



Experience  
the care you  
*deserve*



For Members of

BlueCross BlueShield  
of Texas



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

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Sanitas Medical Centers offer comprehensive healthcare services that extend beyond doctor appointments, tests and medications. We care for you head-to-toe, 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 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.







# The Sanitas difference



## Everything you need, all in one place

Primary care, urgent care, lab work, imaging and so much more—for the whole family.

## Easy and convenient appointments

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

## More time with your doctor

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

## The care you deserve, whenever you need it

Care from anywhere—through telehealth or in-person visits.





# Sanitas Medical Centers

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Our state-of-the-art medical centers offer one-stop care for you and your family.

We're in your neighborhood, with extended hours, so it's more convenient to get care when you need it.

Each center is your home base, designed for your comfort, for all of your health and wellness needs.

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# Sanitas

## Our medical team

At Sanitas, our care teams are always by your side.



### **Our doctors, nurses and health coaches**

provide the personalized attention you need, however and whenever you need it. They really get to know you and spend more time listening and understanding your concerns.

# Services at a glance



## Primary Care

- Annual health exams
- Disease prevention & education
- Diagnosis of illness & treatment
- Specialist coordination



## Urgent Care

- Illness
- 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

- Televisits
- Health coaching
- Care coordination



# Virtual care

Some common things you can  
access using the app:

Health records

Lab and test results

Online payments

Secure messaging

Book appointments

Prescription renewals

Health coaching

Join televisits

Access to a secure and easy to use Patient Portal  
to view and manage your Personal Health Record,  
from any computer, smartphone or tablet.



Search **Healow** in your App  
store or Google Play

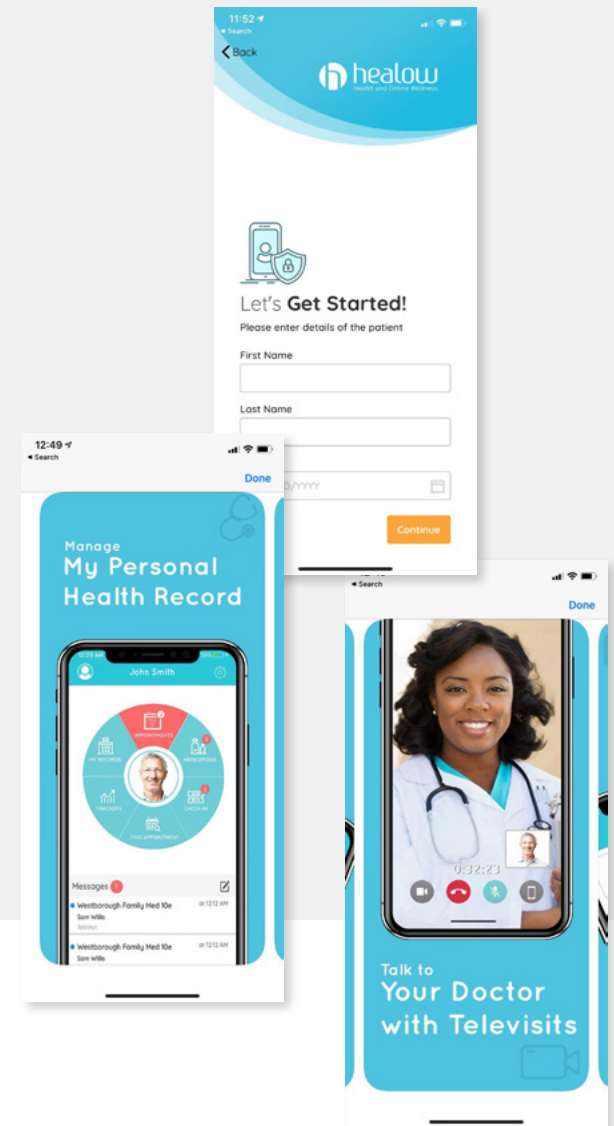
Enter the Sanitas practice code  
**HBGBDA.**

Type Username and Password  
**UN:** your email  
**PW:** Sanitas123!

Accept HEALOW terms  
Give Camera and Mic Access  
Enter phone #, one time  
passcode

**Enroll!**

**Download the app**



1-866-458-9359



# Preventive care

## Keep yourself and your family healthy

Regular checkups and screenings can help detect problems before they start. At Sanitas, we'll ensure you and your family stay up-to-date.

### Women's health screenings

- Pap smear
- Mammography
- Colorectal cancer screening
- Height, weight & BMI
- Blood pressure & cholesterol

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### Men's health screenings

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

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### Well-child care

- Prevention, growth and development
- Hearing tests
- Height, weight and body mass index (BMI)
- Vaccinations
- Sports and school physicals

# Specialized care

Diabetes

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Heart disease

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COPD

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Asthma

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High cholesterol

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Hypertension

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## 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.

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

- Referral support
- Medication management
- Education and coaching
- Stress management
- Health and wellness classes
- Social and community services

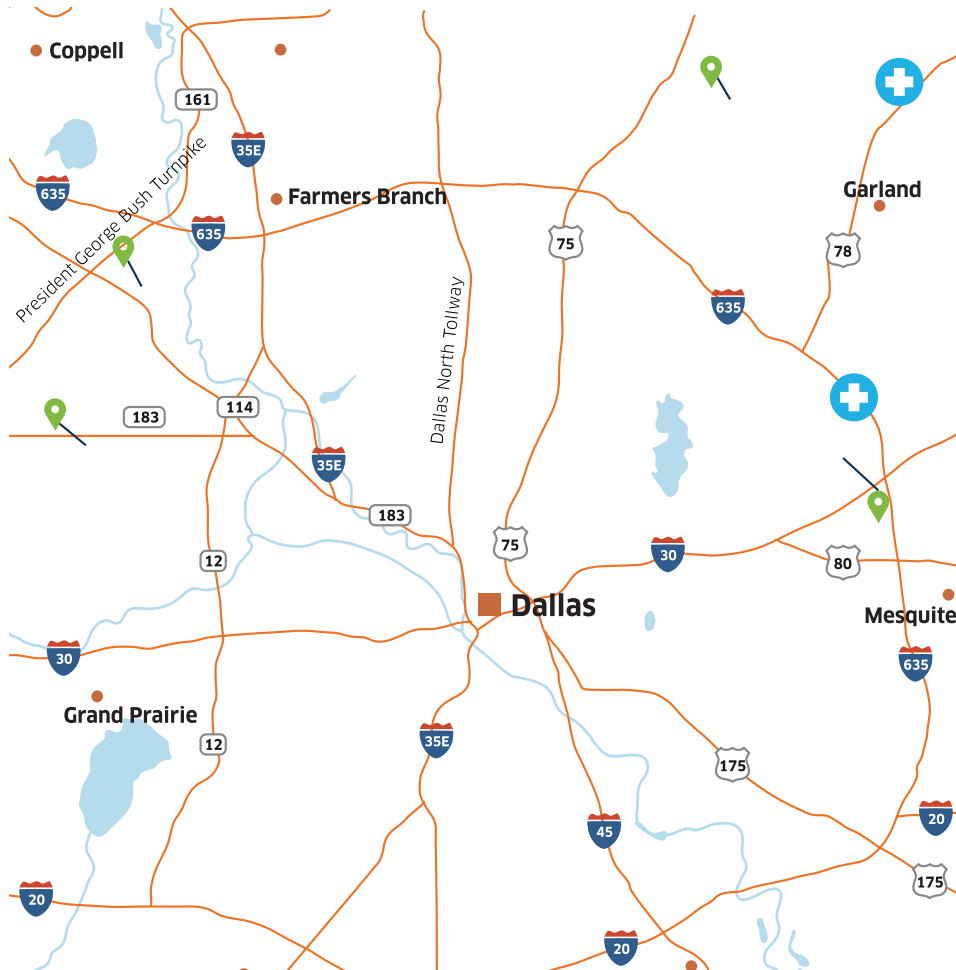


1-866-458-9359

# Locations



Dallas



Virtual Tour

## Richardson

350 S Plano Rd.  
Richardson, TX 75081

## Las Colinas


6500 N MacArthur Blvd.  
Irving, TX 75039

## Irving

3917 W Airport Fwy.  
Irving, TX 75062

## Mesquite

2021 N Town East Blvd., Suite 500  
Mesquite, TX 75150

 Location with advanced urgent care

1-866-458-9359



# Locations



Houston

Virtual Tour



**Spring**

18532 Kuykendahl Rd.  
Spring, TX 77379

**Willowbrook**

12302 Jones Rd.  
Houston, TX 77070

**Katy**

2610 N Mason Rd.  
Katy, TX 77449

**Briarforest**

12586 Westheimer Rd.  
Houston, TX 77077

**Meyerland**

10101 S Post Oak Rd.  
Houston, TX 77096

**Southbelt**

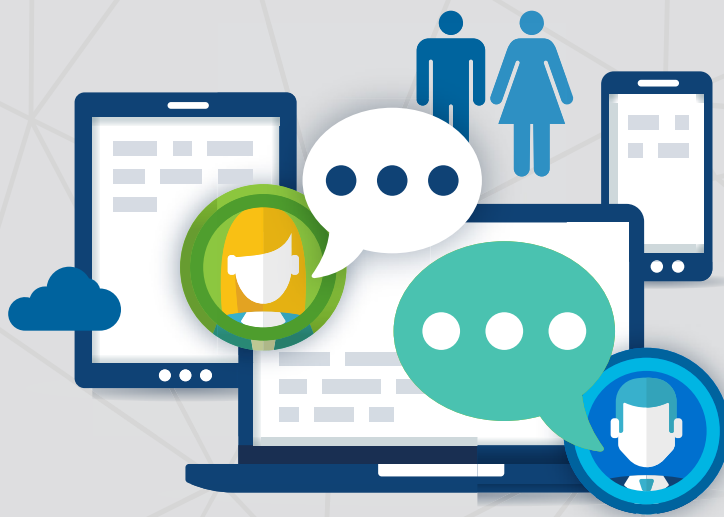
12823 Gulf Fwy.  
Houston, TX 77034



Location with advanced urgent care

1-866-458-9359

# Getting in touch



**1-866-458-9359**

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*For Members of*



**BlueCross BlueShield  
of Texas**

Clinical services provided by Sanitas Medical Centers, which are independent medical centers serving individuals covered by Blue Cross and Blue Shield companies.  
Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association.