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# Newsletter

JUNE 2025

**#LOVE<sub>FOR</sub>  
MEXICO**

## UBGA reminds you: **your health is a priority**

At UBGA, we know: Your health also needs a mid-year break! Getting a medical checkup at this stage of the year is key to preventing illness and maintaining your overall well-being.

This is a great opportunity to detect conditions like diabetes, hypertension, or high cholesterol early, as well as follow up on treatments and update your vaccinations. You can also receive medical guidance on mental health, nutrition, and self-care.

Depending on your age and medical history, it's recommended to check your blood pressure, glucose levels, dental, vision, and hearing health, as well as perform lab tests or specific screenings like Pap smears or prostate tests.

Take a break for your health. Prevention is an act of self-love and also a way to be well for those around you. At UBGA, we invite you to prioritize yourself and continue building a year full of health.



# During June

We remain steadfast in our commitment to provide medical care to the most underserved communities through our Free Medical Care Days. This month, thanks to our dedication and collective effort, we achieved the following:

- 7 localities in 1 municipality of the state of Campeche
- 12 localities in 1 municipality of the state of Guerrero
- 5 localities in 1 municipality of the state of Tamaulipas
- 16 localities in 1 municipality of the state of Veracruz
- 21 localities in 6 municipalities of the state of Puebla
- 38 localities in 16 municipalities of the state of Tabasco

Thanks to our teamwork, we provided assistance in family medicine, dentistry, nutrition, cancer screenings with mammograms, and health promotion workshops to help communities stay healthy.



# Our **impact**

The Free Medical Care Days through Mobile Medical Units in the month of June attended to 9,789 people in 6 states of Mexico.

## Campeche

- 1,205** Family medical consultations
- 1,541** Dental interventions
- 124** Ultrasound and electrocardiograms

## Guerrero

- 4,672** Dental interventions

## Tamaulipas

- 363** Family medical consultations
- 579** Dental interventions
- 35** Ultrasound and electrocardiograms

## Puebla

- 939** Family medical consultations
- 1,735** Dental interventions
- 100** Ultrasound and electrocardiograms

## Tabasco

- 3,996** Family medical consultations
- 5,222** Dental interventions
- 347** Ultrasound and electrocardiograms
- 150** Breast cancer screenings

## Puebla

- 1,459** Family medical consultations
- 2,034** Dental interventions
- 131** Ultrasound and electrocardiograms



# Recognition of our

## #LoveforMexico



*"I felt very well cared for by the doctors, who displayed great professionalism and warmth. I sincerely appreciate the work they do."*

**Diana C.**

(Name assigned to protect patient's privacy)

*"Thank you from the bottom of our hearts for your invaluable help and willingness. We look forward to welcoming you back."*

**Mario R.**

(Name assigned to protect patient's privacy)



*"I am truly grateful for the excellent service you provided to our community. It was a very good experience."*

**Luisa M.**

(Name assigned to protect patient's privacy)

*"I'm truly grateful that you came when I needed you most. I trust you'll return soon. Thank you!"*

**Carlos P.**

(Name assigned to protect patient's privacy)



# Be part of our mission



If you are looking for a way to make a real difference in the lives of vulnerable communities in Mexico, we invite you to consider making a donation to our free medical care days. Your contribution, no matter its size, can make a significant impact on the health of each individual. Make your donation through our website: [www.ubga.org.mx/donations](http://www.ubga.org.mx/donations), or make a **DIRECT** donation with the following reference:

**Firm name:**

Un Buen Grupo de Amigos, A.C.

**Clabe:**

012650001990359826

**Account number:**

0199035982

**Bank:**

BBVA Bancomer

**SWIFT/BIC:**

BCMRMXMMPYM

(International deposits)

If you reside abroad, you can make a direct donation using the **SWIFT/BIC** reference provided above, or through the [GlobalGiving](https://www.globalgiving.org) platform to obtain your tax-deductible receipt.



We working in **alliance** with:



GlobalGiving

**Special thanks for  
your generosity!**

Your donation has made it possible for us to continue providing medical assistance to our communities. Your support has been essential in improving the health and well-being of those who need it the most.

Thank you again for making a difference in Mexico!



# Certifications and authorizations

## Nationals

- Member of the Mexican Center for the Philanthropy
- Accreditation in Organization and Transparency
- Certificate of Capacity, Quality, and Security for Medical Care, issued by the Coordination for Quality and Education in Health, from the Health Ministry of the state of Puebla
- Authorized grantee for deductible national donations. Last publication DOF January 03rd 2025
- Authorized grantee for deductible international donations. Last publication DOF January 03rd 2025



## International

- Trace Anti-Bribery Compliance Solution Trace Certification ID: tc7162-5416
- Member of Global Giving
- Certificate of credibility by D&B Record number 812799196





## ¡Take action with us!

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## Contact **Ubga**



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