for completion in 2021, will accommodate more patients and feature the most advanced technology.

Established Medical Group Provides Care at PIH Health Hospital - Downey Emergency Department

In August 2018, Intercommunity Emergency Medical Group (IEMG) began providing care for patients at PIH Health Hospital - Downey’s Emergency Department. IEMG has provided high-quality emergency care at PIH Health Hospital - Whittier since 1976, and their knowledge, expertise and compassion have been instrumental in building one of the region’s most highly regarded programs for treatment of emergent cases, including heart attack and stroke.

According to Don Shook MD FACEP, medical director of the PIH Health Hospital - Downey Emergency Department, “Our goal is to provide outstanding care that incorporates the best aspects of both hospitals in terms of quality and efficiency.”

IEMG maintains a medical staff of approximately 30 physicians, all of whom are board-certified or eligible in emergency medicine. No one ever wants to visit an emergency room, but if that need arises, patients can be assured that they will receive top quality emergency care at PIH Health Hospital - Downey.

PIH Health Hospital - Downey will celebrate 100 years of providing care to the community in September 2020. For more information about PIH Health Hospital - Downey and its past, present and future, visit PIHHealth.org/Downey.
PIH Health Foundation Gala Raises $475,000 for a Clinical Simulation Center

Lively Motown music was front and center at the 2018 PIH Health Foundation Gala, held on April 28 at the Hyatt Regency Huntington Beach Resort & Spa. This year’s black-tie affair aptly themed “No Mountain High Enough,” entertained 610 guests while raising funds for the PIH Health Clinical Simulation Center.

The evening of the gala, we were pleased to announce that $350,000 had already been committed to support this great project—thanks to a lead gift of $250,000 from Betsy Frost, in memory of Jim Frost, and a $100,000 gift from an anonymous donor. Due to this amazing generosity and an additional $475,000 raised at the gala, we have $825,000, bringing us closer to making the clinical simulation center a reality!

The facility will offer a unique, innovative and sophisticated training environment where physicians, nurses and staff will perfect their skills on life-like manikins through real-life, and even high-risk and rare, scenarios. This will provide our practitioners with opportunities to think critically, perfect skillsets and collaborate in a practice environment prior to delivering care to patients.
“I am delighted to have the privilege of supporting the simulation center,” said Betsy. “It will allow PIH Health to expand its simulation technology and demonstrate even more leadership among the many excellent healthcare organizations throughout the country that utilize simulation to improve care for the patients they serve.”

“I was excited and honored to be part of an event that raised money to elevate the skills of PIH Health’s clinical staff and directly impact the excellent level of care they are able to give patients throughout the community,” said Jennifer Rodgers, gala committee chair.

You can help support PIH Health Foundation by making a donation in support of PIH Health’s Clinical Simulation Center to provide our physicians and nurses with technology and training to enhance their skills and continue providing the highest quality patient care available anywhere.

For more information, or to make a contribution, please call 562.698.0811 Ext. 81520 or email PIHHealthFoundation@PIHHealth.org.

What are Simulation Centers?

Simulation centers help train doctors, nurses and staff members on a variety of procedures used in the Operating Room; Emergency Department; Intensive Care Unit (ICU); Medical Surgical Unit; Neonatal Intensive Care Unit (NICU); and Labor, Delivery, Recovery and Postpartum (LDRP) Departments.

In these centers, life-like manikins can mimic hundreds of medical conditions and situations in realistic detail. They can breathe, bleed, talk, cry, display the full range of vital signs and provide human-like responses to interventions such as chest compressions, intubation and defibrillation.

Experienced clinical educators create and guide customized simulations to meet specific needs, from mastering new evidence-based protocols to practicing highly-complex multidisciplinary treatment scenarios.
Two Generations of Giving

Scheifly Siblings Continue to Support PIH Health Scholarships

It started as a gift to support nursing education—and it remains the same to this day. Years after the passing of their parents, Jack Scheifly and Jan Sprague continue to support a cause that was deeply loved by their parents, John and Patricia Scheifly, furthering the Scheifly legacy of support for PIH Health.

John was an attorney and had a very special client by the name of Penelope Wilcox who expressed her desire to include John in her will as an expression of her sincere gratitude for so many years of dedicated service. John Scheifly, being the man that he was, thanked Mrs. Wilcox for her kind gesture but told her that he simply could not accept such a gift. Recognizing the tremendous value of nurses—and seeking to help PIH Health employees advance in their careers—John suggested the funds be used to establish the Scheifly Nursing Scholarships at PIH Health. At the time, John and Patricia Scheifly had been actively serving PIH Health for years, with John serving on the PIH Health Hospital Board and Patricia serving on the PIH Health Foundation Board.

Siblings Jan Sprague and Jack Scheifly proudly holding a picture of their parents Patricia and John Scheifly.
The Wilcox Foundation continued to fund the Scheifly scholarships after John Scheifly passed away in 1999. When Penelope Wilcox passed away several years later, the Wilcox Foundation ended and funding stopped. At that point, Patricia Scheifly personally funded the Nursing Scholarships until she passed away in 2012. That’s when John and Patricia’s two adult children—Jan and Jack—decided to fund the Scheifly Scholarships.

“It started as a generous gift to our parents; and they continued supporting it as a gift to PIH Health employees, and now my brother and I have picked up the baton to continue the tradition of helping nursing students get ahead in their education,” said Jan Sprague, who lives with her family in Brea. “Because Jack and I each donate the same amount our mom was funding by herself, the value of the scholarships has doubled, which is helpful considering the increased cost of education today.”

The Scheifly Scholarships are one-time, lump-sum cash awards given to five current PIH Health employees who want to pursue and advance their education in nursing. Funds can be spent at the scholarship recipient’s discretion—put toward tuition, books or even medical equipment, like stethoscopes.

“We’re proud and happy to continue supporting PIH Health through these education scholarships and we also support the Patricia L. Scheifly Breast Health Center in loving memory of our mom, who was a breast cancer survivor and a strong advocate for women’s health,” said Jack Scheifly, a pilot living in San Jose, California. “Excellent nurses are so important—so we know these scholarships are supporting a very good cause.”

“PIH Health Foundation is extremely grateful for the continued support and generosity of the Scheifly family, which in turn, benefits all those who come to PIH Health for care,” said Amy Fitzgerald, vice president, PIH Health Foundation. “This is a powerful example of one family’s commitment to PIH Health, and how that legacy can positively benefit so many others.”

If you’d like to make a donation to PIH Health Foundation to support continuing education or an area that is important to you, please call 562.698.0811 Ext. 81520 or email PIHHealthFoundation@PIHHealth.org.

PIH Health Extends its Reach with Clinical Pastoral Education

In 2015, the PIH Health Foundation Gala raised more than $590,000 to support PIH Health James P. Fitzgerald MD Spiritual Care Services and enhance the outstanding care provided by PIH Health chaplains and spiritual support staff. Today, that investment is paying off in valuable ways.

Thanks to those funds, PIH Health created the Clinical Pastoral Education (CPE) Program—an interfaith, professional education program that brings chaplain interns into PIH Health, in a supervised educational setting.

“The CPE program exposes chaplain interns to human suffering, crisis, grief, loss and death, so they can become better prepared to support patients, family members and clinical staff during stressful or difficult situations,” explained Rev. Jeff Bassette, director of Spiritual Care Services. “These interns also help our team expand both our breadth and depth of care—adding the capacity to conduct several thousand more patient visits per year than we could facilitate without them.”

The PIH Health CPE Program recently received accreditation by the Association for Clinical Pastoral Education (ACPE), which benefits PIH Health and it's patients in several ways.

“CPE enables the Spiritual Care Department at PIH Health to expand our services into areas that we otherwise would not be able to give as much attention,” said Rev. Kraig Beardemphi, manager of Clinical Pastoral Education. “PIH Health has grown in recent years, and continues to grow. This expansion of our Spiritual Care services helps us keep pace with the needs of our patients, and also improves the overall patient experience as they navigate the complexity and stress of hospitalization.”

If you’d like to make a donation to support PIH Health James P. Fitzgerald MD Spiritual Care Services, please call 562.698.0811 Ext. 81520 or email PIHHealthFoundation@PIHHealth.org.
Baby Joy Times Two

PIH Health Hospital Successfully Delivers Preemie Twins at 24 Weeks, Turning Parents’ Long-Awaited Dream into Reality

After trying for years to get pregnant, Troy and Alexis Huskey decided to try in vitro fertilization (IVF). On their third attempt, it was a success and 36-year-old Alexis was thrilled to be pregnant with twins—a boy and a girl. But it was a high-risk pregnancy due to Alexis’s age and the IVF.

The first 22 weeks were a breeze. Alexis felt good and all her check-ups at the PIH Health Women’s Center were normal. But everything changed when Alexis suffered a premature rupture of membranes (PROM) with gushing blood and amniotic fluid. Alexis went to PIH Health Hospital - Whittier and was immediately admitted to the Labor and Delivery Unit.

At 22 weeks and five days gestation, the twins’ lungs were not developed enough to keep the babies alive outside the womb. The earliest survival is about 24 weeks, so keeping the twins “inside” for at least 10 more days was critical.

“Our only goal was to stop labor and carry the babies for as long as we could,” said Alexis. “I was put on bed rest and given medications to prevent labor with lots of fluids. We had numerous conversations with PIH Health doctors, who were honest and straightforward about every possible scenario. It was extremely unlikely that I would make it full term (40 weeks)—even 32 weeks would be a victory. All we could do was put our trust in our healthcare team and take life one day at a time.”
Twelve days later, Alexis started having contractions, with added complications of a fever, swelling, shortness of breath, bleeding and more loss of amniotic fluid, which could put the babies at risk of infection. The babies were only 24 weeks and four days, and after discussions with PIH Health doctors, everyone decided the babies would be better off outside the womb.

Joy Leong MD, OB/GYN, and Sara Soto MD, OB/GYN, delivered both babies successfully via emergency caesarean section. Baby girl Madison was born first, weighing one pound, nine ounces, followed a few minutes later by her brother Jackson, weighing one pound, seven ounces. The babies were immediately intubated to help them breathe and moved to the Neonatal Intensive Care Unit (NICU).

“Our team of doctors and nurses participate in drills for every type of obstetrical emergencies,” said Dr. Leong. “Having a potentially chaotic situation turn into an organized ‘dance of teamwork’ means that good outcomes are not an accident in our hospital. Practice breeds mastery—and it’s all about our patients. In Labor and Delivery, that means the moms and the babies!”

After staying in the NICU for nearly four months, the healthy babies finally went home. Today, Alexis and Troy are enjoying the happiness (and demands) of parenthood and continue to marvel at the joyous success of their twins’ birth—ever thankful for the medical team at PIH Health.

“During what was absolutely the worst days of our lives, we really had the best people. From the doctors to the amazing nursing staff, everyone was beyond exceptional. We truly feel like this PIH Health team saved our babies’ lives, and they saved our sanity, too. The whole team was incredible.”

To learn more about PIH Health Obstetrics and Gynecology, visit PIHHealth.org or call 562.967.2876.

Confused by the Healthcare System?

PIH Health’s Navigating the Healthcare Maze Class Can Help

Let’s face it. The healthcare system can be complex, confusing and sometimes downright daunting. But with a little bit of education, we can all feel more confident accessing healthcare, managing our own health and having a more positive experience from start to finish.

To help, PIH Health offers a class called Navigating the Healthcare Maze: Five Things You Need to Know About Accessing Healthcare (and a Whole Lot More!). The class aims to eliminate confusion around accessing medical care and moving through the healthcare system. Topics include how to choose the right insurance coverage, understanding medical bills, and useful tips for taking control and managing your health. If you’re looking for clarity, this class is for you. Join us at one of these upcoming classes:

October 3, 2018 | 6-7:30 pm
PIH Health Hospital - Downey
11500 Brookshire Ave.
Downey, CA 90241

October 10, 2018 | 10-11:30 am
PIH Health Whittwood Medical Office Building
15725 E. Whittier Blvd.
Whittier, CA 90603

“The Navigating the Healthcare Maze class was excellent,” said Debbie Garza, class attendee. “I wish I would have had all of this information before I started navigating the maze of Medicare.”

To learn more about Navigating the Healthcare Maze and other community health education classes and events, visit PIHHealth.org/Calendar or call 562.967.2890.
Strength for the Journey

Physician Team Helps A Patient Beat Stage 3 Breast Cancer

Michelle Park, 57, may be one of the most positive, upbeat people you’ll ever meet. But sadly, breast cancer doesn’t discriminate. It’s now the most common cancer found in American women (except for skin cancers)—with more than 266,000 new cases of invasive breast cancer expected to be diagnosed in 2018.*

Michelle’s journey with breast cancer began in April 2016, when her routine mammogram delivered suspicious results. She wasn’t worried initially. She started having annual mammograms at age 40—and even received a few suspicious results over the years due to dense breast tissue—but everything always proved to be fine. Not this time. Michelle returned to the office for a needle biopsy, and a few days later, the pathology report indicated cancer in her right breast.

“I was completely shocked,” said Michelle. “I have no family history of breast cancer and I had no symptoms—there was no lump, I felt fine and had lots of energy.”

A follow-up breast Magnetic Resonance Imaging (MRI) scan, a diagnostic technique to help further detect cancer, located the primary mass and indicated a swollen lymph node under Michelle’s arm. Further testing determined that Michelle’s cancer was Stage 3 and fairly aggressive. To fight the looming battle, Michelle relied on the expertise of her PIH Health Physicians’ team, which included Kenneth Thompson MD, general surgeon; Edwin Lin MD, oncologist; Jeffrey Yuen MD, radiation oncologist; and Neil Klein MD, plastics and reconstructive surgeon.

Michelle receiving treatment at the PIH Health Hospital - Whittier Infusion Center in 2016. In 2018, Michelle is in remission and enjoys her days knitting.
Q. When does my daughter need to see a gynecologist for the first time?

A. As girls grow into teens, it’s important for them to develop a good relationship with a gynecologist—a doctor who focuses on women’s reproductive health. A young woman’s first gynecological exam is usually done between the ages of 13 and 15, which is the age recommended by the American College of Obstetrics and Gynecology (ACOG). For most teens, the first visit will include an external exam of the genitals, but not a pelvic exam (an internal examination of the reproductive organs), which for healthy women, is recommended beginning at age 21. However, if your daughter has painful periods, abnormal vaginal bleeding, unusual vaginal secretions, or other problems that may be associated with her reproductive health, she may need a pelvic exam sooner.

Regular visits with a gynecologist are a great time for a young woman to get accurate information and confidential answers to any questions she may have about sex, menstruation, her changing body, pregnancy prevention, sexually transmitted diseases, healthy lifestyles, and other healthcare advice. The idea of seeing a gynecologist can make some girls feel nervous, embarrassed or scared. But by explaining why the visit is necessary and helping your daughter understand what to expect, you can help her feel more comfortable about taking this important step.

To view a list of PIH Health gynecologists, visit PIHHealth.org/Find-a-Doctor.
College Football Player Gets Back on the Field Thanks to PIH Health Sports Medicine

Joseph Wittmer, a 20-year-old football player at La Verne University, has been playing football for years. But he wouldn’t be where he is today—back on the field playing the sport he loves—without the help of PIH Health Orthopedics and Sports Medicine.

In October 2016, Joseph was playing football at Pasadena City College when he injured his left knee. “I was preparing to block an opposing player, when that player suddenly changed directions,” recalls Joseph. “I planted my left foot so I could pivot, but my knee gave out. I collapsed on the field.”

Turns out, Joseph completely tore his anterior cruciate ligament (ACL)—one of the most common major knee injuries to occur in football. Joseph’s athletic trainer immediately
immobilized the knee to prevent further damage, and sent him to his primary care doctor, who referred him to Kyle Low MD at PIH Health Orthopedics & Sports Medicine in Santa Fe Springs. After viewing the MRI, Dr. Low confirmed that Joseph had indeed torn his ACL, as well as a portion of his lateral meniscus (the semi-circular cartilage on the outside of the knee joint).

Dr. Low and Joseph discussed all of the surgical and non-surgical options. Without ACL reconstruction, most patients have knee instability and are unable to return to football. Therefore, Joseph opted for surgery; but first, he needed physical therapy to eliminate the stiffness and regain full range of motion in his knee. After a few weeks of physical therapy by his college athletic trainer, Joseph underwent surgery in November 2016, at PIH Health Hospital - Whittier. A tissue allograft was used to make a new ACL and reconstruct his knee.

“The outpatient surgery was very straightforward and minimally invasive, using arthroscopic procedures through very small incisions,” explained Dr. Low. “One week later, we removed the staples and Joseph proceeded with more physical therapy at PIH Health Rehabilitation to help him rebuild his strength and let the tissue graft mature. After nine months, Joseph had built up to equal strength on both legs, and he was cleared to return to football.”

Today, Joseph is fully healed and is back on the field with the La Verne football team. “Football is a big part of my life and I wasn’t ready to give it up,” said Joseph. “And thanks to Dr. Low and PIH Health, I can still play every fall. I am back and better than ever.” Most importantly, Joseph can bring his personal knowledge and experience into his future career. He’s pursuing a degree in Kinesiology, which will prepare him for a career as strength and conditioning coach.

To learn more about PIH Health Orthopedics & Sports Medicine, visit PIHHealth.org/Orthopedics.

In need of a Primary Care Physician? Let PIH Health help you find one today, visit PIHHealth.org/PCP.

Q. Are flu shots really different each year?

A. Yes. Strains of the influenza (flu) virus are constantly changing, so a new flu vaccine is manufactured every year. Scientists formulate the vaccine before the flu season starts by predicting which flu strains are likely to be the most common, based on information they receive from the Centers for Disease Control and Prevention (CDC). Once the vaccines are tested by the Food and Drug Administration (FDA) for safety, they are manufactured into flu shots for commercial distribution in doctors’ offices, pharmacies and other locations. The flu is a respiratory infection that can cause serious complications, especially in young children, adults age 65 and over, those with underlying health conditions, and pregnant women. The flu shot is the best way to protect yourself and your family from the flu, according to the CDC. Because flu viruses evolve so quickly, last year’s vaccine may not protect you from this year’s viruses. That’s why it’s important to get a flu shot every year.

Typically, flu season in the U.S. starts as early as October and can go through May, with its peak between December and February, according to the CDC. The best time to get vaccinated is in late September to November. Flu shots are available from your primary care physician. To view a list of PIH Health primary care physicians, visit PIHHealth.org/Find-a-Doctor.
Who Should You See for Primary Care? For Every Life Stage

<table>
<thead>
<tr>
<th>PEDIATRICS</th>
<th>FAMILY MEDICINE</th>
<th>INTERNAL MEDICINE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BIRTH - 21</strong></td>
<td><strong>ALL AGES</strong></td>
<td><strong>16+</strong></td>
</tr>
<tr>
<td>From the first well-baby visit, to the last high school physical, our board-certified Pediatricians—specialty trained doctors who care for children—are dedicated to keeping your kids healthy. Services include treatment of illnesses and injuries, immunizations, physical exams and hearing and vision screenings.</td>
<td>Family Medicine physicians take care of your whole family, from newborns through the adult years. Family Medicine doctors provide personalized attention—helping you stay well and get better when you’re sick or injured. If you need to see a specialist, your doctor can refer you to one and coordinate your care.</td>
<td>Internal Medicine physicians (also known as internists) specialize in the care of adults of all ages. They have special training in managing chronic conditions, such as diabetes, and often work with patients who live with more than one health condition, from routine to complex.</td>
</tr>
</tbody>
</table>

Urgent Care Centers
PIH Health has locations in Hacienda Heights, Montebello, Santa Fe Springs and Whittier.
Stage, PIH Health is Here to Support You

**OBSTETRICS/GYNECOLOGY**

- Women's unique healthcare needs are met by Obstetricians and Gynecologists through every stage of life. Gynecologists care for women's sexual and reproductive health needs and obstetricians care for women during pregnancy and deliver babies.

**GERIATRICS**

- The golden years are meant for enjoying the fruits of a health-minded life. As you reach your post-retirement years, making health a priority can make all the difference. These physicians and healthcare professionals will help you thrive.

**To find a doctor affiliated with PIH Health, visit PIHHealth.org/Find-a-Doctor.**

**Emergency Departments**

- Emergency care is available at both PIH Health hospitals, located in Downey and Whittier.

**Home Health**

- When appropriate, PIH Health provides in-home healthcare and hospice care.
PIH Health Urgent Care Center
Now Open in Montebello

No Appointment Needed to Receive Prompt Medical Help

PIH Health recently opened a new Urgent Care Center in Montebello, providing a fourth location where patients with symptoms that are urgent—but not life-threatening—can receive prompt medical care. Montebello’s facility joins other PIH Health Urgent Care Centers in Santa Fe Springs, Hacienda Heights and Whittier, providing convenient access to health professionals who can help patients with concerns such as urinary symptoms, ear pain, eye pain and discharge, sore throat, cold and flu, and abdominal pain.

“I went to the PIH Health Urgent Care Center in Santa Fe Springs, close to my home, with a bad cough and tight chest due to congestion,” said Michel Carbajal. “The staff provided me with excellent care. I went through a breathing treatment that cleared my lungs, and the doctor asked a medical assistant to sit with me during the treatment so I wouldn’t be alone—and I so appreciated the gesture. I am a preschool teacher and need to be in good health to be with my young students. After my visit, I went home and began feeling much better.”

Everyone experiences urgent health concerns occasionally. PIH Health has expanded its urgent care presence in the past few years, providing four easy-to-access locations in its service area to provide medical services to patients who have acute illnesses or injuries. PIH Health Urgent Care Centers offer extended weekday and weekend hours, so they are most helpful to patients who need medical attention when their physician is not available.

Urgent Care Centers are great for treating:
- Cold/flu symptoms
- Allergies and respiratory/sinus infections
- Urinary tract infections (UTI, or bladder infections)
- Mild asthma attacks
- Minor cuts and scrapes
- Minor fractures and sprains

The best thing is that you don’t need an appointment. Just walk into any one of the four locations. Hours are 10 am to 8 pm every day, including holidays.

For more information or to check current wait times at any Urgent Care Center location, visit PIHHealth.org/UCC.

Go online to view current wait times for any of our Urgent Care Center locations. Visit PIHHealth.org/UCC
Health Education Calendar

Navigating the Healthcare Maze: Five Things you Need to Know About Accessing Healthcare (and a whole lot more!)

An experienced healthcare navigator aims to eliminate confusion around how to access and move through the healthcare system. Topics include considerations for insurance coverage, understanding bills, and useful tips for taking control and managing your health. If you are looking for clarity, this class is for you! To register: Call 562.967.2890 or visit PIHHealth.org/Calendar

PIH Health Whittwood
Medical Office
15725 E. Whittier Blvd., Whittier
Wed 10/10 10 – 11:30 am
Wed 12/5 1 – 2:30 pm
Wed 1/23 1 – 2:30 pm

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd.,
Santa Fe Springs
Thu 9/20 1 – 2:30 pm

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Wed 10/3 6 – 7:30 pm
Wed 11/14 10 – 11:30 am
Wed 3/20 6 – 7:30 pm

Diabetes Self-Management Class
Participants diagnosed with diabetes will learn the skills needed to manage and improve their condition. If you are newly diagnosed or have never attended a diabetes class, this is for you. Physician referral required.
To register: Call Ext. 11320

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
First, second, and third Tuesday of every month, 9:30 am – 12 noon.
Wednesday evening classes are available from 6 – 8:30 pm

Oncology Resource Center and Wig Bank
The Oncology Resource Center and Wig Bank is available for patients and their family members to access educational material and resources. For information, call Ext. 12820.
Walk-ins are welcome Mon-Thur, 10 am – 2 pm

Freedom from Smoking
This program offers you a step-by-step process to quit for good. During each session activities and assignments will provide you with skills and techniques to support quitting in an individual and group setting.

Plastic Surgery: Look Fabulous and Feel Amazing
Join Millicent Roveido MD as she discusses what to expect when considering facial rejuvenation, body sculpting and body contouring. To register: Call 562.967.2890 or visit PIHHealth.org/Calendar

PIH Health Whittwood
Medical Office Building
15725 E. Whittier Blvd., Whittier
Thu 11/15 6 – 7:30 pm

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Sat 1/26 10 – 11:30 am

Preconception Care & Counseling
Are you planning on having a baby? Join us as Leslie Gonzalez MD talks about things you can do before and between pregnancies

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Eight-session, seven-week program, call for more information
Ext. 12549

Advanced Care Planning
Participants learn about advance healthcare directives and physician orders for life-sustaining treatment (POLST). Recommended age 18 and up. To schedule an appointment or for more information: Call Ext. 82022 or email samulatory@PIHHealth.org

PIH Health Home Health
15050 Imperial Hwy., La Mirada
First Wednesday of every month, 5 – 6:30 pm

Cardiac Rehab Lecture Series
Free five-part recurring series, includes structure and function of the heart, understanding food labels, benefits of regular exercise, medications, managing stress and the emotional aspects of heart disease.
For questions: Call Ext. 12733
PIH Health Hospital - Whittier
Flo & Frank Scott Conference Center
12401 Washington Blvd., Whittier
Wednesdays, 3 – 4 pm

PREGNANCY AND NEW BABY

• Breastfeeding 101
• Getting Ready for Your Baby**
• Cesarean Section Class**
• A Journey through Childbirth**
  **Not held in December

To register: Call Ext. 25580 for PIH Health Hospital - Downey or Ext. 17541 for PIH Health Hospital - Whittier

SUPPORT GROUPS

Alzheimer’s Disease
For families, call Ext. 12453

Bariatric
For those considering surgery and those who have already had the procedure. No registration required. Second Tuesday of every month from 7:30 – 8:30 pm, call Ext. 12918

Breast and Women’s Cancer
First Tuesday of every month from 7 pm, call 562.696.5964

Breastfeeding Support Group
Provide knowledge and support. Every Wednesday at 10 am, call Ext. 17650 or Ext. 17541

Depression Screenings
Call Ext. 82022

Postpartum Depression
Mom’s Group
First Wednesday of every month from 11:30 am – 1 pm, call Ext. 82022

Journey Through Cancer
Receive caring friendships from others who relate and offer support. Oncology certified nurse in attendance. Third Thursday of each month from 11 am – 12:30 pm, call Ext. 12570

Living with Loss
Bereavement support program, call Ext. 12500

Mended Hearts
For heart surgery patients and their families. Fourth Wednesdays of every month, call Ext. 12368

Mental Health Family Support Group
(Conducted in Spanish)
(Salud Mental-Grupo de Apoyo para la familia), Call Ext. 81085

Scleroderma
Meets quarterly. Call Ext. 81085

Stroke Support Group
Second Tuesday of every month from 2 – 3:30 pm, call Ext. 12453

*Class in Spanish/Clase en español

562.789.5982 PIHHealth.org
Patient Surveys: Your Feedback is Valuable to Us

PIH Health’s mission is to serve you with the very best patient and family-centered care. You’re the reason we’re here, and we want to know what you think. After receiving care, questionnaires are mailed to patients at random from PIH Health Hospital - Downey and PIH Health Hospital - Whittier so that you can share feedback about your experiences. You may also receive a phone survey from your physician’s office following an office visit. We use your feedback to improve our programs. So, please let us know how we are doing by completing and returning the questionnaire or by participating in the phone survey.

Receive Healthy Living Magazine by email

Would you like to receive PIH Health’s Healthy Living magazine by email instead of receiving a printed copy in your mailbox? If so, please visit PIHHealth.org/HL.

Healthy Living is distributed twice per year in the spring and fall. Receiving the magazine digitally will permit you to take wellness tips with you while you’re on-the-go and at the same time, help us preserve our environment.

Are you a PIH Health patient who would like to have 24/7 access to our health information, make an appointment, order a prescription renewal or communicate with your physician quickly and confidentially? If so, we offer the My PIH Health portal to all of our patients. It’s free and it’s easy to sign up and use. Go to PIHHealth.org/MyPIHHealth and click the “Sign Up” button.
### List of PIH Health Services

<table>
<thead>
<tr>
<th>#</th>
<th>Location</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>12401 Washington Blvd., Whittier, CA 90602</td>
<td>PIH Health Hospital - Whittier, Optical Shop, Home Health Nursing Services</td>
</tr>
<tr>
<td>2</td>
<td>11500 Brookshire Ave., Downey, CA 90241</td>
<td>PIH Health Hospital - Downey, Urgent Care Center, Pharmacy</td>
</tr>
<tr>
<td>3</td>
<td>11420 Brookshire Ave., Downey, CA 90241</td>
<td>Rehabilitation and Wellness Center, Physical and Occupational Therapy</td>
</tr>
<tr>
<td>4</td>
<td>12393 Washington Blvd., Whittier, CA 90606</td>
<td>Family Medicine, Suite 207, General Surgery, Suite 207, Women’s Health, Suite 207, Urgent Care Center</td>
</tr>
<tr>
<td>5</td>
<td>2205 W. Beverly Blvd., Montebello, CA 90640</td>
<td>Family Medicine, Otolaryngology, Urgent Care Center</td>
</tr>
<tr>
<td>6</td>
<td>12291 Washington Blvd., Whittier, CA 90606</td>
<td>Behavioral Health Clinic, Suite 300, Digestive Health Services, Suite 201, Endocrinology, Suite 205, Family Medicine Residency, Suite 500, Laboratory/Blood Draw Station, Suite 103, PIH Health Outpatient GI Center, Suite 410, Radiology/Interventionists, Suite 302, Wound Healing Center, Suite 100, Urgent Care Center, Home Health Nursing Services</td>
</tr>
<tr>
<td>8</td>
<td>12415 Washington Blvd., Whittier, CA 90602</td>
<td>Same Day Surgery, Home Health Nursing Services, Hospice</td>
</tr>
<tr>
<td>9</td>
<td>12522 E. Lambert Rd., Whittier, CA 90606</td>
<td>Family Medicine, Urgent Care Center, Pharmacy</td>
</tr>
<tr>
<td>10</td>
<td>12400 Bloomfield Ave., Santa Fe Springs, CA 90670</td>
<td>Endocrinology, Eye Care Center, Family Medicine, Neurology, Orthopedics and Sports Medicine, Pharmacy, Urgent Care Center</td>
</tr>
<tr>
<td>11</td>
<td>15725 E. Whittier Blvd., Whittier, CA 90603</td>
<td>Coumadin, Suite 500, Family Medicine, Suite 400, Internal Medicine, Suite 500, Laboratory/Blood Draw Station, Pediatrics, Suite 300, Women’s Health, Suite 401</td>
</tr>
<tr>
<td>12</td>
<td>15733 E. Whittier Blvd., Whittier, CA 90603</td>
<td>Urgent Care Center, Pharmacy, Physical and Occupational Therapy</td>
</tr>
<tr>
<td>13</td>
<td>15050 Imperial Hwy., La Mirada, CA 90638</td>
<td>Home Healthcare, Hospice, Podiatry, Physical and Occupational Therapy, Speech Therapy</td>
</tr>
<tr>
<td>14</td>
<td>15087 La Mirada Blvd., La Mirada, CA 90638</td>
<td>Dermatology and Aesthetics Center, Suite 300, Eye Care Center, Suite 301, Family Medicine, Suite 201, Pediatrics, Suite 401, Women’s Health, Suite 401</td>
</tr>
<tr>
<td>15</td>
<td>15050 Imperial Hwy., La Mirada, CA 90638</td>
<td>Podiatry, Physical and Occupational Therapy, Speech Therapy</td>
</tr>
<tr>
<td>16</td>
<td>15088 Imperial Hwy., La Mirada, CA 90638</td>
<td>Physical and Occupational Therapy, Speech Therapy</td>
</tr>
<tr>
<td>17</td>
<td>15089 Imperial Hwy., La Mirada, CA 90638</td>
<td>Physical and Occupational Therapy, Speech Therapy</td>
</tr>
<tr>
<td>18</td>
<td>1850 S. Azusa Ave., Hacienda Heights, CA 91745</td>
<td>Family Medicine, Suite 88, Mammography, Suite 88, Pediatrics, Suite 300, Urgent Care Center, Home Health Nursing Services</td>
</tr>
<tr>
<td>19</td>
<td>121 W. Whittier Blvd., La Habra, CA 90631</td>
<td>Eye Care Center, Suite 100, Urgent Care Center, Podiatry</td>
</tr>
<tr>
<td>20</td>
<td>1400 S. Harbor Blvd., La Habra, CA 90631</td>
<td>Orthopedics and Sports Medicine, Urgent Care Center</td>
</tr>
<tr>
<td>21</td>
<td>351 E. Foothill Blvd., Arcadia, CA 91006</td>
<td>Home Health Nursing Services</td>
</tr>
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If you no longer wish to receive this publication, or if you would like to begin to receive information, please:

• Call 562.698.0811 Ext. 81120 and leave your full name as it appears on this mailing label, or
• Send your full name and mailing address to MarComm@PIHHealth.org, or
• Visit PIH Health Foundation Building or send a letter with your preference at 7612 Greenleaf Ave., Whittier, CA 90602 and provide your full name and address

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Facebook.com/PIHHealth Twitter.com/PIHHealth Instagram.com/pihhealth

URGENT CARE CENTER LOCATIONS

Open every day, from 10 am to 8 pm, including holidays

URGENT CARE CENTER HACIENDA HEIGHTS
1850 S. Azusa Ave., Suite 88, Hacienda Heights
626.225.4900

URGENT CARE CENTER MONTEBELLO
2205 W. Beverly Blvd., Montebello, CA 90640
562.967.2780

URGENT CARE CENTER SANTA FE SPRINGS
12400 Bloomfield Ave., Santa Fe Springs
562.967.2830

URGENT CARE CENTER WHITTIER
15733 Whittier Blvd., Whittier
562.947.7754

Visit a PIH Health Urgent Care Center when you can’t get in to see your Primary Care doctor or have an urgent need that just can’t wait for an appointment. Sports physicals are also available. No appointment necessary and wait times are often short.

To check current wait times or to learn more, visit PIHHealth.org/UCC