

LOCATION. LOCATION. LOCATION.

With two locations in The Woodlands and a new clinic in Conroe opening in 2020, **we've got you covered.**



Those in search of excellent healthcare need not travel far. With multispecialty care centers throughout the Greater Houston area, Kelsey-Seybold Clinic offers unparalleled convenience from one of the most trusted names in medicine.

Kelsey-Seybold Clinic – The Woodlands offers the specialists and services you need, plus an on-site Kelsey Pharmacy, laboratory, X-ray, and advanced diagnostic services, including CT, MRI, digital mammography, and ultrasound. And everything is under one roof, with plenty of free, surface-level parking.

Kelsey-Seybold – The Woodlands OB/GYN Clinic and Women's Health

has some of the region's leading specialists who deliver exceptional care tailored to meet the needs of women of all ages – whether it's guiding you through pregnancy, performing a well-woman exam, or making sure you're up to date on immunizations, mammograms, and recommended screenings.

We welcome new patients and offer 24-hour appointment scheduling. We also accept more than 50 health plans, including **Aetna, BlueCross BlueShield, Cigna, and UnitedHealthcare.** For the complete list, go to **kelsey-seybold.com/insurance.**

Call 713-442-0000 to schedule your appointment today.

New Conroe Clinic Coming in 2020

Watch for details!



The Woodlands Clinic
106 Vision Park Blvd.
Shenandoah, TX 77384
713-442-1800



The Woodlands OB/GYN Clinic and Women's Health
17198 St. Luke's Way, Ste. 540
The Woodlands, TX 77384
713-442-1900

MAKE YOUR HEALTH COUNT IN 2020!

We asked the experts to give us their most important tips on staying healthy.

Kids need and crave physical activity. Break up periods of sitting with activities that get them moving, such as riding a bicycle or playing sports.

Women get heart disease, too, so quit smoking, increase your exercise, and lower your cholesterol to help reduce your risk.

While pregnant, strive for a nutritious diet and take in an extra 300 calories per day, which isn't as much food as you might think.

Help keep hormones in check with plenty of sleep and a balanced diet that's low in sugar and high in fiber.

Increase your water intake. Hydration is often the "cure" for everyday health complaints like fatigue and headache.

Use a sunscreen with an SPF of 30 or higher every day, and reapply throughout the day to help keep skin healthy.

DR. SOPHIE LUNG
PEDIATRICS

DR. TIFFANY TRACY
OB/GYN

DR. ANGELA FERGUSON
CARDIOLOGY

DR. JESUS SAMANIEGO
OB/GYN

DR. LEONARDO ESPITIA
FAMILY MEDICINE

DR. LANA HAWAYEK
DERMATOLOGY

YOU TAKE CARE OF EVERYONE ELSE. LET US TAKE CARE OF YOU.

GET TO KNOW US.

50+ HEALTH PLANS ACCEPTED
Including Aetna, BlueCross BlueShield, Cigna, UnitedHealthcare, and more!

24/7 APPOINTMENT SCHEDULING
Call 713-442-0000 or book online at mykelseyonline.com.

OUR AFTER-HOURS NURSE HOTLINE
Available nights, weekends, and holidays! Call 713-442-0000.

CONVENIENCE
To streamline your healthcare, Kelsey-Seybold Clinic – The Woodlands allows you to see your doctor, get a lab test or 3D mammogram, and even pick up your prescription – all under one roof.

Kelsey-Seybold Clinic
Changing the way health cares.

FOR A COMPLETE LIST OF HEALTH TIPS, GO TO KELSEY-SEYBOLD.COM/WOODLANDS2020