These healthcare provider recommendations were compiled by postdocs for postdocs in February 2019. Browse through this list to find recommended providers for those with BCBS HMO and BCBS PPO insurance. As always, be sure to confirm that a provider is in-network using the BCBS Find a Provider tool.

**Primary Care Physician**

1) Physician Name: Sheila Bhagavan  
Medical Group: Primary Care Medical Associates Ltd.  
Neighborhood: Lincoln Park/Old Town  
Phone: 773-871-4409  
Website: https://chicagoprimaycare.com/  
Insurance: BCBS PPO

2) Medical Group: Cook Medical Group  
Neighborhood: Hyde Park  
Phone: 844-433-8811  
Website: http://www.cookcountyhhs.org/  
Insurance: BCBS HMO

3) Physician Name: Megan Galanek  
Medical Group: Access Community Health  
Neighborhood: Washington Park  
Phone: 773-288-6900  
Website: https://www.achn.net/locations/location-pages/access-grand-boulevard-health-and-specialty-center/  
Insurance: BCBS HMO  
Note: “The doctors are awesome, I really like them. I can see my PCP, NP, therapist, and psychiatrist all at this same location. They have a Walgreens pharmacy attached to the health center. They take walk-ins too, if you cannot wait to schedule a general appointment and need to see a doctor. The only setback is that it's located a couple miles west of campus in a not-so-great neighborhood so I recommend taking an Uber or driving. The 55 bus stops right by the plaza too. There is security at the medical center.”

4) Physician Name: Patrick Gibbons/Howard Brown Health  
Medical Group: Advocate Physician Partners  
Neighborhood: Lakeview  
Phone: 773-388-1600  
Website: https://howardbrown.org/  
Insurance: BCBS HMO

5) Physician Name: Sean Huang  
Medical Group: Northwestern Medical  
Neighborhood: South Loop  
Phone: 312-926-3627  
Website: https://www.nm.org/locations/primary-care-south-loop-roosevelt-collection/meet-the-south-loop-primary-care-team  
Insurance: BCBS PPO
6) Physician Name: Sandra Naaman  
   Medical Group: UChicago Medicine  
   Neighborhood: Streeterville  
   Phone: 773-834-4150  
   Website: https://www.uchicagomedicine.org/find-a-physician/physician/sandra-naaman  
   Insurance: BCBS PPO

7) Physician Name: Shefali Shah  
   Medical Group: Park West Family Medicine  
   Neighborhood: Lincoln Park  
   Phone: 773-929-7410  
   Website: https://parkwestfamilymedicine.com/  
   Insurance: BCBS PPO

8) Physician Name: Thalia Torres  
   Medical Group: Advocate Health Care  
   Neighborhood: Wrigleyville/Lincoln Park  
   Phone: 773-296-5090  
   Website: https://doctors.advocatehealth.com/a-thalia-a-torres-chicago-internal-medicine-2  
   Insurance: BCBS HMO  
   Note: “Dr. Torres is an amazing PCP. She will listen to all your concerns and address them without any judgement. Though her Practice is rather far away from the Hyde Park area, she is worth the drive every single time. I totally trust her care.”

9) Physician Name: Katherine Tynus  
   Medical Group: Northwestern Medical  
   Neighborhood: South Loop  
   Phone: 312-926-3627  
   Website: https://www.nm.org/doctors/1932133766/katherine-m-tynus-md  
   Insurance: BCBS PPO  
   Note: “Multiple providers available, lab on-site for routine bloodwork. Parking validation available.”

10) Not Recommended:  
   Physician Name: Pamela Franklin  
   Medical Group: Independent Physicians at Mercy  
   Neighborhood: South Kenwood  
   Note: “Dr. Franklin ignored/denied my description of my own medical history, ordered unnecessary tests (at a hospital halfway across town), and entirely disregarded stated reasons for scheduling an appointment.”
1) Physician Name: Lori Beyer  
Medical Group: Access Community Health  
Neighborhood: Washington Park  
Phone: 773-288-6900  
Website: https://www.achn.net/locations/location-pages/access-grand-boulevard-health-and-specialty-center/  
Insurance: BCBS HMO  
Note: “Great doctor but the location is a little sketchy so it’s best to take an Uber or drive. 55 bus goes right by the center.”

2) Physician Name: Catherine Clinton  
Medical Group: Chicago Women’s Health Group  
Neighborhood: Streeterville  
Phone: 312-943-0282  
Website: http://chicagowomenshealthgroup.com/  
Insurance: BCBS PPO

3) Physician Name: Perpetua Goodall  
Medical Group: UChicago Medicine  
Neighborhood: Hyde Park, Orland Park  
Phone: 773-834-2229  
Website: https://www.uchicagomedicine.org/find-a-physician/physician/perpetua-goodall  
Insurance: BCBS PPO

4) Physician Name: Valerie Hansbrough  
Medical Group: Cook Medical  
Neighborhood: Hyde Park  
Phone: 312-864-0020  
Website: http://www.cookcountyhhs.org/physicians/valerie-hansbrough-md/  
Insurance: BCBS HMO

5) Physician Name: Abbe Kordik  
Medical Group: UChicago Medicine  
Neighborhood: Hyde Park, South Loop  
Phone: 773-702-6618  
Website: https://www.uchicagomedicine.org/find-a-physician/physician/abbe-kordik  
Insurance: BCBS PPO  
Note: “Very nice, good listener”

6) Physician Name: Nicole Leong  
Medical Group: UChicago Medicine  
Neighborhood: Hyde Park  
Phone: 773-702-6118  
Website: https://www.uchicagomedicine.org/find-a-physician/physician/nicole-m-leong  
Insurance: BCBS PPO
7) Physician Name: Kenneth Nunes  
   Medical Group: UChicago Medicine  
   Neighborhood: South Loop  
   Phone: 773-834-2229  
   Website: https://www.uchicagomedicine.org/find-a-physician/physician/kenneth-nunes  
   Insurance: BCBS PPO

8) Physician Name: Iris Romero  
   Medical Group: UChicago Medicine  
   Neighborhood: Hyde Park, South Loop  
   Phone: 773-702-6618  
   Website: https://www.uchicagomedicine.org/find-a-physician/physician/iris-romero  
   Insurance: BCBS PPO  
   Note: “Getting an appointment scheduled can be challenging specially if you want to go to the DCAM clinic, but they do offer clinic hours at the UChicago Medicine Center for Advanced Care at South Loop as an alternative option.”

9) Physician Name: Rosally V. Starr  
   Medical Group: Advocate Health Care  
   Neighborhood: Wrigleyville/Lincoln Park  
   Phone: 773-296-3300  
   Website: https://doctors.advocatehealth.com/a-rosally-v-starr-chicago-obstetrics-gynecology  
   Insurance: BCBS HMO

High-Risk Pregnancy
1) Provider Name: Roxane Holt  
   Medical Group: UChicago Medicine  
   Neighborhood: Hyde Park  
   Website: https://www.uchicagomedicine.org/find-a-physician/physician/roxane-holt  
   Insurance: BCBS PPO  
   Note: “I liked her very much. She is nice and took the time to answer our questions/concerns and explain things.”

Nurse Midwife
2) Provider Name: Wendy Allen  
   Medical Group: UChicago Medicine  
   Neighborhood: Hyde Park, South Loop  
   Website: https://www.uchicagomedicine.org/find-a-physician/physician/wendy-d-allen  
   Insurance: BCBS PPO
Pediatrics

1) Provider Name: Priya Sharma
   Medical Group: Northwestern Children’s Practice
   Neighborhood: Streeterville
   Phone: 708-304-3367
   Website: https://www.nwcppediatrics.com/
   Insurance: BCBS PPO

Mental Health/Wellness

1) Physician Name: Viktoria Erhardt
   Type: Psychiatry
   Medical Group: Access Community Health
   Neighborhood: Washington Park
   Phone: 773-288-6900
   Website: https://www.achn.net/locations/location-pages/access-grand-boulevard-health-and-specialty-center/
   Insurance: BCBS HMO
   Note: “Great doctor but the location is a little sketchy so it’s best to take an Uber or drive. 55 bus goes right by the center.”

2) Physician Name: Patricia McGinn
   Type: Licensed Clinical Professional Counselor
   Neighborhood: Hyde Park
   Phone: 773-363-8313
   Insurance: BCBS PPO

Dental

1) Dentist Name: Jeffery Saffold
   Neighborhood: Hyde Park
   Phone: 773-955-0355

2) Practice Name: The Chicago Dental Studio West Loop
   Neighborhood: West Loop
   Phone: 312-414-0696
   Website: http://thechicagodentalstudio.com/

3) Practice Name: First Family Dental of Andersonville
   Neighborhood: Edgewater
   Phone: 773-728-5333
   Website: https://1stfamilydental.com/locations/andersonville/

4) Practice Name: Sloop Dental
   Neighborhood: South Loop
   Phone: 312-340-5761
   Website: https://sloopdental.com/
5) Not Recommended:
   Practice Name: University Dental Professionals
   Neighborhood: Hyde Park
   Note: “Do not go to this place. The Principal website lists this group as part of the network of dentists included in the PPO-hi plan. But when I went there for regular prophylaxis, the total billing charge was way higher than what the insurance company covered, so I ended up paying out-of-pocket. UDP said they are not part of the Principal network. But they didn't tell me that info when I booked an appointment with them.”

   Practice Name: Manus Dental
   Neighborhood: Hyde Park
   Note: “While they are part of the network for Principal PPO-Hi holders, the dentists here want to perform a lot expensive dental services such as tooth fillings and mouth guard for teeth grinding, which are mostly not covered by the insurance company.”

Vision

1) Provider Name: Rosin Eyecare/Dr. Kaur
   Neighborhood: Hyde Park
   Phone: 773-667-0024
   Website: https://www.rosineyecare.com/chicago-hyde-park-eye-doctor/

Specialists

1) Physician Name: Meltem Zeytinoglu
   Specialty: Endocrinology
   Medical Group: UChicago Medicine
   Neighborhood: Hyde Park
   Phone: 773-795-0168
   Website: https://www.uchicagomedicine.org/find-a-physician/physician/meltem-zeytinoglu
   Insurance: BCBS PPO
   Note: “I loved her - she listened to me and worked with me together on my treatment plan instead of talking down to me.”

2) Physician Name: TK Venkatesa
   Specialty: Ear, Nose and Throat (ENT)
   Medical Group: Advocate Physician Partners
   Neighborhood: Lakeview
   Phone: 773-296-5500
   Website: https://chicagoent.com/
   Insurance: BCBS HMO