

Choice Care

by *Marcy Zwelling, MD*
Private Medical Services



Meet
Dr. Zwelling

Critical Care
Internal Medicine

*“Choosing Dr. Zwelling as my
primary care physician was
the best healthcare decision
I’ve ever made.”*

-Laura Landry

“When I think of doctors I usually think of long lines, rude staff and a hurried doctor angry at a system that doesn’t allow them to take the time they need with patients. Marcy is the “Anti-Doctor”. I feel she really cares about me and all her patients. Whenever I need an appointment Marcy fits me in. I look forward to visits to her office—it’s a cross between a doctor’s office and really cool Starbucks. Marcy is a kind and thorough physician and a good listener. I can’t imagine not having her in my life.”

-Mark Alterman

“Dr. Zwelling is my professional medical advisor, assisting me with making decisions and weighing choices in the same way I make all of my other business decisions—by investigating the options and making an informed decision. Choosing Dr. Zwelling as my primary care physician was the best healthcare decision I’ve ever made.”

-Laura Landry

“I always read about how important it is to get an “early diagnosis” of medical problems. But when I went to my old doctor he never seemed to put much time or thought into anything unless I was already really sick. So I was always worried—maybe I had cancer and he just didn’t notice! But I was afraid if I asked more questions he’d think I was a hypochondriac. Marcy changed everything! She listens, she explains, and when she tells me what to do about my health issues I leave her office absolutely confident that I’m getting the best possible care.”

-Nancy Braier

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When You Need Superior Care



Marcy Zwelling-Aamot, M.D. is a respected member of the Los Angeles, California medical community and a prominent voice in the crusade to improve the broken healthcare system.

Dr. Zwelling is a triple board-certified physician, a notable achievement even among the best doctors in the nation. Marcy graduated with honors from Wellesley College and studied medicine at New York University Medical School where she graduated at the top of her class. Dr. Zwelling arrived in Los Angeles in 1980 and completed her residency training in both Internal and Emergency Medicine at Harbor-UCLA. She achieved board certification in both specialties and went on to complete certifications in Critical Care and Quality Assurance/Utilization Review.

Dr. Zwelling served the community as an ER specialist for six years before opening a private primary care practice in Los Alamitos in 1987. Marcy was widely recognized as a physician who would go to extreme lengths for her patients, helping them navigate an increasingly complex and troubled healthcare system.

In 2004 Dr. Zwelling-Aamot dramatically reduced the size of her practice, adopting the Concierge Medicine model in order to provide a higher level of access and attention to a smaller number of patients. It was a difficult decision, because Marcy had a personal bond with her patients, all 4000 of them! But it was a decision that proved to be the right one for Dr. Zwelling and her Choice Care patients.



"Choice Care provides my patients a level of access and attention that would be impossible to sustain in a traditional practice with 3-4000 patients. My commitment to my Choice Care patients goes well beyond treating them when they are sick. I act as their trusted health advocate as they navigate the healthcare system. I work hard to keep my patients looking good and feeling great... In sickness and health I do my utmost to give my patients a better day."



Dr. Zwelling Speaks Out!

Dr. Zwelling is a prominent voice in the medical community. Not content to stand on the sidelines and watch the healthcare system continue to deteriorate, Marcy is an active leader in the crusade for change and improvement. During her term as the president of the Los Angeles County Medical Association Marcy fought for regulatory and policy changes to preserve the rights of patients to choose the best possible care. Dr. Zwelling is a key proponent of electronic health records and a driving force behind Health-e-LA and the Long Beach Regional Health Information Organization.

Choice Care was one of the first concierge practices in the LA area. Marcy is frequently featured in the press and in professional publications, speaking out on medical issues, healthcare policy and concierge medicine.

Dr. Zwelling is available to speak to groups on healthcare topics including:

- Consumer Directed Healthcare
- HSAs and Concierge Medicine
- National Health Information Infrastructure

Medical Specialties

- Internal Medicine
- Emergency Medicine
- Critical Care
- Utilization Review

Board Certified

- Diplomate, American Board of Internal Medicine
- Fellow, American College of Emergency Physicians
- American Board of Utilization Review Physicians

Recognition

- President, LA County Medical Assoc., 2003-2004
- Board Member, California Medical Association
- Delegate, American Medical Association



Marcy and a young patient with Sollie the Choice Care cat.

"The truth is, America already has a two-tiered healthcare system, and you don't want to be in the lower tier."

-Marcy Zwelling-Aamot, M.D.