



Dental Plans • Optical Plans  
Health Care Administration

7824 Eastern Avenue, N.W., Suite 100, Washington, DC 20012  
Office 202-722-2744 Fax 202-291-5703

# VISION PLAN

*for*

***THE DISTRICT OF  
COLUMBIA  
GOVERNMENT***

***PROVIDER NETWORK  
Washington, DC  
Maryland  
Virginia***

January 2009

*Dental Plan Optical Plans Health Care Administration  
Quality Dental Plans, Inc. is a subsidiary of Quality Plan Administrators, Inc.  
From Toll Area Only 1(800) 900-4112*

# **VISION CARE PROVIDERS**



# VISION CARE PROVIDERS DISTRICT OF COLUMBIA

## **NORTHEAST**

Providence Eyeglass Boutique  
1160 Varnum St., NE #019  
Washington, DC 20017  
(202) 269-0802

Providence Opticians  
3510 12th St., NE  
Washington, DC 20017  
(202) 526-0300

Washington Eye Specialists, LLC  
Theodore Gancayco, M. D.\*  
1160 Varnum St., NE #011  
Washington, DC 20017  
(202) 529-5200

Washington Eye Specialists, LLC  
M. Cameron Ghafouri, M. D.  
1160 Varnum Street, N.E. #011  
Washington, DC 20017  
(202) 529-5200

Washington Eye Specialists, LLC  
1160 Varnum Street, NE #011  
Washington, DC 20017  
(202) 529-5200

## **NORTHWEST**

Ronald Anderson, M. D.\*  
106 Irving St., N.W. #207  
Washington, DC 20001  
(202) 877-6944

Charles Aneke, O.D.  
5221 Georgia Ave., N.W.  
Washington, DC 20011  
(202) 588-5522

Bauman & Stoleru M. D.\*, PC  
4119 Connecticut Ave., N.W.  
Ruxton Towers, Suite 104  
Washington, DC 20008  
(202) 387-8900

Bauman & Stoleru M. D.\*, PC  
3553 16th St., N.W.  
Washington, DC 20010  
(202) 966-4008

Heidi Bowie, O. D.  
2041 Georgia Ave., N.W. Suite 2100  
Washington, DC 20060  
(202) 865-1257

Robert Copeland, M. D.\*  
2041 Georgia Ave., N.W. Suite 2100  
Washington, DC 20060  
(202) 865-1257

David Dominitch, O.D.  
614 17th St, N.W.  
Ground Level  
Washington, DC 20006  
(202) 298-6878

For Eyes Optical Co.  
2021 L Street, N.W.  
Washington, DC 20036  
(202) 659-0077

For Eyes Optical  
Nancy Ross, O. D.  
2021 L Street, N.W.  
Washington, DC 20036  
(202) 659-5575

\* Indicates Ophthalmologist (M.D.) on site

For Eyes Optical  
Richard Simon, O. D.  
2021 L Street, N.W.  
Washington, DC 20036  
(202) 659-5575

For Eyes Optical, Co.  
Tommie Lee, O. D.  
1304 G Street, N.W.  
Washington, DC 20005  
(202) 463-6241

For Eyes Optical Co.  
Stephen Lobaugh, O. D.  
1304 G Street, N.W.  
Washington, DC 20005  
(202) 737-2262

Freeds Optical  
Maureen Kimmeth  
701 Pennsylvania Ave., N.W.  
Washington, DC 20004  
(202) 783-5318

Hour Eyes  
1335 G Street, N.W.  
Washington, DC 20005  
(202) 783-7171

Hour Eyes  
1775 K Street, N.W.  
FCC Building  
Washington, DC 20006  
(202) 463-6364

Hour Eyes  
4301 Wisconsin Avenue, N. W.  
Washington, DC 20016  
(202) 237-8500

Howard University Optical Shop  
Reg Woodruff/Bart Smith  
Tower Building  
2041 Georgia Ave., N.W. #2018  
Washington, DC 20060  
(202) 865-3311

Kevin Jackson, O. D.  
Focal Point Optical  
7828 Eastern Ave., N.W. #101  
Washington, DC 20012  
(202) 829-2700

Leslie Jones, M.D.\*  
2041 Georgia Ave., N.W., Ste. 2100  
Washington, DC 20060  
(202) 865-1257

David M. Katz, M.D.  
2041 Georgia Ave N.W. Suite 2100  
Washington, DC 20060  
(202) 865-1257

Phillip Katz, O. D.  
1895 L Street, N.W.  
Washington, DC 20036  
(202) 659-3646

Earl D. Kidwell, M.D.  
2041 Georgia Ave N.W. Suite 2100  
Washington, DC 20060  
(202) 865-1257

My Eye Doctor  
Arnold S. Miller, O. D.  
1800 M Street, N.W.  
Washington, DC 20036  
(202) 463-6300

My Eye Doctor  
Alexander Smith  
Thanh-Loan Nguyen Dorsam  
1325 Connecticut Ave., N.W.  
Washington, DC 20036  
(202) 785-5700

\* Indicates Ophthalmologist (M.D.) on site

Shirley Middleton, M. D.\*  
2401 Pennsylvania Ave., N.W.  
Suite LL-125  
Washington, DC 20037  
(202) 265-1811

Alexander C. Nnabue & Associates  
Visual Eyes  
1424 K Street NW, Suite 101  
Washington, DC 20006  
(202) 737-3937

Optical Service Center  
Patricia Shustock, O. D.  
David Dominitch, O. D.  
614 17th Street, N.W.  
Ground Level  
Washington, DC 20006  
(202) 298-6878

Ken Preston, Eyecore, LLC DBA  
Xspectical  
1516 U Street, N.W. #LL  
Washington, DC 20009  
(202) 299-9109

Providence Opticians  
Edward Winslow  
1802 11th Street, N.W.  
Washington, DC 20001  
(202) 462-0055

Janine Smith, MD  
2041 Georgia Ave., NW, Ste. 2100  
Washington, DC 20060  
(202) 865-1257

Keesha Williams-Elliott, MD  
2041 Georgia Ave., NW, Ste. 2100  
Washington, DC 20060  
(202) 865-1257

United Optical  
1127 15th Street, N.W.  
Washington, DC 20005  
(202) 331-0513

## **SOUTHEAST**

United Optical  
645 Pennsylvania Ave., S.E.  
Washington, DC 20003  
(202) 547-0956

Ronald Anderson, M. D.\*  
2041 M.L.K. Jr. Ave., S.E. #102  
Washington, DC 20020  
(202) 889-5700

# VISION CARE PROVIDERS MARYLAND

## ALLEGHENY COUNTY

United Optical  
925 National Highway  
LaVale, MD 21502  
(301) 729-2243

## ANNE ARUNDEL COUNTY

Doctor's Visionworks  
169 Jennifer Road, Suite D  
Jennifer Square Shopping Center  
Annapolis, MD 21401  
(410) 224-0021

Doctor's Visionworks  
7000 Arundel Mills Circle, #229  
Hanover, MD 21076  
(410) 799-2770

For Eyes Optical Co.  
2091 West Street  
Parole Building  
Annapolis, MD 21401  
(410) 573-2020

For Eyes Optical Co.  
6718-A Governor Ritchie Hwy.  
Glen Burnie, MD 21061  
(410) 768-6100

Jason Sober, O. D.  
2091 West Street  
Annapolis, MD 21401  
(410) 573-9706

United Optical  
77 Forest Drive  
Annapolis, MD 21401  
(410) 266-3369

United Optical  
7385-N Baltimore Annapolis Blvd.  
Cromwell Field Shopping Center  
Glen Burnie, MD 21061  
(410) 768-2515

## BALTIMORE COUNTY

Doctor's Visionworks  
The Avenue at White Marsh  
8153-C Honeygo Boulevard  
Baltimore, MD 21236  
(443) 678-4141

Doctor's Visionworks  
656 Bel Air Road  
Harford Mall  
Bel Air, MD 21014  
(410) 838-1188

Doctor's Visionworks  
6427 Baltimore Pike, Suite A  
Catonsville, MD 21228  
(410) 788-9303

Doctor's Visionworks  
10369 Reisterstown Road  
Owings Mills, MD 21117  
(443) 394-8679

Doctor's Visionworks  
Edward R. Singer, O.D.  
Towson Town Center  
825 Dulaney Valley Road, # 1335  
Towson, MD 21204  
(410) 823-8452

For Eyes Optical Co.  
330 N. Charles Street  
Baltimore, MD 21201  
(410) 727-6199

For Eyes Optical Co.  
Charles Fox, O. D.  
330 N. Charles Street  
Baltimore, MD 21201  
(410) 727-6199

For Eyes Optical Co.  
1952 York Road  
Timonium, MD 21093  
(410) 308-3139

United Optical  
222 N. Charles Street, Suite C  
Baltimore, MD 21201  
(410) 685-0733

United Optical  
6306 ? York Road  
Baltimore, MD 21212  
(410) 433-7261

United Optical  
1030 West 41st Street  
Greenspring Town Center  
Baltimore, MD 21211  
(410) 889-5040

United Optical  
1796-A Merritt Blvd.  
Merritt Park Shopping Center  
Dundalk, MD 21222  
(410) 284-6700

United Optical  
1222 Eastern Blvd.  
Essex, MD 21221  
(410) 391-7030

United Optical  
7614 Bel Air Road  
Overlea, MD 21236  
(410) 882-9600

United Optical  
9718 Groffs Mill Drive  
New Town Village Shopping Center  
Owings Mills, MD 21117  
(410) 654-4642

United Optical  
11610 Reisterstown Road  
Cherry Valley Shopping Center  
Reisterstown, MD 21136  
(410) 833-8630

United Optical  
23 East Padonia Road  
Padonia Village Shopping Center  
Timonium, MD 21093  
(410) 667-1910

United Optical  
903 1/2 York Road  
Towson, MD 21204  
(410) 321-7696

United Optical  
6630 Security Blvd.  
Woodlawn Meadows Shopping Ctr.  
Woodlawn, MD 21207  
(410) 298-4040

Ross Bregel, O. D.  
1029 Light Street  
(temporary -1107 Light Street)  
Baltimore, MD 21230  
(410) 752-8208

## **CARROLL COUNTY**

Doctor's Visionworks  
Town Mall of Westminster  
400 North Center Street, #187  
Westminster, MD. 21157  
(410) 751-6375

United Optical  
625 K Baltimore Blvd.  
Westminster, MD 21157  
(410) 876-7078 / 410-848-5442

## **CHARLES COUNTY**

For Eyes Optical Co.  
3134 Crain Highway  
Waldorf, MD 20602  
(301) 374-9900

Hour Eyes  
11110 Mall Circle  
Waldorf, MD 20603  
(410) 705-8383

Herbert Archey, O. D.  
3134 Crain Highway  
Waldorf, MD 20601  
(301) 374-9615

## **FREDERICK COUNTY**

For Eyes Optical  
1052 West Patrick Street  
Frederick, MD 21701  
(301) 696-2020

Hour Eyes  
5509 Urbana Pike  
Frederick, MD 21704  
(301) 662-0660

## **HOWARD COUNTY**

Doctor's Visionworks  
6250 Columbia Crossing Circle  
Suite K  
Columbia, MD 21045  
(443) 285-0100

United Optical  
8775 Cloud Leap Court  
Long Reach Village Center  
Columbia, MD 21045  
(410) 730-0144

## **MONTGOMERY COUNTY**

Capital Eye Physicians & Surgeons  
Saira Choudhri, M. D.\*  
William Gonzalez, M. D.\*  
8630 Fenton Street  
Silver Spring, MD 20910  
(301) 565-0222

Crest Opticians, Inc.  
8605 16th Street  
Silver Spring, MD 20910  
(301) 495-9156

Crest Opticians  
Delmar Nelson  
8605 16th Street  
Silver Spring, MD 20910  
(301) 495-9156

For Eyes Optical Co.  
7272 Wisconsin Ave.  
Bethesda, MD 20814  
(301) 913-0290

For Eyes Optical Co.  
9673 Lost Knife Road  
Gaithersburg, MD 20877  
(301) 977-5565

For Eyes Optical Co.  
807-A Rockville Pike  
Rockville, MD 20852  
(301) 424-4370

For Eyes Optical Co.  
13623 A-B Georgia Ave., Unit 18  
Silver Spring, MD 20906  
(301) 933-3200

\* Indicates Ophthalmologist (M.D.) on site

For Eyes Optical Co.  
13930 Outlet Drive  
Silver Spring, MD 20904  
(301) 890-9777

Hour Eyes  
271 Kentlands Blvd.  
The Kentlands Shopping Center  
Gaithersburg, MD 20878  
(301) 590-9191

Hour Eyes  
631 N. Frederick Ave.  
Gaithersburg, MD 20879  
(301) 330-4972

Hour Eyes  
11802-B Rockville Pike  
Mid-Pike Plaza  
Rockville, MD 20852  
(301) 770-7780

Bruce Kelhier, O. D.  
807-A Rockville Pike  
Rockville, MD 20852  
(301) 424-4372

Scott Klasman, O. D.  
13930 Outlet Drive  
Silver Spring, MD 20904  
(301) 890-9777

Langley Park Optical  
Howard Davies, O. D.  
7953 New Hampshire Ave.  
Langley Park, MD 20783  
(301) 439-6241

Monique W. Leong, O. D.  
8605 16th Street  
Silver Spring, MD 20910  
(301) 495-9156

Malamut Optician  
1520 Rockville Pike  
Rockville, MD 20850  
(301) 881-7775

My Eye Doctor  
Robert Gertz, O. D.  
Bruce Goldin, O. D.  
13531 Connecticut Ave.  
Aspen Hill, MD 20906  
(301) 438-0555

My Eye Doctor  
Robert Gertz, O. D.  
Bruce Goldin, O. D.  
7730 Wisconsin Ave.  
Bethesda, MD 20814  
(301) 718-2424

My Eye Doctor  
Roger Lenkin, O. D.  
4465 Willard Avenue  
Chevy Chase, MD 20815  
(301) 951-3373

My Eye Doctor  
Robert Gertz, O. D.  
Bruce Goldin, O. D.  
20940 Frederick Road, Ste. D  
Germantown, MD 20876  
(240) 361-9600

My Eye Doctor  
Christine Generie, O. D.  
18111 Town Center Drive  
Olney, MD 20832  
(301) 570-1600

My Eye Doctor  
Kenneth Kisamore, O. D.  
Bruce Goldin, O. D.  
14929-K Shady Grove Road  
Rockville, MD 20850  
(301) 424-1050

My Eye Doctor  
Ross Shoter, O. D.  
1701-A4 Rockville Pike  
Rockville, MD 20852  
(301) 984-2111

My Eye Doctor  
Quocanh Vu, O. D.  
8525 Georgia Ave.  
Silver Spring, MD 20910  
(301) 588-3232

United Optical  
11627 Nebel Street  
Flint Hill Shopping Center  
Rockville, MD 20852  
(301) 770-0717

United Optical  
8401 Colesville Road  
Metro Plaza One  
Silver Spring, MD 20910  
(301) 585-6340

## **PRINCE GEORGE'S COUNTY**

Charles Aneke, O. D.  
1448 Addison Road South  
Capitol Heights, MD 20743  
(301) 808-3790

Bowie Opticians  
4000 Mitchellville Road, B-1-28  
Bowie, MD 20716  
(301) 464-3510

Capital Eye Physicians & Surgeons  
William Gonzalez, M. D.  
Saira A. Choudhri, M. D.  
4000 Mitchellville Road, B-128  
Bowie, MD 20716  
(301) 464-1192

For Eyes Optical  
Lisa Johnson, O. D.  
7557 Greenbelt Road  
Greenbelt, MD 20770  
(301) 345-0913

For Eyes Optical Co.  
7557 Greenbelt Road  
Greenbelt, MD 20770  
(301) 345-4505

Hour Eyes  
1003 Fairlawn Ave. #24  
Laurel Shopping Center  
Laurel, MD 20707  
(301) 776-1818

My Eye Doctor  
Bruce Goodman, O. D.  
Calvin Osterman, O. D.  
3309 Forestville Road  
Forestville, MD 20747  
(301) 420-6610

Malamut Optician  
8853 Woodyard Road  
Clinton, MD 20735  
(301) 868-0037

Malamut Optician  
7756 Landover Road  
Landover, MD 20785  
(301) 773-2828

My Eye Doctor  
Beverly Miller, O. D.  
Charles Mund, O. D.  
Norman Fine, O. D.  
5701 Greenbelt Road  
Berwyn Heights, MD 20740  
(301) 345-2053

My Eye Doctor  
Fulton Katz, O. D.  
Thanh-Loan Nguyen Dorsam, O. D.  
6178 Oxon Hill Road, Ste. 100  
Oxon Hill, MD 20745  
(301) 839-5555

Alexander Nnabue & Associates  
Visual Eyes  
8931 Woodyard Road  
Clinton, MD 20735  
(301) 877-1770

Alexander Nnabue & Associates  
Visual Eyes  
6088 Greenbelt Road, Unit 44  
Greenbelt, MD 20770  
(301) 614-3937

Alexander Nnabue & Associates  
Visual Eyes  
1835 University Boulevard, Ste. 228  
Hyattsville, MD 20783  
(301) 434-3937

United Optical  
4732 Cherry Hill Road  
College Park Marketplace  
College Park, MD 20740  
(301) 441-3855

United Optical  
4301 Garden City Drive  
Metro 400 Building, Suite 100  
Landover, MD 20785  
(301) 459-8252

## **WASHINGTON COUNTY**

United Optical  
1580-H Wesel Blvd.  
Hagerstown, MD 21740  
(301) 790-3877

## **WICOMICO COUNTY**

United Optical  
321 "B" Civic Ave.  
Twilley Shopping Center  
Salisbury, MD 21801  
(410) 742-6148

# VISION CARE PROVIDERS VIRGINIA

## **ALBEMARLE COUNTY**

Vision Works  
1114-C Emmet Street  
Barracks Road Shopping Center  
Charlottesville, VA 22903  
(804) 293-3225

## **ARLINGTON COUNTY**

Hour Eyes  
1100 South Hayes Street  
3rd Floor  
The Fashion Center at Pentagon  
Arlington, VA 22202  
(703) 415-5544

My Eye Doctor  
Alexander Smith, O. D.  
Seema Mohanan, O. D.  
2823 Clarendon Blvd.  
Arlington, VA 22201  
(703) 294-6600

My Eye Doctor  
Frederick Siegel, O. D.  
901 N. Stuart St. #210  
Arlington, VA 22203  
(703) 525-7474

## **CITY OF ALEXANDRIA**

For Eyes Optical Co.  
6242-A Little River Turnpike  
Alexandria, VA 22312  
(703) 941-1059

Hour Eyes  
Landmark Mall  
5801 Duke Street, Suite E128  
Alexandria, VA 22304  
(703) 823-6611

Hour Eyes  
Mount Vernon Plaza  
7702 Richmond Hwy, Suite H  
Alexandria, VA 22306  
(703) 717-0737

My Eye Doctor  
Seema Mohanan, O. D.  
Constantine Dusckas, O. D.  
4555 Duke Street  
Alexandria, VA 22304  
(703) 370-7111

## **FAIRFAX COUNTY**

Michael J. Davidson, O.D.  
Ender A. Adam, O.D.  
George F. Brown, O.D.  
Julie Tran, O.D.  
8350 Traford Lane  
Springfield, VA 22152  
(703) 569-6363

Eyecare Associates of VA  
Alice Oh, O. D.  
6506 Loisdale Road  
Springfield, VA 22030  
(703) 719-9110

Hour Eyes  
3556-A South Jefferson Street  
Gourmet Giant Shopping Center  
Baileys Crossroad, VA 22041  
(703) 379-1100

Hour Eyes  
6636 Springfield Mall  
Springfield, VA 22150  
(703) 922-4111

For Eyes  
8424 Old Keene Mill Road  
Old Keene Mill Shopping Center  
Springfield, VA 22152  
(703) 569-6611

Hour Eyes  
11903-L Lee Jackson Memorial  
Hwy.  
Suite G-133  
Fairfax, VA 22033  
(703) 218-8036

Hour Eyes  
Woodland Crossing  
12950 Highland Crossing Drive  
Suite A  
Herndon, VA 20171  
(703) 793-6124

Hour Eyes  
11130 L Southlake Drive  
South Lakes Village Shopping Ctr.  
Reston, VA 20191  
(703) 476-0077

Hour Eyes  
8359 Leesburg Pike  
Vienna, VA 22182  
(703) 442-9295

Hour Eyes Express  
Tyson's Galleria  
K2-B International Drive  
McLean, VA 22102  
(703) 556-0488

Leonard Larson, O.D.  
236 W. Broad Street  
Falls Church, VA 22046  
(703) 534-8111

Leonard Larson, O.D.  
9663-B Main Street  
Fairfax, Virginia 22031  
(703) 385-2900

My Eye Doctor  
Leyla Nadjafi, O. D.  
6025-A Burke Centre Pkwy.  
Burke, VA 22015  
(703) 250-9000

My Eye Doctor  
Mojgan Haghshenas, O. D.  
14245-E Centreville Square  
Centreville, VA 20121  
(703) 830-2010

My Eye Doctor  
Mojgan Haghshenas, O. D.  
Alesha Spellman, O. D.  
4203 Fairfax Corner East Ave.  
Fairfax, VA 22030  
(703) 266-8400

My Eye Doctor  
Constantine Dusckas, O.D.  
9419 Lorton Market Place  
Lorton, VA 22079  
(703) 339-9833

My Eye Doctor  
Mahtab Vaziri, O. D.  
1841 Fountain Drive  
Reston, VA 20190  
(703) 264-2020

My Eye Doctor  
Margaret Johnston, O. D.  
6406 Springfield Plaza  
Springfield, VA 22150  
(703) 451-4577

My Eye Doctor  
Frank Cassella, O. D.  
509 Maple Ave. West  
Vienna, VA 22180  
(703) 938-5544

United Optical  
8500 Leesburg Pike #103  
Vienna, VA 22182  
(703) 883-0743

## **COUNTY OF COLONIAL HEIGHTS**

For Eyes  
1847 South Park Blvd.  
Colonial Heights, VA 23834  
(804) 526-3591

## **CHESTERFIELD COUNTY**

For Eyes  
8107 Midlothjan Turnpike  
Richmond, VA 23235  
(804) 330-4441

## **HENRICO COUNTY**

For Eyes  
11591 West Broad Street  
Richmond, VA 23233  
(804) 364-0746

For Eyes  
8900 West Broad Street  
Richmond, VA 23294

## **LOUDOUN COUNTY**

For Eyes Optical Company  
47010 Community Plaza  
Suite 150  
Sterling, VA 20164  
(703) 430-3849

My Eye Doctor  
Alesha Spellman, O. D.  
617 Potomac Station Dr., Suite A  
Leesburg, Virginia 20176  
(703) 669-4646

## **CITY OF NORFOLK**

For Eyes  
509 N. Military Highway  
Norfolk, VA 23502  
(757) 466-1116

## **PRINCE WILLIAM COUNTY**

Hour Eyes  
8125 Sudley Road  
West Gate Shopping Center  
Manassas, VA 20109  
(703) 330-0090

Hour Eyes  
2700 Potomac Mills Circle #105  
Potomac Mills  
Prince William, VA 22192  
(703) 494-0660

Hour Eyes  
21031 Tripple Seven Road, Ste. 170  
Sterling, VA 20165  
(703) 444-1462

My Eye Doctor  
Mojgan Haghshenas, O. D.  
Neda Farahmand, O. D.  
7367 Atlas Walk Way  
Gainesville, VA 20155  
(703) 753-7200

My Eye Doctor  
Neda Farahmand, O. D.  
Jerry Levy, O. D.  
Michael Kwok, O. D.  
1515 Stafford Market Place, #121  
Stafford, VA 22556  
(540) 657-2020

My Eye Doctor  
Michael E. Zalar, O. D.  
14465 Potomac Mills Road  
Woodbridge, VA 22192

David McNerney, O. D.  
1714 Financial Loop  
Woodbridge, VA 22192  
(703) 494-7721

## **CITY OF RICHMOND**

Eyecare Associates of VA  
Amanda Kelley, O.D.  
1111 East Main Street  
Richmond, VA 23219  
(804) 648-0900