



## Jesus M. Valadez, M.D.

*Internal Medicine*

24331 El Toro, Suite 330  
Laguna Woods, CA 92653  
Tel: (949) 707-1807  
Fax: (949) 707-1874



It has been said that medicine is a combination of art and science. For internal medicine specialist Jesus Valadez, M.D., practicing medicine allows him to combine two of his favorite interests: people and science.

“What I enjoy most about being a physician is combining my love for getting to know people on a personal level, and applying the science of medical advances to improve their health and well-being,” Dr. Valadez says. “Good health and well-being begins with a balanced lifestyle of proper nutrition, vigorous exercise and restful sleep. This is the foundation for achieving years of optimal health and happiness.”

### **Professional Qualifications**

Board-certified in internal medicine, Dr. Valadez graduated from Harvard Medical School. He completed his internal medicine residency training at Harbor-UCLA Medical Center, in Los Angeles. His diverse medical background includes private practice on the Upper West Side of New York City as a faculty member of Cornell Medical College. Completely bilingual, Dr. Valadez has served on several medical missions to Mexico, Columbia and Honduras. He is also a member of the American College of Physicians and Physicians For Social Responsibility.

### **Personal Interests**

Dr. Valadez and his wife, a fellow medical school classmate, have two children. They enjoy dancing, cycling and trying new international cuisine in their spare time. Dr. Valadez relishes spending his free time with his children's activities, including piano, swimming, gymnastics and homework.



**Monarch HealthCare®**  
A MEDICAL GROUP, INC.

At Monarch HealthCare, we believe important health care decisions should be made by you and your physician. After all, who knows your health care needs better?

Monarch HealthCare was formed in 1994 by a group of local community physicians, and is still owned and operated by physicians today. Our physicians value the freedom that comes with practicing as independent doctors with the support of a strong, stable and innovative medical group like Monarch HealthCare.

You will find Monarch HealthCare physicians conveniently located in offices throughout Orange County:

- More than 600 independent primary care physicians
- More than 1,300 highly qualified specialists
- 35 different medical specialties within the Monarch HealthCare network
- Streamlined referral processing

### **Health Plans affiliated with Monarch HealthCare**

Aetna U.S. Healthcare	(800) 756-7039
Blue Cross/California Care	(800) 777-6000
Blue Shield	(800) 660-3007
CalOptima	(888) 587-8088
Cigna	(800) 343-9197
Great-West Healthcare	(800) 663-8081
Health Net	(800) 909-3447
PacifiCare	(800) 577-0001

### **Senior Plans**

Aetna Medicare	(800) 366-4355
Blue Cross Senior Secure	(800) 765-2585
Blue Shield 65 Plus	(877) 841-8135
Health Net Seniority Plus	(800) 935-6565
OneCare	(877) 412-2734
SCAN	(877) 452-5898
Secure Horizons	(888) 705-4125

*To select a specific doctor as your primary care physician, please contact your health plan's sales or member service department. Give them the doctor's name and be sure to specify Monarch HealthCare as your medical group. If you'd like assistance, please call us at (888) 767-2222.*



**Monarch HealthCare®**  
A MEDICAL GROUP, INC.

[www.monarchhealthcare.com](http://www.monarchhealthcare.com) • (888) 767-2222