

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

📞 USA 619 407 4082
MX 664 231 4747

➤ www.simnsa.com

✉ info@simnsa.com

📍 Ave. Paseo Tijuana #406 Edificio
SIMNSA Zona Urbana Rio

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App Store

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