

CAMPUS SPOTLIGHT: *Northwest Campus*

Located near the intersection of FM 1960 and Highway 290, the Northwest Campus delivers comprehensive care for the whole family in one convenient location with free parking.

Comprehensive Medical Specialties and Services

From primary care to a wide range of specialties, the Northwest Campus offers seamless access to quality care.

Highlights include:

- Audiology
- Cardiology
- Dermatology
- Endocrinology
- ENT (Ear, Nose, and Throat)
- Gastroenterology
- Hematology / Oncology
- Neurology
- Plus many more specialties available!
- Ophthalmology / Optometry
- Orthopedics & Sports Medicine
- Palliative Care
- Podiatry
- Pulmonary Medicine
- Rheumatology
- Urology

On-Site Conveniences

- Kelsey Pharmacy
- On-site Diagnostics (X-ray, MRI, CT, Ultrasound, etc.)
- Digital 3D Mammography and Bone Density Testing
- Laboratory Services
- Free Parking and Free Wi-Fi



Northwest Campus, Building A

13105 Wortham Center Drive
Houston, TX 77065

Hours

Clinic Hours: M-F, 8:00 a.m. - 5:00 p.m.

Lab Hours: M-F, 7:00 a.m. - 5:30 p.m.

Radiology Hours: M-F, 8:00 a.m. - 5:00 p.m.

Pharmacy Hours: M-F, 8:30 a.m. - 5:30 p.m.
(Closed 12:30 p.m. - 1:00 p.m.)

Northwest Campus, Building B

19926 Northwest Fwy.
Houston, TX 77065

Hours

Clinic Hours: M-F, 8:00 a.m. - 5:00 p.m.

Lab Hours: M-F, 7:00 a.m. - 5:00 p.m.



Appointments: Call 713-442-0000, visit [our website](#), or use [MyKelseyOnline](#).

For more information, visit the [Northwest Campus](#) website.

[Driving Directions](#)



Ready for Hurricane Season?

Hurricane season runs from June 1 to November 30. Early preparation is the best way to stay safe and reduce stress. Take these simple steps to protect yourself:



Make a Plan

- **Stay Informed:** Follow local news, weather reports, and emergency alerts.
- **Get Alerts:** Sign up for mobile notifications at ready.gov/alerts.
- **Evacuate Early:** Plan your route and arrange care for your pets.
- **Insurance:** Secure home and flood coverage before a storm hits.



Build an Emergency Kit

Gather a 3-day supply of these essential items:

- Water (one gallon per person per day) and non-perishable food.
- Flashlights, fresh batteries, a battery-powered radio, and N95 masks.
- Backups for cell phones, a first aid kit, cash, and copies of important papers.



Secure Your Medical Needs

- **Medications:** Keep an ample supply of prescriptions. Plan how to refrigerate medicine if the power goes out.
- **Devices:** Have backup power for equipment like CPAP machines.
- **Medical Records & IDs:** Keep medical records and your KelseyCare Advantage ID card handy. Talk to your provider to review your plan.

Get Your Guide

For a printable version of more resources and tips to support you during hurricane season, download our [Hurricane Preparedness Guide](#).

New Clinics and Growing Care Near You

With new specialty care options added in 2025, including five Cancer Centers and Surgery Centers, we're continuing to grow so you have more high-quality care close to home. See what Kelsey-Seybold is doing now.

West Campus Expansion in Katy

The Katy area now has more top providers and more room for your care. Our West Campus has moved into a much larger, modern building. This campus offers primary care and more than 20 different specialist departments, making it a “one-stop shop” for your health.

New Atascocita Clinic

People living in the Humble and Atascocita areas now have a brand-new home for health. This 50,000-square-foot clinic provides care for both adults and children. It also includes an on-site lab and imaging services, so you can get your tests done in the same visit.

What's Ahead

We aren't slowing down! We have even more locations scheduled to open this year and into early 2027, making it easier than ever to see your care team:

- **Towne Lake Clinic:** This 33,000-square-foot clinic will bring primary care and lab services closer to home for families in the Cypress area.
- **Missouri City Clinic:** This large new location will be a “one-stop shop” for health, offering primary care along with on-site imaging so you can get your tests done in one visit.



- **Bay Area Campus Ambulatory Surgery Center (ASC):** This center will offer advanced surgery and imaging. It features four operating rooms and special suites for digestive health. It is also set up for longer observation stays, allowing you to get more complex care in a comfortable setting.

These milestones show our commitment to bring the best care right to your neighborhood.

A Fresh New Look for Your OTC Portal

The over-the-counter (OTC) member portal now features a new look that's easier to navigate, simpler, and more user-friendly. Browse and order your covered items anytime at KCAOTC.com.

KelseyCare Advantage

Language English Enlarge: - +

Shopping Cart Remaining Balance: \$0.25

Search by online product or item number Search

Shop My Benefits My Account Help FAQ

Overview Retailer Search Product Search Profile Cards Addresses

Home / Overview

Welcome Back, SAM!

Recent Orders

All Orders

Settings

Date	Order ID	Amount	Status	
04/25/2026	21796506	\$24.75	SHIPPED	
03/25/2026	21779125	\$23.75	SHIPPED	
11/09/2025	21726080	\$23.48	SHIPPED	

Your Profile

SAM SMITH
sam.smith@email.com
Password: *****

Primary Shipping Address

SAM SMITH
555 Anytown Street
Anytown, TX 77002

Need Help? (800) 688-2719 (TTY: 711) Monday - Friday, Hours 7:00 AM to 10:00 PM CST

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Last Updated: 01/01/2026

Don't Ignore a Fall

A Quick Check-In Goes a Long Way

A fall—even one that seems minor—can reveal important information about your health. Sharing this with your provider helps your care team better understand changes in your balance, strength, or overall well-being.

Being open about a fall can make a real difference. Your care team can:

- Look for changes that may increase your risk of falling again
- Recommend simple steps to help prevent future falls
- Review medications, vision, balance, and other possible causes

Even if you feel fine afterward, it's still worth mentioning. Small details can give your provider a clearer picture and help keep you safe moving forward.

Support is always within reach—whether you need to connect with a provider or explore virtual care options, your care team is here to help you stay steady and well.





Tap Into Apple Wallet

iPhone users can now add their KelseyCare Advantage ID card to their Apple Wallet for quick, secure access anytime—no need to carry a physical card.

How to add it:

Log in to your member portal or app and follow the prompts to add your ID card to Apple Wallet.

1



SIGN IN

Sign in to your MyKelsey or MyChart app.

2



VIEW YOUR ID CARD

Navigate to the Insurance ID Cards section.

3



SELECT "ADD TO APPLE WALLET"

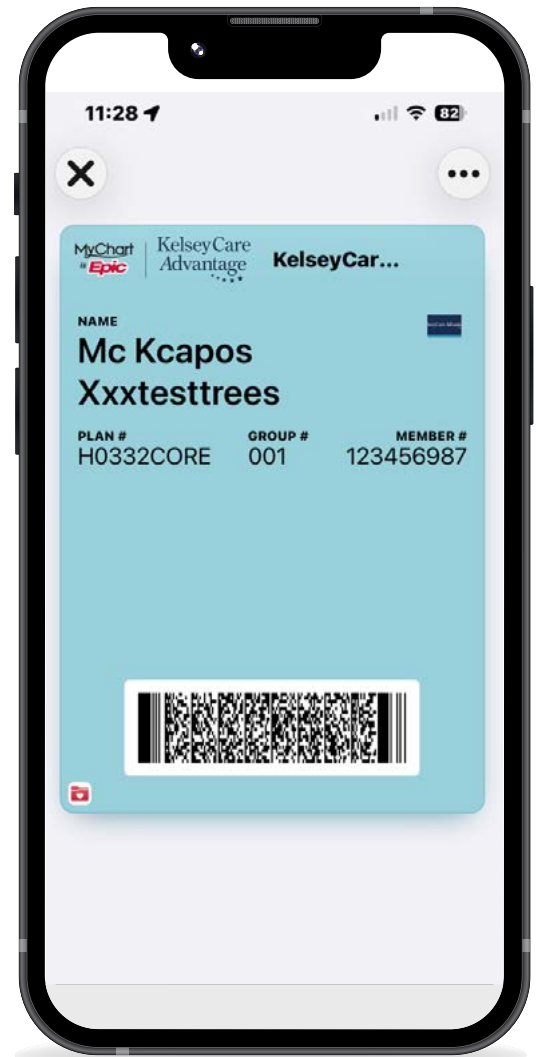
Look for the "Add to Apple Wallet" selection and tap it.

4



CONFIRM

Your KelseyCare Advantage ID Card is now added to your Apple Wallet and ready to use!



Brain Boost:

Summer Word Search Fun

Give your mind a quick refresh! Enjoy this seasonal word search and see how many wellness-themed words you can spot.

Words to Find:

BREEZE	HEALTHY	HYDRATE	KELSEYCARE	SCREENING
SHADE	SUNSHINE	WATER	EXERCISE	SUMMER

G	O	K	S	C	R	E	E	N	I	N	G	O	S	K	K	E	N
W	W	K	J	L	S	O	L	P	E	H	F	E	E	L	B	D	O
B	V	R	Z	W	O	E	R	E	G	T	H	X	O	W	H	X	J
M	X	R	W	A	F	N	H	Y	J	Y	E	E	F	C	B	X	T
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C	E	Z	H	Z	W	T	H	Y	D	R	A	T	E	L	D	L	O
Y	Y	T	Y	G	J	V	V	S	U	N	S	H	I	N	E	Z	M
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Doc Talk
With
Dr. Paul O'Leary

Stay on Top of Your Preventive Health

Schedule Your Annual Wellness Visit

Your yearly checkup is the foundation of a healthy routine. It gives you dedicated time to talk with your provider about your health goals and stay ahead of any issues.

During this visit, your provider can:

- Review your current prescription list.
- Discuss which screenings you might need.
- Create a health plan tailored to you.

This visit helps keep you on the right path, and it is covered by your plan at no cost.

Manage Your Daily Medications

If you take prescription medicine for conditions like diabetes, high blood pressure, or high cholesterol, consistency is key. Taking them exactly as your care team recommends is a major part of staying healthy.

Easy tips to help you stay on track:

- Set an alarm on your phone or watch for the same time each day.
- Use a weekly pillbox to keep track of your doses.
- Order your refills a week before you run out.

Talk to your pharmacist if you have questions or side effects.



Doc Talk
With
Dr. Paul O'Leary



Stay Current with Preventive Screenings

Routine screenings are designed to find health problems early, often before you feel sick or notice any symptoms. Finding changes early makes treatment much easier.

Talk with your provider about these standard screenings:

- Mammograms: Recommended for women ages 50 to 74.
- Colon Cancer Screenings: Recommended for adults ages 45 to 75.

Your provider can help you decide which tests are right for your body. Most routine screenings are covered at no cost.

Get Your Annual Flu Shot

The flu can lead to severe health issues, especially for older adults or those with chronic medical conditions. Getting your flu vaccine every autumn helps protect you and your loved ones from getting sick.

Why getting the shot matters:

- It lowers the risk of severe flu symptoms.
- It works to help reduce potential hospital stays.
- It helps protect your family and friends from catching the virus.

Flu shots are easy to get at your provider's office or local pharmacy at no cost to you.

Soak Up Summer Safely

Summer is a great time to get outside, stay active, and enjoy time with family and friends. Whether you are taking a morning walk or working in the yard, protect your health in the Texas heat.

A little sunshine helps your body make vitamin D for bone health. However, too much sun and heat can lead to dehydration or sunburn.

Protect Your Skin

Too much sun can damage your skin. Protect yourself by taking these simple steps:

- **Apply Sunscreen:** Use sunscreen with SPF 30 or higher. Reapply every two hours. Don't forget easily missed areas like your ears, neck, and feet!
- **Cover Up:** Wear sunglasses, a wide-brimmed hat, and lightweight clothing.
- **Seek Shade:** Stay in the shade during peak afternoon heat.

Stay Cool and Hydrated

- Drink water throughout the day and take breaks indoors.
- Avoid outdoor activities during peak afternoon heat.
- If you feel dizzy, weak, or overheated, contact your provider right away.

Get Vitamin D Safely

Boost your vitamin D through foods like salmon, tuna, eggs, and fortified milk. Avoid long sun exposure. Too much vitamin D from supplements can harm your kidneys. Talk with your Kelsey-Seybold provider to see if you need a blood test before taking any new supplements. Check your skin regularly, and schedule an appointment if you notice new spots.





Thrive All Year:

Monthly Tips for Your Health & Happiness

Each month brings opportunities to focus on specific areas of well-being:

July: Prioritize Your Eye Health

July is Healthy Vision Month—a great time to put your eye health first. Schedule your annual eye exam to help catch issues early. If you have diabetes, ask your care team about a teleretinal screening. It's a quick, convenient way to check for signs of diabetic eye disease.



August: Stay Current on Vaccines

August marks National Immunization Month, making it the perfect time to review your vaccination history. Staying up to date helps protect you and those around you from preventable illnesses like flu, pneumonia, and shingles.



September: Support Healthy Aging

Celebrate Healthy Aging Month by focusing on habits that promote long-term well-being. Regular movement, balanced nutrition, staying socially connected, and keeping up with routine screenings can all help you feel your best as you age.

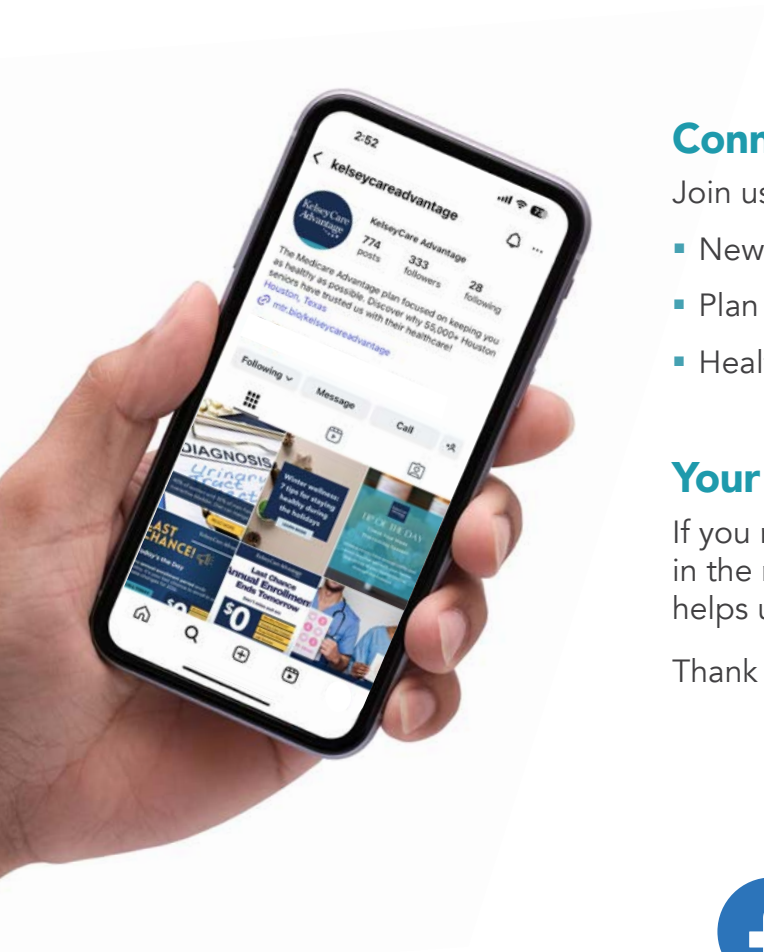


KelseyCare Advantage



11511 Shadow Creek Parkway
Pearland, TX 77584

Important Plan Information



Connect with Us on Social Media

Join us on Facebook, Instagram, and LinkedIn!

- News & updates
- Plan info
- Health & wellness tips

Your Feedback Makes a Difference

If you receive the Medicare Health Outcomes Survey (HOS) in the mail, please take a minute to share your experience. It helps us improve care for members across Greater Houston.

Thank you for being a valued member!

