

# Sam<sup>SM</sup>

On-demand, virtual care  
designed for you.



## Sam by UCM Digital Health

Convenient care where and when  
you need it...

Your health  
always deserves the best.

24/7 On-Demand  
Access

Our integrated care team, including medical providers, mental health providers, and care coordinators, works together to treat your physical and mental health needs.

We take a holistic view of your health to ensure that you are getting high-quality, coordinated care.

### Virtual Care For

- Urgent care
- Emergency care
- Primary care
- Mental health care



Download the  
"Sam by UCM"  
Mobile App

[www.sambyucm.com](http://www.sambyucm.com)  
1-844-4-VIP-DOC

# Board-certified providers ready to care for you.



## Primary Care

Ongoing care to address a range of primary care needs to help you **get well and stay well.**

- Wellness visits
- **Routine Screenings for Hypertension, Diabetes, & more**
- Age-appropriate screenings, e.g. mammograms, colonoscopies, and more
- **Labs** for cholesterol, blood sugar, & more
- Smoking cessation
- Chronic disease management

## Urgent & Emergency Care

A convenient, cost-effective alternative to going to urgent care or to the emergency room. Get treated within minutes, not hours.

*UCM does not turn any patients away. We are proud to treat a wide range of complex conditions and injuries, including, but not limited to:*

- Upper respiratory infection
- Urinary tract infection
- Cough, sore throat, or flu
- Abdominal pain
- Rashes or Pink eye
- Nausea, vomiting, or diarrhea
- Headaches
- COVID-19
- Ear problems

## Mental Health Care

**Unlimited, confidential** consults with Masters and Ph.D. level trained counselors.

- Anxiety and Depression
- Alcohol or drug abuse
- Child or family issues
- Caring for the Caregiver
- Marital or relationship issues
- Parenting
- Grief
- Sexual, physical, or mental abuse

## Our Benefits

- Easy to access via phone, mobile app, or online.
- Cost-effective and convenient.
- Concierge service from a care coordinator to handle follow-ups like prescriptions, labs, and referrals when needed. We even follow up with each patient after a consult to see how they are doing!
- Access to "Up to Date", evidence-based clinical information to learn more about health topics directly on the app.

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