Dr. Patricia's Health Club+

"Inspiring a Healthier Generation of Children"

Information sheet

What is Raining on Your Patients Health?



We can help them develop healthy habits that can last a lifetime!

Contact Us:

Office Phone:
(714) 549-6440
Fax Number:
(714) 549-6449
Address:
1310 W Stewart Dr., Unit 508
Orange, CA 92868

Free Online Resources:

Dr. Patricia MD

www.DrPatriciaMD.com

Health blogs, nutritious recipes, and resources for families and providers

Being Healthy From A to Z

www.DrPHC.org





A site for parents, teachers, and children 2-7 years to access free digital materials. Here you will find activity books, parent tips, and recipes using fruits and vegetables.

Schools and School Districts that have used this program:

Telemedicine & In-person Programs:

One on One Visits

9-12 visits with a multidisciplinary team (pediatrician, fitness expert, registered dietician, mental health provider). Our one on one visits are covered by CalOptima, CHA, FC, HMG, and CCN as well as PPOs.

Behavioral/Mental Health

One-on-one behavioral health support for all ages
Collaborative Care to support mental health tracking outcomes in a registry
Group and Family-based Services
Dyadic Services

Supportive team to help families implement healthy habits into their daily lives by helping with:

Nutrition-related issues

Instilling ACEs buffers

Weight management

How To Refer Patients:

Cal Optima One on One Visits

(All branches apply except Kaiser)

Requirements:

- No requirements

Referral:

- Self-referral through DrPHC or PCP/specialist

Cost for Patient:

- None

One on One

CHOC Health Alliance

Requirements:

- Aged 0-21 years
- 99th percentile for BMI or greater
- Medical necessity

Referral:

- Referral required from PCP or specialist

Cost for Patient:

- None

Other:

9 visits with our entire team (Dr. Patricia Ronald Riba, registered dietician, LCSW, and fitness trainer)

One on One

Family Choice

Requirements:

- No age requirement
- Any nutritional related issue (underweight, overweight, food allergies, etc.)

Referral:

- Referral required from PCP

Cost for Patient:

- None

Other:

At least one visit covered with Dr. Patricia Ronald Riba. Once visit complete, if more visits needed will send into family choice to get approval for extension

ECM

Cal Optima

Requirements:

- Must qualify for ECM

Referral:

- Referral required from PCP or specialist

Cost for Patient:

- None

Other:

Look for Dr. Patricia Riba under pediatrics for specialty referral.

One On One

Any PPO

Requirements:

- Accepting United Healthcare, Blue cross, Blue Shield, Cigna, Anthem, and Aetna
- Excluding Molina Health Care and Kaiser

Referral:

- Self referral through DrPHC or by PCP/specialist

Cost for Patient:

- Varies on co-pay and coinsurance

Other:

No limit for visits, unless stated with insurance. However, program is typically 9-12 visits with Dr. Patricia and her team.

1.*Poor linear growth, obesity, overweight, underweight, Failure to Thrive, medical concerns requiring a specific diet (kidney, cardiac, Acanthosis nigricans, pre-diabetes, diabetes, migraines, genetic or orthopedic concerns, sleep issues, pre and postoperative management).
2.*Includes nutrition, sleep, mindfulness, physical activity, coping skills, support systems, excessive screen time, feeding dynamic issued, time outdoors.
3.*Barriers include: special needs, food insecurity, complex medical issued, academic impairment, family dysfunction, mental health concerns, CPS involvement, social determinants of health.
4.*Or other nutrition related issues related to medication (ex: psychotropic medications).