



# USER MANUAL

## Welcome to SIMNSA Health Care

Thank you for choosing SIMNSA for you and your family's health insurance plan.

We are a Mexican HMO plan with an experienced health care system focusing on pro-active prevention designed to help you spend more healthy years doing more of what you enjoy.

That's why we offer a **comprehensive medical health plan** that starts with a **strong foundation in primary care.**

- Preventive Medicine
- Psychology and Psychiatry
- General Medicine
- Gynecology and Obstetrics
- Internal Medicine
- Pediatrics

### Quality Medical Care you can Trust

#### Preventive Care

An area focused on promoting health and preventive care. Your risk factors for preventive diseases will be identified through medical history and timely screenings.

### Better Care from a Connected Team

It is imperative to have a primary care physician who will be designated to manage and coordinate your care.

- **Internal Medicine for our Metabolic Clinic**  
Focuses on individuals struggling with chronic diagnoses such as obesity and diabetes.
- **Psychology and Psychiatry**  
Everyone's mental health journey is different, however at SIMNSA we are here to help you feel better along the way.
- **Gynecology and Obstetrics**  
Focuses on pregnancy and related health issues including general reproductive health.
- **Pediatrics**  
Involves medical care of infants, children, and adolescents up to the age of 18.



# Your Health Is our Top Priority

## Follow Up Care

Once you have been evaluated by your primary care provider, they will then refer you to a specialist if ongoing care is needed.

## Specialty Care

We offer all specialties. When referred by the PCP, you will receive a referral to a specialist based on your diagnosis. Our team of doctors collaborate across departments and specialties for faster diagnosis, treatment and recovery.

## Urgent Care/Emergency Services at SIMNSA Hospital Internacional

We operate around the clock 24 hours a day 7 days week. Our hospital is a state-of-the-art facility staffed and equipped for diagnosis and treatment of disease. It provides medical and surgical treatment to the sick and injured.

## Download our new APP and experience the difference

We recommend you schedule an appointment beforehand and we also encourage our members to have a dedicated PCP, this in turn will help build a personalized doctor-patient relationship for seamless continuity of care.

## For more information and instructions

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