

# Roberto Contreras II, MD, CLCP

Email: [Rcontreras@calilcpa.org](mailto:Rcontreras@calilcpa.org)

(949) 933-4496

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## Education

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- 06/19-09/19      **FIG Education Services-** Life Care Planning Course, approved by the International Commission on HealthCare Certification
- 10/11-11/12      **University of California, San Francisco** – *UCSF Institute for Physician Leadership*
- 09/2011            **Harvard University School of Public Health** – *Managing Ambulatory Health Care I*
- 2007-2010        **University of Southern California** - *Internal Medicine Training Program*
- 2002 – 2007      **George Washington University School of Medicine** – *Doctor of Medicine, M.D.*
- 2001 – 2002      **University of California, Irvine** – *Post-Baccalaureate Program*
- 1994 – 1998      **University of Southern California** – *Bachelor of Science-* Biological Sciences

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## Certifications

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- 2019              **Certified Life Care Planner-** (The International Commission on Health Care Certification, 10/08/2019).
- 2009              **Medical Board of California Physician and Surgeon Licensure**
- 2009              **D.E.A. Licensure**
- 2009              **BLS Certification**
- 2009              **ACLS Certification**
- 1997              **Emergency Medical Technician I**

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## Presentations/Lectures/Research

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- 2018              “*ICD 10 Coding.*” Presented at LaSalle Medical Associates Provider Roundtable
- 2018              “*Management of Asthma in the Primary Care Setting.*” Presented at LaSalle Medical Associates Provider Roundtable
- 2017              “*Appropriate Referral Methods & Patterns*” Presented at Family Health Care Network Medical Center in Fresno California

- 2017 “*Necessary Workup and Differential Diagnosis for the Patient with Elevated LFTs.*” Presented at LaSalle Medical Associates Provider Roundtable
- 2017 “*Management of Hypertension in the Primary Care Setting.*” Presented at LaSalle Medical Associates Provider Roundtable
- 2017 “*Management of Diabetes in the Primary Care Setting.*” Presented at LaSalle Medical Associates Provider Roundtable
- 2017 “*Standards of Care and How They Relate to H.E.D.I.S*” Presented at LaSalle Medical Associates Provider Roundtable
- 2013 “*Overview of Osteoarthritis.*” Presented at FKC.
- 2013 “*Overview on Obesity.*” Presented at FKC
- 2013 “*Overview on Diabetes.*” Presented at FKC
- 2012 “*Anticoagulation Principles and Guidelines.*” Presented at the Provider Education Meeting, East Valley Community Health Center.
- 2011 “*Diagnosis, Epidemiology, Management, and Treatment of Hepatitis C.*” Presented at East Valley Community Health Center.
- 2011 “*Principles of Diabetes Management.*” Presented at East Valley Community Health Center.
- 2010 “*JNC 7 Review on Hypertension Management.*” Presented at East Valley Community Health Center.
- 2009 “*Myxedema Coma.*” Presented to the Department of Medicine at the University of Southern California noon lecture series.
- 2009 “*Spontaneous Rupture of the Spleen in a Patient with Diffuse Large B-Cell Lymphoma.*” Presented at the American College of Physicians regional meeting Indian Wells, California.
- 2009 “*Thyroid Dysfunction and Pregnancy.*” Presented to the department of Endocrinology and Otolaryngology at the University of Southern California.
- 2007 “*Acute Focal Myocarditis Disguised as ST-Elevation M.I.*” Presented at the ACP regional meeting Indian Wells, California.
- 7/99 – 11/01 Research/Development into the integration of fiber optic “lipstick” cameras with liquid crystal displays for application in colposcopy.

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**Extracurricular Activities**

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- 09/02 – present **Mentor** – mentor undergraduate students seeking to enter the health sciences. Speaking engagements at the University of Southern California, University of California at Irvine, California State University Long Beach, and other local Universities.
- 3/06 **G.W. School of Medicine High School Careers in Medicine Day** – Developed workshops for high school students from disadvantaged backgrounds from the Washington D.C. area. Sponsored by the G.W. chapter of the National Boricua Latino Health Organization (N.B.L.H.O)
- 03/03 **G.W. Bone Marrow Drive** – Assisted in the organization of the bone marrow drive sponsored by the G.W. chapters of the Student National Medical Association, (S.N.M.A.), and the National Boricua Latino Health Organization.
- 08/04 – 05/07 **National Boricua Latino Health Organization (N.B.L.H.O.)** – Founder of the George Washington University School of Medicine chapter.
- 09/04 – 05/05 **N.B.L.H.O.** - Vice-President for the G.W. chapter. I was responsible for promoting awareness about social, political, and economic issues as they relate to Latino Health.

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**Professional Affiliations**

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- 2019-present **American Academy of Physician Life Care Planners**- member
- 2019-present **International Association of Rehabilitation Professionals**- member
- 2019-present **American Association of Nurse Life Care Planners**- member
- 2019-present **Orange County Trial Lawyers Association**- member
- 2019-present **Consumer Attorneys Association of Los Angeles**- member
- 2019-present **Consumer Attorneys of California**- member
- 2010-present **National Hispanic Medical Association** – member
- 2005- present **American College of Physicians** – member
- 2002 – present **American Medical Association** – member

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## Professional Experience

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- 04/21-Present **Cardin HealthCare**- Internist/Primary Care Provider  
Provide care to patients who present to Cardin HealthCare Clinics. Design and implement treatment protocols for multiple chronic disease processes. Identify HEDIS scores and improve overall clinical HEDIS performance. Supervise mid-level providers and support them clinically. Participate in quality improvement. Provide clinical direction.
- 01/19-Present **California Life Care Planning Association**- Chief Executive Officer  
Manage and oversee CLCPA, its staff and affiliates in its mission to provide Complete Life Care Plans to identify future medical and nonmedical needs for individuals sustaining catastrophic or complicated injuries/illnesses. Oversee and manage Complete Medical Cost Projections for setting reserves/resolving claims. Oversee and manage Complete complex Medical File Reviews and Life Care Plan Reviews/Critiques. Oversee and manage Medical Bill Review, providing expert reports identifying usual and customary rates for past medical bills. Service as medical-legal consultant and expert witness (state and federal court) regarding the above mentioned roles. Ensure that staff and affiliates maintain all certifications and remain up to date on all matters related to CLCPA.
- 04/19-Present **2020 Standards of Practice for Life Care Planners Review and Revision Committee**  
Member. Participate in reviewing and revising the Standards of Practice for Life Care Planners, addressing contemporary Life Care Planning issues and practice patterns. The resulting work product will be Standards of Practice for Life Care Planners 4<sup>th</sup> Edition.
- 08/19-Present **Borrogo Health**- Regional Medical Director  
Report directly to the Chief Executive Officer of the nations 2<sup>nd</sup> largest Federally Qualified Health Care Center.  
Chair of the COVID-19 Task Force, ensuring safety of our patients, staff, and community by evaluating and staying up to date on all the latest COVID-19 data and distributing that information.  
Provide Clinical Direction  
Participate in Peer Review  
Assist in Quality Control Audits  
Supervise & Educate Physicians & Mid-level providers  
Participate in Quality Improvement  
Participate in Staff education, and Leadership Development for the region.  
Treat and manage acute and chronic illness in our patient population by seeing patients in our clinic locations.  
Chair the Utilization Management Committee  
Chair the Risk Management Committee  
Chair the COVID-19 Task Force Research Group  
Chair the ramp up plan committee to ensure the safety of patients and staff as we bring more patients back into the clinic.

03/13- 08/19

**LaSalle Medical Associates**- Chief Medical Director

Report Directly to the Chief Executive Officer

Key Accomplishments:

Integral part of executive team that helped steer LSMA out from under a corrective action plan under the California Department of Managed Health Care.

Worked alongside the Vice-President of Business Development to expand our network, increasing patient lives from 120,000 to over 430,000 within 4.5 years.

Develop Algorithms that identify over-utilizers in our specialty provider network

Responsible for Specialty Services Utilization of >\$200,000,000.00

Designed and implemented a Utilization Management Program and accompanying Algorithms used by our Management Service Organization

Chair of the Utilization Management Team.

Review and authorize referrals for sub specialty care providers.

Coordinate with the Management Service Organization to ensure that appropriate Care is rendered to all members, (currently 430,000+).

Actively review utilization patterns for appropriateness.

Actively participated in engagement and contracting with primary care providers and specialty care providers throughout our network.

Routinely review the networks Per-Member-Per-Month rate and strategize with the executive team to decrease this amount.

Routinely Review Medical Bills for appropriateness throughout our network  
Act as Physician Liaison in the resolution of UR/QM with all providers in the network

Develop and update UM policies and procedures.

Update contracted providers on the most up to date treatment guidelines.

Directly oversee care for patients with high readmission rates.

Supervise and work alongside mid-level practitioners at LaSalle Medical Associates staff model clinics; treating & managing both acute and chronic illness.

Provide Educational Materials and Lectures for 20+ Health Care Providers at the LaSalle Medical Associates staff model clinics.

Physician Champion for the Healthy Homes Medical Project; identifying high risk patients and the barriers that they face. With the goal to better enable them to receive the appropriate health care and social care that they need to succeed.

- 01/2017-09/20 **4 My Clinic Inc.** – Founder  
Distributor of Medical Supplies and Dental Supplies to the United States Government, Hospitals, Clinics, and Urgent Care Centers.
- 01/2015-05/20 **Electric Rose Toys**- Co-Founder  
Design and Manufacture Educational Toys with a focus on the Special Needs Community. Current “1-People Doll” line found at various boutique Toy Stores, Amazon and E-Bay.
- 06/2015-09/18 **Optimize Medical Group**- Medical Director  
Oversaw Regenerative Medicine Clinic. Developed, reviewed and maintained standards of care offered through the clinic. Counseled, educated and treated patients in the regenerative medicine clinic.
- 07/15-12/16 **VA Long Beach Healthcare System**- Hospitalist/Nocturnist  
Admitted and cared for patients in the Veterans Health Care system at the Long Beach VA Hospital. Consistently with lowest readmission rate and lowest length of stay rate.
- 09/18-Present **Medical Writer**- Present Written and Promotional Literature for clients within the health care and legal industries. Identify critical medical information and present it in a format and language suitable for the client(s).
- 01/17- 09/19 **O-Band Medical Group**- Nutritional Advisor for patients undergoing Gastric Bypass Procedures. Advise and Counsel patients on making healthier lifestyle choices to improve their odds of losing weight and keeping the weight off after Bariatric Surgical Procedures.
- 01/13- 01/14 **FKC International Inc.** – Health and Nutrition Consultant.  
Prepared both written and verbal presentations for FKC International audiences on the pathology of various disease processes as well as lectures and lecture materials on healthier lifestyle choices to help decrease obesity and maintain a healthier lifestyle.

- 08/12- 12/18 **Adipose Solutions LLC** – Partner/Consultant.  
Adipose Solutions provided Medical Consulting Services in areas of Utilization Management, EMR Implementation, Health Clinic Process Flow, Clinical Chart Review, R.A.F. Score review and improvement implementation plans.
- 08/11- 12/12 **White Memorial Medical Center** – Staff Hospitalist.  
Admitted and cared for patients in the Los Angeles area that were admitted to White Memorial Medical Center under various health plans. Consistently had one of the shortest length of stay and lowest readmission rates.
- 12/09-03/13 **East Valley Community Health Center, (E.V.C.H.C.)**- Associate Medical Director Reported directly to the Chief Medical Officer.  
Key accomplishments:  
Functioned as Associate Medical Director  
Managed 18 healthcare providers composed of Nurse Practitioners, Physician Assistants, and Physicians.  
Assisted the C.M.O. in annual review preparation for health care providers.  
Physician Champion for Telemedicine program via the University of California Medical System. Coordinated telemedicine program initiation and sustainability between E.V.C.H.C. and the University of California for a pilot Telemedicine program.  
Director of the Kaiser Permanente Medical Services Day. Organized Kaiser primary care physicians to staff our clinic bi-monthly by scheduling, presenting, and orienting participating providers. Fostered an ongoing relationship between E.V.C.H.C. and Kaiser Permanente in Baldwin Park to expand services to our patients.  
QI Committee. Served on the QI committee to evaluate/assess the multiple QI indicators across various organizations and implementation of viable plans to achieve those measures at E.V.C.H.C. using the EMR system to extract meaningful data.  
Dispensary Coordinator. Re-engineered the dispensary program resulting in reducing the medication cost per patient by 10%.  
Patient Centered Medical Home Committee. Served on the P.C.M.H. committee to present a detailed plan for E.V.C.H.C. to become accredited as a P.C.M.H.  
Triage supervisor. Oversaw triage for E.V.C.H.C.  
E-Consult Physician Champion. Oversaw implementation for the daily use of E-Consult, a new web based portal to handle all referrals within Los Angeles County, at E.V.C.H.C.  
Worked with the Grant Writing Team to identify and attain grants.  
In addition to being a primary care physician for the general population, I also served as the focal point for all Senior Persons with Disabilities Patients, scheduling these patients with myself and managing all of their healthcare needs.
- 09/04 – 06/07 **RobRan Enterprises** – Founder.  
Consulting and prototype development for the medical device industry with emphasis on fostering partnerships with military contractors.

08/98 – 07/00 **Tech Electronic Systems Inc.** – Director of New Business Development.  
Reported Directly to the Chief Executive Officer  
Major Accomplishments:  
Oversaw New Contracting and Subcontracting opportunities with the Department of Defense, Foreign Governments and Private Industry.  
Oversaw ISO9000 Implementation and Certification  
Managed Government Source Inspections  
Increased contracting opportunities with prime contractors in the aerospace industry, (Boeing, Lockheed, United Defense).

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**Languages**

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**English**

**Spanish**