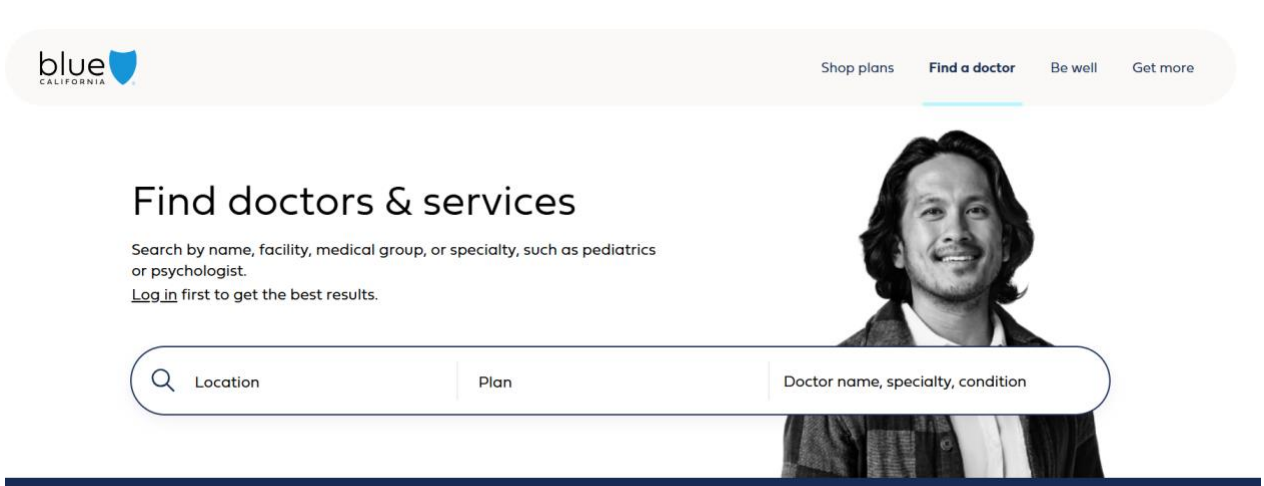
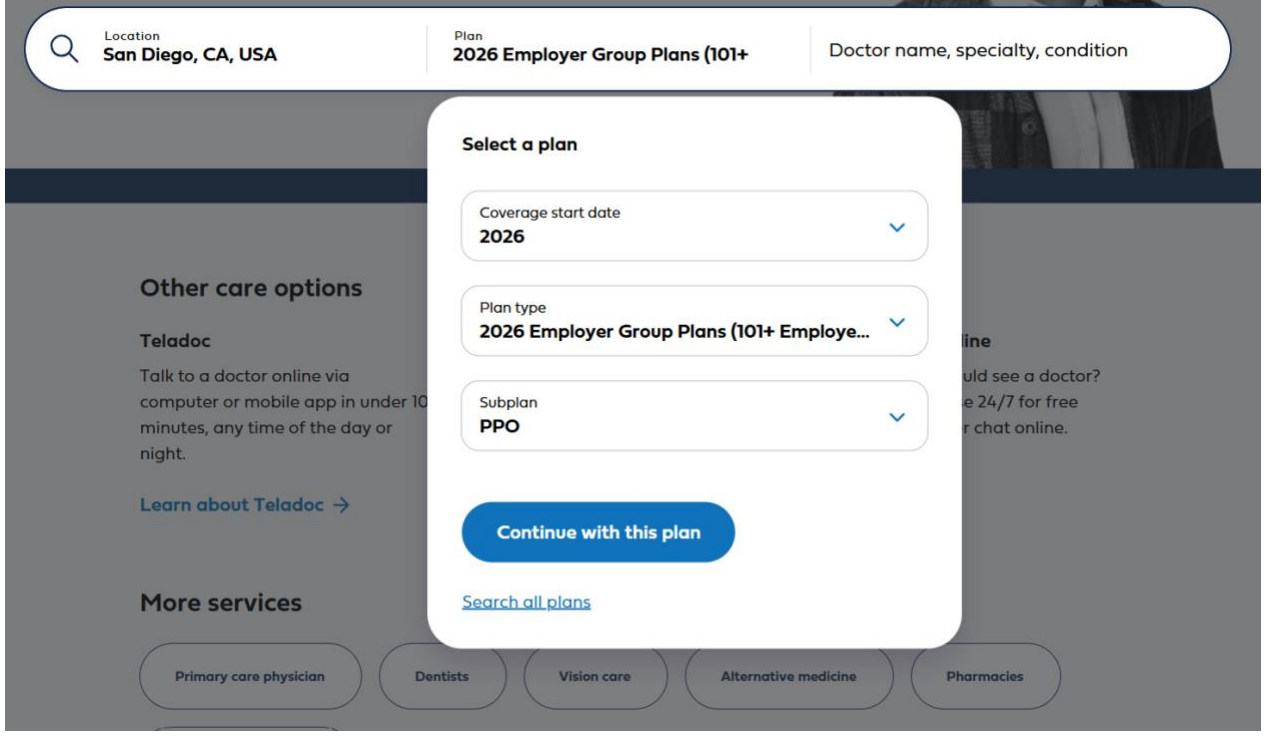


1.	Visit the Blue Shield website: www.blueshieldca.com Navigate to Find a Doctor You should be on the Find Doctors & Services page. Enter your City, State, or Zip Code and select Continue to Plan Selection	
2.	Click on Select a plan. Select the following: • Coverage Start Date ◦ 2026 • Plan Type ◦ 2026 Employer Group Plans (101+ Employees) • Subplan (all Manna Plans) ◦ PPO	

3.

You should now be able to search by Doctor Name, Specialty, Condition, or you can select from the **Specialty** list below:

The screenshot shows a search interface with a header bar containing three filters: 'Location' (San Diego, CA, USA), 'Plan' (2026 Employer Group Plans (101...)), and 'Doctor name, specialty, condition'. Below the header is a section titled 'Search by doctor name, specialty, facility, or medical group.' which contains a grid of specialty options. The grid has four columns and three rows of specialty names. The first column is labeled 'Specialty'. The specialties listed are: Internal Medicine, Urgent Care Centers, Dermatology, Obstetrics / Gynecology, Clinic Outpatient, Pediatrics, Federally Qualified Health Centers (fqhc), Family Practice, and General Practice. At the bottom of the grid, there are partial labels for 'night' and 'mental health, and more'.

Specialty	Internal Medicine	Urgent Care Centers	Dermatology
	Obstetrics / Gynecology	Clinic Outpatient	Pediatrics
	Federally Qualified Health Centers (fqhc)	Family Practice	General Practice

night mental health, and more

4.

Once an option is selected, you will automatically be directed to the results for the search parameters entered.

Additional **Filters** options will display on the left side of the page, with search results displayed in the center of the page.

Select the arrow to the right of the doctor's address to continue.

Find doctors & services

Location

San Diego, CA, USA

Plan

2026 Employer Group Plans (101...

Doctor name, specialty, condition

Internal Medicine

[Save Results](#)

[Clear all](#)

[Hide map](#)

Filters

☐ Accepting new patients

Sort by

Nearest

Search Radius

15 miles

In person or virtual

In person

Additional language spoken

No preference

Doctor's race

No preference

Doctor's ethnicity

No preference

Doctor's gender

No preference

Gender-affirming care

Populations Served



Virtual only

In person

[Kookootsedes, Gayle M., MD](#)

(Not Rated)

Internal Medicine | Rheumatology

[Total care +](#)

Virtual care available

Varies by location. Call provider to confirm.

3633 Camino Del Rio S Ste 300, San Diego, CA 92108

4.97 miles

(619) 287-9730

(1) MEDICAL GROUP AT THIS LOCATION

Some medical groups are currently accepting new patients.

[View details](#)

5.

Once a Doctor or Specialist is selected, a screen will appear that includes the provider's details such as:

- Specialties
- Board Certifications
- Education and Experience
- Medical Group Affiliations
- Gender
- Contact Information
- Accepting new or existing patients

The provider's demographic and contact information will also appear, along with an interactive map.

[Back to search results](#)

Kookootsedes, Gayle M, MD

Specialties: Internal Medicine, Rheumatology

[In Network](#)

Accepting new patients at some locations

[Glossary of terms](#)

Dr. Kookootsedes's gender Female	Dr. Kookootsedes's race Caucasian	Provider language(s) English	Experience 31 years
Education UCLA David Geffen School of MedicineUCLA Medical Center View details	Hospital admitting privileges View details	Board certifications Internal Medicine , Rheumatology	License number A62644
Dr. Kookootsedes's Website Waiting for provider info	NPI View details	Gender-affirming care Services not offered	Total Care Total Care+

The location(s) below are in-network for your plan. The provider may have additional locations that are out of network. When making an appointment, verify that it is at one of the following locations to avoid additional costs.

3633 Camino Del Rio S Ste 300
San Diego, CA 92108

(619) 287-9730
[Call](#)

Wheelchair Accessible
Yes

Hours
Mon–Fri 9 a.m.–5 p.m.

Fax

Medical Group Affiliations
Morrison Multi Specialties Companies Inc [Virtual care available](#)

[Report outdated information](#) [Submit a review](#)

[Directions](#)
Distance: 4.97 miles

Total Care
Available at this location