⚠ Important Appointment Instructions

Most offices are adjusting hours to ensure patient safety and provide social distancing. Please call before your visit as you may be eligible for a telehealth option or asked to reschedule for non-emergency needs.



Obstetricians & Gynecologists > HI > Honolulu Obstetricians & Gynecologists > Dr. Reagan Ponder, MD

Dr. Reagan Ponder, MD

Obstetrics & Gynecology • Female • Age 57









(808) 396-6321





Dr. Reagan Ponder, MD is an obstetrics & gynecology specialist in Honolulu, HI and has been practicing for 21 years. She graduated from University of South Alabama / College of Medicine in 1999 and specializes in obstetrics & gynecology.

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At a Glance

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Friendly Staff

Patients said the staff was friendly. • See reviews

Insurance Check

Search for your insurance provider



Try: Aetna, Blue Cross Blue Shield, Cigna, or First Health (Coventry Health Care)

Background Check

- Healthgrades does not collect malpractice claims information for Hawaii
- ✓ No disciplinary actions found for the years we collect data
- No board actions found for the years we collect data

Learn more about background checks

Practice Areas

SEXUALLY TRANSMITTED DISEASES

Sexually transmitted disease specialists diagnose and treat infections caused by bacteria, parasites and viruses that are passed from one person to another through sexual contact.

Typically treats 72% more than their peers

Based on claims data for 5 conditions and procedures

Treatments Treatment Frequency

Sexually Transmitted Infections Screening

Very High

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GYNECOLOGIC CARE

Gyncologists diagnose and treat conditions that affect any part of the female reproductive system, such as vaginitis, uterine fibroids, endometriosis, or polycystic ovarian syndrome (PCOS).

Typically treats 62% more than their peers

Based on claims data for 14 conditions and procedures

Treatments	Treatment
	Frequency

Menstrual Disorders (incl. Dysmenorrhea)

Very High

+ Human Papillomavirus DNA Testing Very High

Menopausal and Postmenopausal Disorders

High

View all Gynecologic Care treatments

Check Dr. Ponder's experience treating your condition or procedure

Q

Dr. Ponder's Top Procedures and Conditions

Treatment
Frequency

(+) Menstrual Disorders (incl. Dysmenorrhea) Very High

+ Sexually Transmitted Infections Screening Very High

+ Human Papillomavirus DNA Testing Very High

Learn more about experience ratings

Overview	Reviews 11	About Me	Locations	Hospitals	
5 Stars			(5)	Dr. Ponder?	
4 Stars			(0)		
3 Stars			(0)		
2 Stars			(0)		
1 Star			(6)		

Average Reported Wait Time

② 16 – 30 minutes

Dr. Ponder's Performance

Trustworthiness	****
Explains condition(s) well	****
Answers questions	****
Time well spent	****

Office & Staff Performance

Scheduling	****
Office environment	****
Staff friendliness	****

What People Say About Dr. Reagan Ponder, MD

Reviews 11	About Me	Locations	Hospitals		
iolulu, HI – Apr	05, 2016 Was	this helpful? [1 4 1 2		
		Leave a re	view		
	Hov	w was your e	xperience		
		with Dr. Por	nder?		
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		olulu, HI – Apr 05, 2016 Was	olulu, HI – Apr 05, 2016 Was this helpful? (Leave a re How was your e with Dr. Por	Leave a review How was your experience with Dr. Ponder? Continue	Leave a review How was your experience with Dr. Ponder?

Spotlight on Telehealth

12 Health Concerns That Can Be Treated in a Telehealth Visit	>
Telemedicine Frequently Asked Questions	>
8 Tips for Your Telehealth Appointment	>

About Me

Biography

Dr. Reagan Ponder, MD is an obstetrics & gynecology specialist in Honolulu, HI and has been practicing for 21 years. She graduated from University of South Alabama / College of Medicine in 1999 and specializes in obstetrics & gynecology.

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University Hi J a Burns School Med
Residency Hospital

1999
University of South Alabama / College of
Medicine
Medical School

Frequently Asked Questions

- 🕂 Is Dr. Reagan Ponder, MD accepting new patients?
- + Does Dr. Reagan Ponder, MD accept my insurance?
- + What are Dr. Reagan Ponder, MD's top areas of care?

View all frequently asked questions

FOCUS ON OVERACTIVE BLADDER

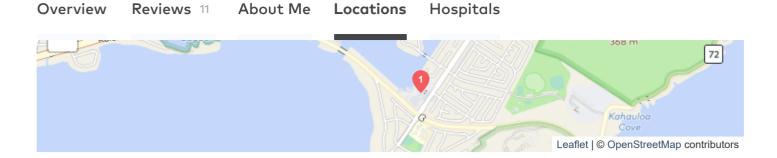
The Hysterectomy and Incontinence Connection

When the uterus is removed, the pelvic muscles can weaken and sag. Those same muscles support the bladder, which can lead to loss of bladder control.

What You Can Do







Straub Hawaii Kai Fmly Hlth Ctr



Straub Hawaii Kai Fmly Hlth Ctr

7192 Kalanianaole Hwy Ste A200 Honolulu, HI 96825

Call Directions

(808) 396-6321

Before your visit with Dr. Ponder

Choose an appointment guide to help you ask the right questions. View all guides

Leaky Bladder: Watch Docs Explain Symptoms	>
Menopause: Top Questions	>
Birth Control: Top Questions	>

Affiliated Hospitals

Check the quality of care at hospitals where Dr. Ponder treats patients.

Learn more



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Patient experience rating 79% 10% higher than the national average

- America's 250 Best Hospitals Award™ (2020)
- Outstanding Patient Experience Award™ (2019, 2018, 2017)
- Patient Safety Excellence Award™ (2017)

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Dr. Mikiko Bunn, MD



Learn more about Dr. Mikiko Bunn, MD



Dr. Jennifer Salcedo, MD

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Dr. Cheryl Twu, MD

★★★★★ 21 Reviews

Learn more about Dr. Cheryl Twu, MD



Dr. Eesha Bhattacharyya, MD

★★★★★ 9 Reviews

Learn more about Dr. Eesha Bhattacharyya, MD



Dr. Richard Ikehara, MD

★★★★★ 5 Reviews

Learn more about Dr. Richard Ikehara, MD



Dr. Susan Chapman, MD

★★★ 17 Reviews

Learn more about Dr. Susan Chapman, MD



Dr. Anatte Karmon, MD

★★★★★ 3 Reviews

Learn more about Dr. Anatte



Dr. Jenny Uramoto, MD

★★★★★ 6 Reviews

Learn more about Dr. Jenny

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