

Medical Care in Loreto

The question many of us who have been here for years are asked by those only here for a short time or new to Loreto is “what is the medical care like in Loreto and how do you access it?”

The basics:

There are 3 hospital/clinics in Loreto.

1. ISSTE, it is for government workers.
2. IMMS, is the social security system, so anyone working here, as long as the company is paying into the system, including non-Mexican temporary and permanent residents, can enroll in this system if working for companies who are contributing.
3. INSABI is the third system, created by the government of Mexico to care for people outside of the 2 systems above. At this time it is unclear how we as expats fit into this system.

NOTE: Medicare is not accepted in Mexico. There are health insurance and medical evacuation programs available. One of the best resources for this information is www.mexperience.com.

Located on the highway on the right side into the town is the hospital that expats use for emergency care. There is full time staff in the ER and doctors available, although most have limited English. Payment for services will be CASH ONLY but is very affordable compared to other countries.

X-rays are available by prescription (taken at the hospital) or in cases of emergencies

Ultrasound exams: no prescription is needed.

Dr. Franco— 613 111-0874

Office is located on Misionionaros, left hand side of the street, just before Infonavit. CASH ONLY

Prescription drugs: many of your prescription drugs can be bought in local pharmacies without a prescription.

NOTE: There are no other diagnostic tools available here.

MEDICAL CONCIERGE PROGRAM(MCP)

Dr. Jorge Salinas (general surgeon) and his wife Dra. Carmen Alcantra (OB/GYN) have been in Loreto for 5 years. They have taken on the role as Family Physicians for the community. The MCP was created several years ago by homeowners in Loreto Bay as a means to insure that the doctors could continue to live in Loreto and give everyone peace of mind that there is a doctor available when needed.

This program gives everyone who joins the MCP access to Dr. Salinas and Dra. Alcantra for normal medical care but more importantly EMERGENCY CARE. He speaks perfect English so when anyone finds themselves in an emergency situation he is only a phone call away to treat, manage care and/or interpret for you. He is capable of diagnosing many problems, recognizes skin cancer lesions and can perform most surgeries, his greatest contribution. Should you have an emergency that requires you go to Constitucion or La Paz he will coordinate that with you and your family.

If you are interested in the Medical Concierge program please do the following:

1. See the form that accompanies this article.
2. Call the Medlab (his office) at 613 135-2797 and ask for an appointment for a Meet and Greet to sign up for the program. English is limited at this number so it is helpful to try and speak Spanish. Say in Spanish “quiero una cita con Dr. Salinas”, and if you know days and time in Spanish you’ll be fine when they give you an appointment. If this doesn’t work for you you can text or call him directly, but it’s important to try and communicate with the office in case he’s on an emergency call or in surgery.
3. Once you have signed up PLEASE be cognizant of the fact that as the only general surgeon in town he is on call 24/7. Therefore we ask that when you have non-essential questions or require a medical appointment that you either call Medlab, email him or text his number. Please try to limit calling his number for non-essential care.

MEDLAB:

613 135-2797, located on Ayuntamiento and Independencia.

Doctor appointments and lab work are done at this location. COVID test are also available here.

EMAIL:

<mailto:jl.salinas.palma@gmail.com>

PHONE:

613 118-5493