

PRIMARY MEDICAL

GET TO KNOW SOME OF THE BEST
FAMILY PHYSICIANS IN THE COUNTY

**CHOOSE THE RIGHT
DOCTOR FOR YOU!**



TABLE OF CONTENTS



PAGE 8
DR. DUONG
Lombard



PAGE 10
DR. WESTFALL
Johnson



PAGE 12
DR. ALAIMO
East Telegraph



PAGE 14
DR. WEST
Santa Paula



PAGE 16
DR. LAZZAROTTO
Johnson



PAGE 18
DR. RUELAS
Lombard



PAGE 19
DR. ALGRIA
Camarillo



PAGE 20
DR. BANMAN
Johnson



PAGE 21
DR. BARRELL
Garden Street

WHY PMG?

We are family physicians serving Ventura county with the highest quality of care. We also have Internal Medicine, Pediatrics and Endocrinology here at Primary Medical Group. Our goal is to approach medicine differently by offering more cohesive care and education that extends beyond the four walls of the exam room. We do not just make suggestions and write prescriptions. We have taken steps to improve the health of our patients. Our family physicians have developed educational content that empowers their community to make healthy lifestyle changes. We pride ourselves on going beyond the exam room to make our community healthier and happier.



OUR STAFF & LOCATIONS



WEST TELEGRAPH

2953 Telegraph Rd.
Ventura, CA 93003

FAMILY PHYSICIAN

Dr. Chase

NURSE PRACTITIONERS

Rhonda Moore
April Terry

PEDIATRICS

Dr. Williams

(805) 652 - 5252



JOHNSON

2772 Johnson Dr. #200
Ventura, CA 93003

FAMILY PHYSICIANS

Dr. Banman
Dr. Westfall
Dr. Lazzarotto
Dr. West

ENDOCRINOLOGIST

Dr. Ficks

PHYSICIAN ASSISTANTS

Carla Mull
Natalie Nichols
Mark Amis

(805) 642 - 1430



GARDEN STREET

26 South Garden St. Suite I
Ventura, CA 93001

FAMILY PHYSICIANS

Dr. Castel
Dr. Barrell

NURSE PRACTITIONERS

Colette Frena
Tessa Enright

(805) 507 - 2225



EAST TELEGRAPH

10885 Telegraph Rd.
Ventura, CA 93004

FAMILY PHYSICIANS
Dr. Alaimo
Dr. Bailey
Dr. Wheaton

PHYSICIAN ASSISTANTS
Michael Diaz
Mark Amis

(805) 647 - 7704



LOMBARD

1751 Lombard Suite A
Oxnard, CA 93030

FAMILY PHYSICIANS
Dr. Ruelas
Dr. Duong

PHYSICIAN ASSISTANT
Nicolas Dejong

NURSE PRACTITIONERS
Sue Houx
Carlie Corse

(805) 981 - 9111



CAMARILLO

888 W. Ventura Blvd. Suite A
Camarillo, CA 93010

FAMILY PHYSICIAN
Dr. Algra

NURSE PRACTITIONER
Karen Popp

PHYSICIAN ASSISTANT
Mark Amis

(805) 383 - 7701



SANTA PAULA

570 W. Main Street
Santa Paula, CA 93060

FAMILY PHYSICIANS
Dr. Kehoe
Dr. West

PHYSICIAN ASSISTANT
Natalie Nichols

(805) 507 - 2242

MEET OUR PATIENT RELATIONS SPECIALISTS

Our Patient Relations team can help you become a patient and find the doctor that best fits your needs. Give them a call if you have any questions about your medical care or if you would like to switch doctors.



SIENNA



SARAH



HAYLEY

FAQ

What do I do if my insurance broker or insurance company tells me I need to switch my doctor?

Call the PR team! It is very important that you work with a trusted broker and that you are able to see the doctor you wish to see. We can help!

My insurance says that they cannot find my doctor or the doctor I want to switch to, what do I do?

Call the PR team! It is very common for insurances to get information wrong, but this is simply not true. The PR team can help navigate the insurance customer service with you to make sure you get the CORRECT answers.

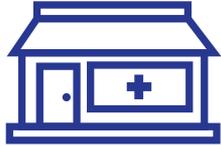
I am a current patient and changing insurance plans. I'm told I can't see my PMG doctor anymore, what do I do?

Call the PR team! This is not true. We are contracted with all major insurance plans in Ventura County and can make sure you stay with the doctor you love.

What if the name on my insurance card does not match the doctor I want to see?

Call the PR team! We can make sure you are assigned to the doctor you want to see!

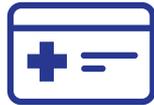
5 EASY STEPS TO JOIN PRIMARY MEDICAL GROUP



STEP 1

CHOOSE THE DOCTOR & OFFICE

you would like to see (ie. Dr. Elizabeth Alaimo at PMG in Ventura).



STEP 2

LOCATE YOUR INSURANCE CARD

and call the Customer Service phone number on the back of the card.



STEP 3

LET THE REPRESENTATIVE KNOW

the doctor you would like to switch to and tell them the doctor is with SEAVIEW IPA.



STEP 4

ASK THE REPRESENTATIVE

when you will be effective with the new doctor (most likely the 1st day of the following month).



STEP 5

CALL THE OFFICE

to make an appointment! Let them know you would like to establish care with us after your effective date.



CALL AT
(951) 225-6808

IF YOU HAVE MEDICARE SUPPLEMENT PPO • TRICARE FOR LIFE

All you have to do is call the Primary Medical office you would like to see and make an appointment.

IF YOU HAVE MEDICARE ADVANTAGE HMO INSURANCE

You can follow the steps above or just call our Patient Relations, and they can help you with everything!

DR. FAMILY PHYSICIAN VICTOR DUONG

Dr. Victor Duong is a board-certified family medicine physician. His passion for medicine was realized his senior year of high school while taking an anatomy and physiology class. He wanted to merge his passion for serving people with his passion for science. Dr. Duong completed his undergraduate studies at University of Oregon and matriculated medical school at Western University of Health Sciences. Dr. Duong came to Ventura to complete his family medicine training at Community Memorial Hospital where he was chief resident. He fell in love with the people in Ventura and the laid-back atmosphere and decided to pursue family medicine with PMG. Dr. Duong focuses on

preventative outpatient medicine and enjoys management of both acute and chronic diseases. He is invested in building relationships with patients and service to the community.

Outside of medicine, you can find Dr. Duong at Prospect Coffee Roasters in Ventura or finding a new adventurous hike. He loves reading biographies and is always eager to eat Chinese food. His favorite part about working at Primary Medical group are his coworkers and the support they offer him.

Dr. Victor Duong is accepting new patients and is excited to be entrusted with your medical care. He currently works out of our Lombard location.



LOMBARD

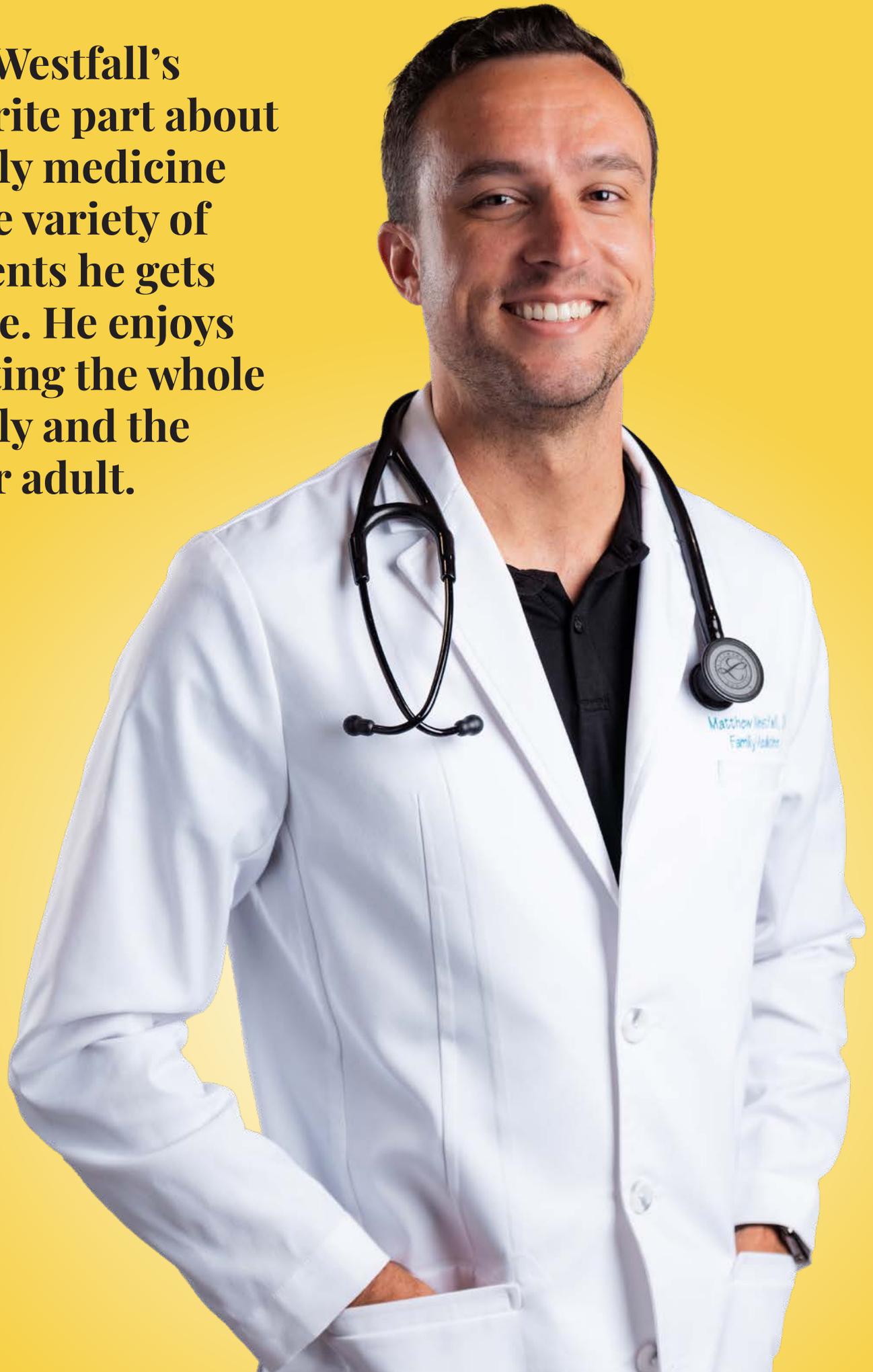
Interested in seeing Dr. Duong? Call us!

(951) 225-6808

**Dr. Duong
focuses on
preventative
outpatient
medicine
and enjoys
management
of both acute
and chronic
diseases.**



Dr. Westfall's favorite part about family medicine is the variety of patients he gets to see. He enjoys treating the whole family and the older adult.



DR. FAMILY PHYSICIAN MATTHEW WESTFALL

Dr. Matthew Westfall is a family physician working out of our Johnson location. Dr. Westfall always knew he had an affinity for the sciences, but he knew he did not want to be in a lab setting. After volunteering in Santa Barbara and his work in Peru, Africa, and South East Asia, Dr. Westfall knew he wanted to merge his love for people with his love for science. He attended Touro University in Las Vegas and did his residency at Community Memorial Hospital in Ventura.

As a Southern California local, Dr. Westfall knew he wanted to stay local to his home. After doing his residency at Community Memorial, he knew he wanted to stay in Ventura County to use his vocation as a doctor to serve the community. Dr. Westfall's favorite part about family medicine is the variety

of patients he gets to see. He enjoys treating the whole family and the older adult. His special interest is in sports medicine and musculoskeletal related injuries.

Outside of the clinic, Dr. Westfall enjoys any type of outdoor activity. Having travelled to many different countries, he is a self-proclaimed "foodie", enjoying foods from many cultures and backgrounds. Dr. Westfall's perfect day outside of clinic would be sitting down with an adventure novel at Rumfish y Vino and finishing the day off surfing.

Dr. Westfall is accepting new patients! Visit him at our Johnson location!



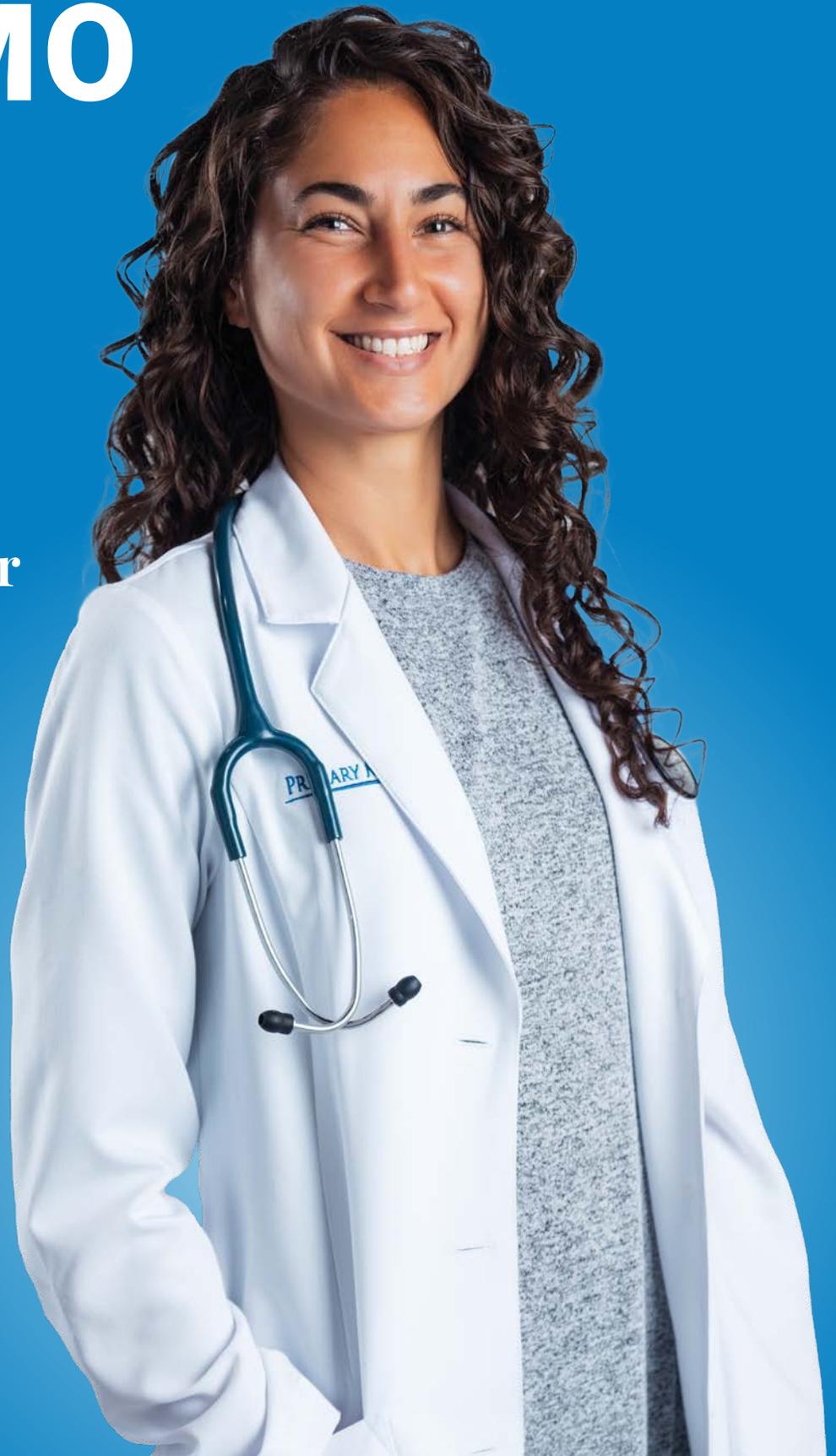
JOHNSON

Interested in seeing Dr. Westfall? Call us!

(951) 225-6808

DR. FAMILY PHYSICIAN ELIZABETH ALAIMO

What she loves most about being a doctor is being able to advocate for her patients and building close relationships.



Dr. Elizabeth Alaimo always knew she wanted to be a doctor, even from a young age. Her father was a family practitioner and she spent a good amount of time around patients. This fueled her love for people and science which ultimately led her to pursue medicine at George Fox University. She graduated medical school from Western University and continued on to do her residency training in Illinois.

Dr. Alaimo's love for the west coast and outdoor activities ultimately brought her to Ventura County. She is a doctor of osteopathic medicine and does treat the whole family, however, she does have a special interest in sports medicine. Being able to advocate for her patients and build close relationships is what she loves most about being a doctor.

When Dr. Alaimo is not in the clinic, she enjoys any outdoor activities with her dog, Finn. The weather in Ventura county is a literal breath of fresh air from where she was in Illinois. Dr. Alaimo enjoys cooking fresh Italian food and curling up with one of her favorite fantasy books.

You can find Dr. Alaimo at our East Telegraph Office. She would love to get to know you and have you as one of her patients!



EAST TELEGRAPH

Interested in seeing
Dr. Alaimo? Call us!

(951) 225-6808

DR.

FAMILY PHYSICIAN

JACOB WEST

Dr. Jacob West knew his whole life that he wanted to be a doctor. As a young boy in Idaho, he remembers watching his dad work as a physician and wanted to translate that care for people into his love for science. In high school, he took his first biology class, and that is when it clicked that he wanted to be a physician as well. Dr. West studied Cellular and Molecular Biology at Westmont and went to Loma Linda for his medical training.

Dr. West was drawn to Ventura County because of his medical residency at

Ventura County Medical Center. His wife has family here as well, so it was an easy choice to stay locally in Ventura County. Dr. West's favorite part about practicing medicine is truly to get to know each patient on an individual level. His passion is to work through illnesses by educating his patients and guiding them to make wise life choices. He views medicine as a partnership and wants to walk alongside his patients to help them achieve their health goals.

When not in the clinic, Dr. West loves to do

anything outdoors with his wife. He loves to bike, run, surf, camp, ski... you name it. You can find Dr. West riding the waves or reading Lord of the Rings on the beach eating his favorite food: Mexican. Dr. West loves Ventura because of its laid-back beach vibe, but specifically loves PMG because of how supportive the staff is.

You can find Dr. West at our Santa Paula location. He would love to be entrusted with your medical care.



SANTA PAULA & JOHNSON

Interested in seeing Dr. West? Call us!

(951) 225-6808

Dr. West's favorite part of medicine is truly getting to know each patient on an individual level. His passion is to work through illnesses by educating his patients and guiding them to make wise life choices.





Dr. Lazzarotto is a confidant for her patients. Her favorite part of practicing medicine is being that safe space for patients to come and figure out what is going on with their bodies, together.



JOHNSON

Interested in seeing Dr. Lazzarotto? Call us!

(951) 225-6808

DR. FAMILY PHYSICIAN MANA LAZZAROTTO

Dr. Mana Lazzarotto is unique in that she knew she wanted to be a doctor as long as she can remember. She jokes that she came out of the womb knowing she was going to be a doctor one day. She was born and raised in Virginia and studied at the University of Virginia. Growing up, Dr. Lazzarotto's parents were diplomats, so she travelled all over the world. It was this travel that allowed her to experience the global underserved communities. She also had the privilege of traveling to Eastern countries that developed her love for a more holistic approach to medicine.

Dr. Lazzarotto is her patient's confidantes. Her favorite part of practicing medicine is being that safe space for patients to come and figure out what is going on with their bodies, together. She likes to look at the whole picture when it comes to an individual's wellness.

That can mean looking into their relationships, their eating habits, sleeping patterns, stress levels, and more. As a Doctor of Osteopathic medicine, Dr. Lazzarotto often treats chronic diseases with an approach that does not use medications as the first step.

When Dr. Lazzarotto is not in clinic, she loves cooking and going to the beach with her husband and kids.

Dr. Lazzarotto is accepting new patients at our Johnson location. She would love for you to entrust her with your medical care!

DR. FAMILY PHYSICIAN GREG RUELAS

Dr. Gregorio Ruelas is a native of the city of Ventura. He graduated from the University of California at Davis and earned a bachelor of science in Biology with an emphasis in physiology. Dr. Ruelas enjoys teaching and he volunteered as an after school mentor/teacher giving lessons in science to the children at Stevenson Middle school in East Los Angeles while attending medical school. Dr. Ruelas received his medical doctorate from the Keck School of Medicine at the University of Southern California in 2004. He then completed his training in Family Medicine at the Ventura County Medical Center in 2007.

Dr. Ruelas is currently board certified in Family Medicine. After graduating from residency, Dr. Ruelas worked in Fillmore at a satellite clinic of Ventura County Medical Center. He staffed the urgent care and also performed primary care services during his time there. During this time Dr. Ruelas had the opportunity to continue fulfilling his interest in teaching. Dr. Ruelas was active in the education of doctors in training and worked part-time as attending/teaching staff at the Family Care Center in Ventura.

Dr. Ruelas joined Primary Medical in January 2011. He looks forward to continuing to provide excellent care to the people of Ventura County. Dr. Ruelas is well known for his attentiveness, bedside manner, problem solving skills, medical knowledge and compassion.

Dr. Ruelas provides a wide range of services including pediatrics, adult medicine, women's health services and geriatric care.



LOMBARD

Interested in seeing Dr. Ruelas? Call us!

(951) 225-6808



DR. PAUL ALGRA

FAMILY PHYSICIAN

Dr. Paul Algra was born and raised in Michigan. He loved his home state so much that he chose to receive his medical degree from Michigan State University. He completed his internship in Family Medicine at Naval Hospital Camp Pendleton, then proceeded to the Naval Experimental Dive Unit in Panama City, Florida, where he served as an Undersea Medical Officer specializing in hyperbaric and saturation diving medicine for the US Navy. While in Florida, Dr. Algra had an opportunity to live in Key Largo and perform research in an underwater habitat known as Aquarius Reef Base.

Dr. Algra returned to Naval Hospital Camp Pendleton to complete his residency in Family Medicine. He was then relocated to Naval Branch Health Clinic Port Hueneme as Senior Medical Officer. After honorable discharge from the Navy, Dr. Algra joined Primary Medical Group and we are thrilled to have him as one of our most beloved doctors.

Dr. Algra is board certified in Family Medicine. He enjoys getting to know patients and partnering

with them in preventive medicine to achieve overall health.

Something that sets Dr. Algra apart as a family physician is the care of his daughter, who has a rare genetic disorder known as Cri du Chat (or 5P-). Due to his daughter's special needs, Dr. Algra is especially sensitive towards patients with developmental delays, shunt placement, feeding tubes, dysphagia, failure to thrive, severe constipation, and sensory issues since his family confronts these challenges on a daily basis. Dr. Algra is happy to be the primary care physician for any individual with special needs.

Dr. Algra resides in Newbury Park, California, with his wife and four children. He participates in Kindermusik and swim lessons with his children. He also enjoys exploring new places and hiking with his family.

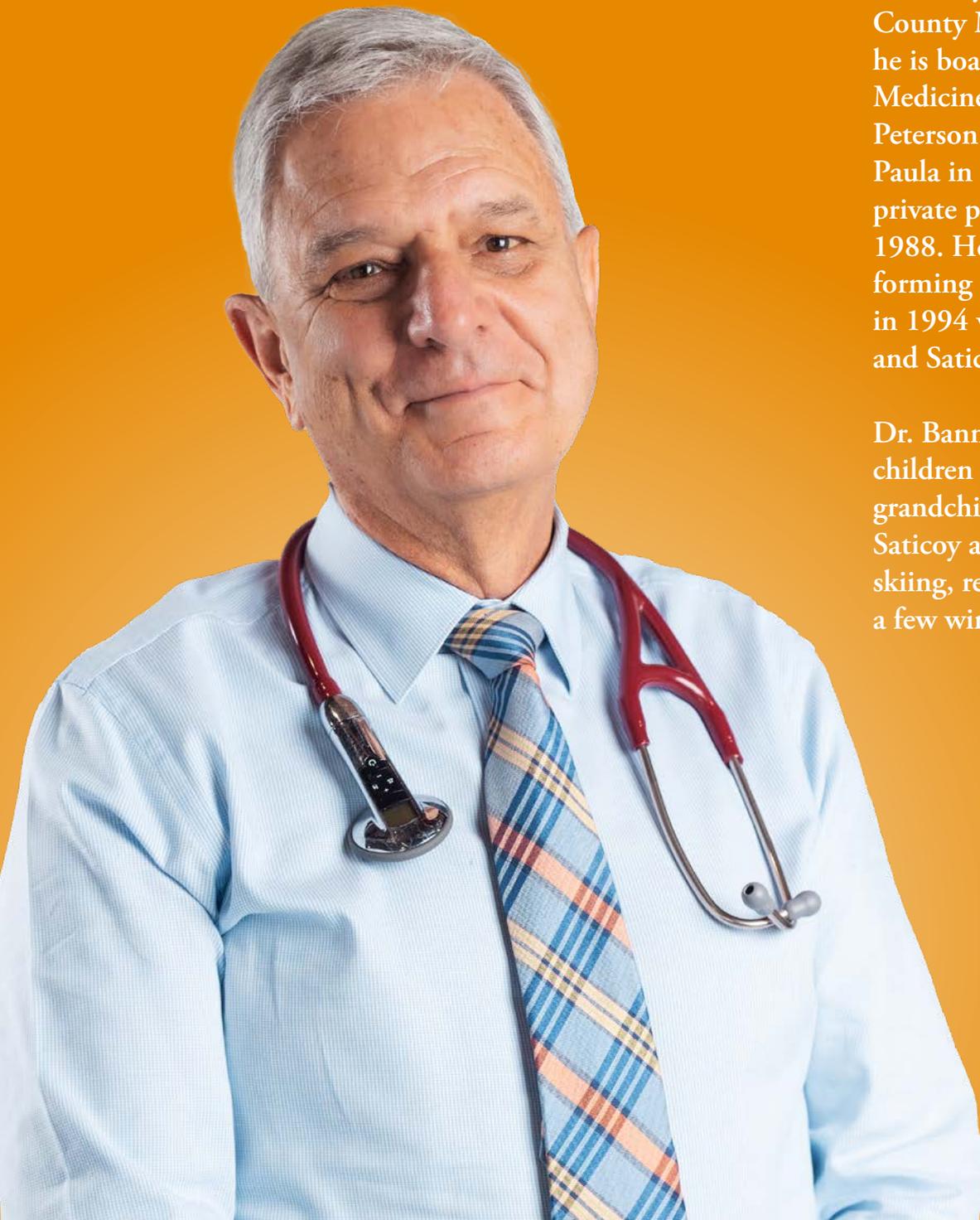


CAMARILLO

Interested in seeing
Dr. Algra? Call us!

(951) 225-6808

DR. FAMILY PHYSICIAN EDWARD BANMAN



Born and raised near Winnipeg, Canada, Dr. Edward Banman received his Medical Degree from the University of Manitoba. His internship at Los Angeles County + USC Medical Center brought him to California.

Dr. Banman completed his residency training at Ventura County Medical Center and he is board certified in Family Medicine. Dr. Banman joined Peterson Medical Group in Santa Paula in 1977 and went into solo private practice in Ventura in 1988. He then joined Dr Bailey in forming Primary Medical Group in 1994 with offices in Ventura and Saticoy.

Dr. Banman is married with three children and three wonderful grandchildren. He has lived in the Saticoy area since 1978. He enjoys skiing, reading, and trying to grow a few wine grapes and avocados.

DR. FAMILY PHYSICIAN MARIA BARRELL

Dr. Barrell is a board-certified Family Physician currently completing a 2-year fellowship in Integrative Medicine with Dr. Andrew Weil through the University of Arizona Center for Integrative Medicine.

She strongly believes that our bodies strive towards health and wants to partner with you to help empower you to tap into this universal wellness. She focuses on the power of positive thinking, meditation, exercise, a real-food diet, restorative sleep, and nurturing connections and the evidence-based foundation of health this approach provides.

While this serves as the ideal wellness foundation, she is also well-versed in the management of chronic diseases like hypertension, diabetes, hypothyroidism, hyperlipidemia, and osteoarthritis. She also strongly encourages routine health maintenance with age-appropriate immunizations, cancer screening, laboratory evaluations, reviewing medication lists and striving to reduce unnecessary pharmaceuticals and their unwelcome side effects.



BECOME WELL WITHIN

Welcome to Well Within, formerly known as Choose Health. Well Within is an online educational library created to educate our patients and community on how to live a health-focused lifestyle.

Health is at the forefront of our minds constantly, whether that be through getting enough steps in the day, making healthy food choices, or moving our bodies. There is so much information on the internet on how to stay healthy, but very few articles are created by doctors for patients.

That is where Well Within comes in.

We have educational courses created by local professionals and our primary care physicians, teaching how to truly become well within.

Well Within features many of our providers, but more importantly it is about creating a healthier you.

All of this content is completely FREE to our patients and community.





[BECOMEWELLWITHIN.COM](https://www.becomewellwithin.com)



PRIMARY MEDICAL

WANT TO MEET YOUR DOCTOR BEFORE SWITCHING?

We want you to be 100% comfortable with the doctor you choose. Meet our doctors before you join!

CALL TODAY TO LEARN
MORE ABOUT OUR
UPCOMING MEET THE
DOCTOR EVENTS!

(951) 225-6808

primarymedical.net

