



SIMNSA HMO

SIMNSA (Sistema Medicos Nacionales, S.A. de C.V. is the first Mexican HMO to be licensed as a health care service plan by the State of California. The plan:

- Provides employees with a very affordable and culturally sensitive across-the-border health plan option
- Is licensed by the California Department of Managed Health Care, subject to Knox-Keene Act
- Requires that routine services must be received in Mexico while emergency and urgent care services are covered anywhere in the world
- Has medical centers in Tijuana, Mexicali, and Tecate
- Is subject to Health Care Reform mandates including no copays for an extensive list of preventive care services
- Includes other VEBA benefits (Best Doctors, Employee Assistance Program, Wellness Programs)

Who Can Join SIMNSA Health Plan

Employees and their eligible dependents who live in San Diego county or Tijuana and meet the following definition of “Mexican National” may enroll in the SIMNSA HMO plan:

- A person born in Mexico
- A person born in another country with a Mexican father or a Mexican mother, or both
- A foreign woman or man who marries a Mexican man or woman and lives in Mexico
- A foreigner who becomes naturalized in Mexico

SIMNSA Website

Please visit www.simnsa.com for more information, including:

- List of providers
- Benefits Summary
- Evidence of Coverage
- Forms
- Wellness Information

Other Contact Information

San Diego Office	Tijuana Office	Mexicali Office
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