

## Always by your side, taking care of you.



Growing old is for the young at heart. There's more to being a senior than just doctor appointments and medications. At Sanitas Medical Center, you get the respect you've earned and the attention you deserve.

Sanitas Medical Centers offer comprehensive healthcare services that extend beyond doctor appointments, tests and medications. We care for you head-totoe, inside and out, body, mind and spirit.

Sanitas is more than healing what hurts. It's about...

- ...lifelong, compassionate, whole-person care
- ...being with you between visits, and in times when you need us
- ...making it easier to get care—in our centers or from wherever you are
- ...putting your mind at ease when you're dealing with life's challenges
- ...keeping you healthy, with support from our nutritionists and health coaches

We're here to help make your everyday needs a breeze—whenever and however you need us.

Experience heartfelt care like no other place.

# Especially for our VIPS Very Important Patients

### We take your care to **heart**



## More time with your doctor

The personal attention you deserve means spending more time with your doctor and care team, understanding your needs.

## Everything you need, all in one place

Primary care, urgent care, specialty services, lab work, imaging and so much more—for your convenience.



## Easy and convenient appointments

Schedule online, by phone or app. We're open evenings and weekends at most locations.



## The care you deserve, whenever you need it

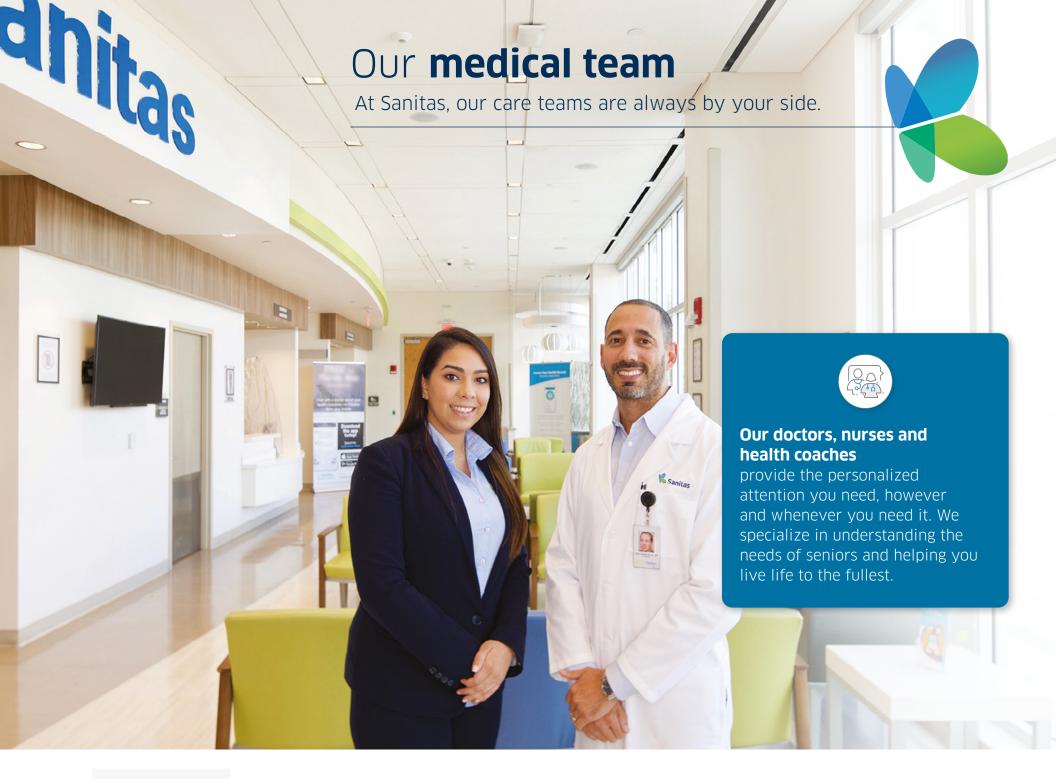
Tap into care from anywhere—chat with us via our app, through telehealth or in-person visits.



## Welcome to a world of care

You'll have a personal doctor who takes time to listen to your health needs.

- We respect your health concerns.
- We take time to explain treatments, testing, medications and ongoing care.
- We'll coordinate your care and ensure referrals are covered, so costs are easy on the pocketbook.
- We know Medicare and can help you maximize your benefits.



## **Services** at a glance

Your dedicated team,
which includes your
primary doctor, nurses,
care coordinators,
nutritionists, specialists
and others, really get to
know you.

We help make things less complicated—and work hard to keep you on the path to healthy living.



#### **Primary Care**

- Annual health exams
- Preventive tests
- Vaccinations
- Treatment for chronic conditions



#### **Urgent Care**

- Illness
- Infection
- · Fever, cold or flu
- Cuts and wounds
- Minor sprains and fractures



### **Lab work and Imaging**

- Blood work
- Urinalysis
- X-rays
- Ultrasound
- EKGs and more



#### **Virtual Care**

- Secure video, phone and text messaging
- Wellness visits
- Follow-up care
- Chronic condition management

1-866-930-6157

## Virtual care

Some common issues we can help with:

> Minor injuries . . . . . . . . . . . . . . . . . .

Medications not working

Cough/sore throat

Skin rash

Consultation before going to the ER

Diabetic care coaching

Nutritional consultation

Care navigation

Good advice whenever and wherever you need it

#### mySanitas Chat app

The mySanitas Chat app lets you get unlimited real-time help in minutes—for medical questions or concerns.

### Download the app today!

Search for:

mySanitas Chat

#### **Telehealth**

Video doctor appointments for any need—preventive care, checkups or management of health conditions



1-866-930-6157



## Step into a place that opens your world to healthy opportunities.

Connect with caring professionals in your community, make social connections or find a shoulder to lean on.

We go the extra mile to help provide care for life.

#### Women's health screenings

- Mammography
- Pap smear
- Colorectal cancer screening
- Height, weight and body mass index (BMI)
- Cholesterol and triglycerides screening
- Diabetes screening

#### Men's health screenings

- Colorectal cancer screening
- Height, weight and body mass index (BMI)
- Blood pressure
- Cholesterol and triglycerides screening
- Diabetes screening

## **Specialized** care

Diabetes

Heart diseases

COPD

Asthma

High cholesterol

Hypertension

#### Ongoing care for patients with chronic conditions

When you're living with a chronic condition, you need care that goes above and beyond. At Sanitas, you get individualized care before, during, after and in-between visits. You can count on each and every one of us to be a helping hand or a smile that makes your day.

## We're here to make everyday needs a breeze

- Referral support
- Medication management
- Education and coaching
- Nutrition planning
- Mental health programs
- Stress management
- Health and wellness classes
- Social and community services



### **Locations**



• Location with advanced urgent care





At Sanitas, we love what we do.
VIPs like you are what motivates
us to be better listeners, better
caretakers, better doctors, nurses
and specialists, better people
and mostly, better for you.



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Sanitas is an independent medical center. We take Original Medicare and most major Medicare plans.