

## **OFFICE ADDRESS & DIRECTIONS**

8100 Timberlake Way, Suite F  
Sacramento, CA 95823  
Phone (916) 689-7370  
Fax (916) 688-5610  
[Click Here for Directions](#)

### **Office Hours & Directions**

Monday – Friday 9:00 AM - 5:00 PM

### **Patients Should Bring**

X-rays if any have already been taken  
Pertinent test results  
Insurance information  
Co-payments  
Current medication list

### **Insurance Plans we are members of...**

Aetna  
Beech Street  
Blue Cross PPO  
Blue shield PPO  
Cigna  
Delta Health Systems  
First Health  
Health Net PPO  
Medicare and RR Medicare  
Pacific Care/ Secure Horizons PPO  
PHCS  
Triwest  
United Health  
Various others

We recommend you get the most from your insurance plans by understanding your benefit coverage. Please contact your insurance agent/administrator so you are aware of your plan benefits such as: co-pays, deductibles, what services and facilities are covered, supplies, and other items that may be "out of pocket". Planning financially for your health care is part of your good health!

**We are members of Hills Physicians, Golden State Physicians and accept the following HMO plans through them:**

### **Commercial**

- Aetna
- Blue Cross of California Care
- Blue Shield
- Health Net
- Pacific Care /Secure Horizons
- Western Health Advantage (WHA)

**Medicare Advantage HMO:**

- Aetna Medicare Advantage
- Blue Cross (Freedom Blue)
- Desert Mutual
- Secure Horizons Direct
- Health Net Medicare Advantage

**Workers Compensation Claims:**

\*Accepted upon office approval only\*

**After Hours Process**

24-hour, on-call availability for emergencies,