

# HOUSTON GUIDE





# WELCOME

**THANK YOU FOR CHOOSING HOUSTON METHODIST** as your partner in care. Just like the concierge at a five-star hotel, we are here to help facilitate and coordinate your care at Houston Methodist Hospital and your visit to Houston. The Houston Guide was created to make your stay in Houston as smooth and enjoyable as possible by providing information on transportation, lodging, dining and things to do to help you navigate the city. Please let us know if there was something in particular that you enjoyed during your stay in Houston and would recommend to our future patients.

# ABOUT US

Each year, Houston Methodist
Hospital is privileged to treat
thousands of patients for specialized
medical care from all 50 states and
more than 90 countries around the
world. As one of the world's leading
hospitals, we offer patients a healing
mix of technology, medical innovation,
and human caring. Watch our short
video about the services we offer. Our
patient services departments provide
the following complimentary services:

- Dedicated patient liaisons to assist with appointment scheduling, laboratory testing, hospital registration and billing
- Assistance with travel and lodging options, including airport assistance when needed
- Coordinated services and care throughout your hospital visit
- Access to liaisons during your hospital stay

#### International patients

713.441.2340 | HMG@houstonmethodist.org

#### **Domestic patients**

877.790.3627 | methodistusa@houstonmethodist.org

 Facilitated follow-up communication with your referring doctors for improved continuity of care





# ABOUT HOUSTON

**HOUSTON, THE NATION'S FOURTH LARGEST CITY,** is bustling with culture and energy. Founded in 1836 by Augustus Chapman Allen and John Kirby Allen, today Houston covers 8,778 square miles and has a growing population of roughly 2.2 million.

Houston is an entertaining place to visit. Take the food, for example. Houstonians enjoy the opportunity to try cuisine from all around the world. Regularly captured in articles on websites such as Bon Appetit, Food & Wine, and Saveur, Houston is home to internationally renowned chefs crafting their dishes in more than 11,000 restaurants in the city. We list a few of our patients' favorites in the Indulge section of this guide.

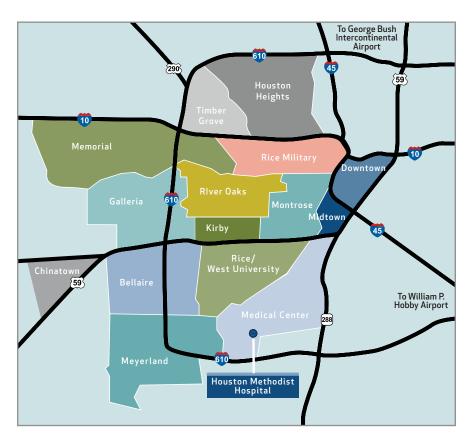
Houston has a thriving arts scene in the theater district with multiple theaters and residential arts organizations like the Houston Ballet, Houston Symphony and Houston Grand Opera. According to Visit Houston, the museum district stakes its claim as the country's fourth largest, with 18 cultural powerhouses set within blocks of one another.

We highly recommend *The New York Times* article 36 Hours in Houston, which highlights things to do in the city when you only have a limited time available.

In short, Houston offers something for everyone. Here are a few other facts and figures according to the City of Houston:

- More than 90 languages are spoken throughout the Houston area.
- Houston is home to the Houston Livestock Show & Rodeo™.
- Houston has more than 40 colleges, university and institutions.
- Houston's professional sports teams play football, baseball, basketball and soccer.

Houston is classified into neighborhoods. We've identified the neighborhood for each of the resources included in this guide. This map will be a useful tool as you navigate your way through the city.





# ESSENTIALS

We identified a few resources that are convenient to the Medical Center and neighborhoods where our patients frequently stay. Please see the list below and if you are in need of another recommendation or another location, please contact your liaison.

LAUNDRY/DRY CLEANING	Fine Cleaners	Madiaal Camban	3116 Telge St. Houston, TX 77054	713.748.6262
	One Hour Fannin	Medical Center	7135 Fannin St. Houston, TX 77030	713.790.1774
	Bell Cleaners	Galleria Area	2906 Fountain View Drive Houston, TX 77057	713.952.8889
	MW Cleaners	Galleria Area	5795 Woodway Drive Houston, TX 77057	713.266.2547
	Clean Smart	Rice/West University	4808 Washington Ave. Houston, TX 77007	832.581.2250
	Custom Cleaners	Area	2446 Bissonet St. Houston, TX 77005	713.529.2990

PHARMACY	Campbell's Compounding Pharmacy This pharmacy offers compounding.		6603 Kirby Drive Houston, TX 77005	713.668.4833
	CVS Pharmacy	Medical Center	9838 Buffalo Speedway Houston, TX 77025	713.218.4490
	Walgreens		6560 Fannin St. Scurlock Tower, 2nd Floor Houston, TX 77030	713.797.1410
	Briargrove Pharmacy This pharmacy offers compounding.		6435 San Felipe St. Houston, TX 77057	713.783.5704
	CVS Pharmacy	Galleria Area	5204 Richmond Ave. Houston, TX 77056	713.961.0874
	Walgreens		5200 Westheimer Road Houston, TX 77056	713.623.0643
	Doyle's Pharmacy This pharmacy offers compounding.		2425 Sunset Blvd. Houston TX 77005	713.526.1771
	CVS Pharmacy	Rice/West University Area	4700 Kirby Drive Houston, TX 77098	713.533.2200
	Walgreens This pharmacy is open 24 hours.		5280 Buffalo Speedway Houston, TX 77005	713.838.7704
	Walgreens	Rice Military	415 Shepherd Drive Houston, TX 77007	713.868.1520
	Walgreens This pharmacy is open 24 hours.	Montrose	3317 Montrose Blvd. Houston, TX 77006	713.520.7777

Rice Military

Montrose

Rice/West University Area

HOUSTON METHODIST LEADING MEDICINE

Galleria Area

Medical Center



# ESSENTIALS

#### **BANKING**

There are many convenient banking options for newcomers to Houston. For those wishing to open a bank account in Houston, you will need to be physically present to open the account, have two forms of personal identification, and proof of a current residence. Many international banks have branches throughout the city. Listed below are a few scattered throughout the neighborhoods.

BANKING	BBVA Compass	Madical Carter	7390 Fannin St. McGovern Commons Building Houston, TX 77030	713.867.2128
	JP Morgan Chase	Medical Center	6560 Fannin St. Scurlock Tower, 1st Floor Houston, TX 77030	713.795.7312
	Bank of America		5348 Westheimer Road Houston, TX 77056	713.993.1620
	Regions	Galleria Area	5251 Westheimer Road Houston, TX 77056	800.734.4667
	Wells Fargo		4906 San Felipe St. Houston, TX 77056	713.871.9967
	Frost	Rice/West University Area	5925 Kirby Drive Houston, TX 77005	713.388.7600
	JP Morgan Chase	Dica Military	5510 Memorial Drive Houston, TX 77007	713.426.1677
	Wells Fargo	Rice Military	5650 Memorial Drive Houston, TX 77007	713.863.0451

SUPERMARKETS	Fiesta Mart (Latin American)	Medical Center	8130 Kirby Drive, Houston, TX 77054	
	Kroger (Supermarket)		7747 Kirby Drive, Houston, TX 77030	
	Target (Supermarket)		8500 Main St., Houston, TX 77025	
	Central Market (Organic)		3815 Westheimer Road, Houston, TX 77027	
	Jerusalem Halal Meats (Middle Eastern)	Galleria Area	3330 Hillcroft St., Houston, TX 77057	
	Randall's (Supermarket)		5161 San Felipe St., Houston, TX 77056	
8	HEB (Supermarket)		1701 West Alabama St., Houston, TX 77098	
GROCERY STORES	Kroger (Supermarket)	Rice/West University Area	5150 Buffalo Speedway, Houston, TX 77005	
	Whole Foods Market (Organic)		4004 Bellaire Blvd., Houston, TX 77025	
	Phoenicia Specialty Foods (Middle Eastern)	Memorial	12141 Westheimer Road, Houston, TX 77077	
	Mama Food Market (Vietnamese & Chinese)	Chinatown	5708 S. Gessner Drive, Houston, TX 77036	
	Thanh Binh Supermarket (Vietnamese & Chinese)	Gilliatowii	11810 Bellaire Blvd., Houston, TX 77072	

Rice Military

Memorial

Chinatown

Rice/West University Area

Galleria Area

Medical Center

# ESSENTIALS

#### **WORSHIP**

Houston is culturally diverse and has an abundance of places to worship. We have listed a few places of worship close to the Texas Medical Center.

		1	
WORSHIP	Almeda Masjid (Muslim)		6923 Almeda Road, Houston, TX 77021
	Annunciation Greek Orthodox Cathedral (Greek Orthodox)		3511 Yoakum Blvd., Houston, TX 77006
	Church in the Center (Nondenominational)		6580 Fannin St., Houston, TX 77030
	New Almeda Mishkah (Muslim)	Medical Center	2222 Mansard St., Houston TX, 77054
	Muslim Prayer Center in Houston Methodist Hospital (Muslim)		6565 Fannin St., Fondren Building, 1st Floor Houston, TX 77030
	The Wiess Memorial Chapel in Houston Methodist Hospital (Multidenominational)		6560 Fannin St., Dunn Tower, Suite 102, Houston, TX 77030
	Bellaire United Methodist Church (Methodist)		4417 Bellaire Blvd., Bellaire, TX 77401
	Berachah Church (Nondenominational)		2815 Sage Road, Houston, TX 77056
	Chabad of Uptown (Jewish)	Galleria Area	4311 Bettis Drive, Houston, TX 77027
	Madrasah Islamiah (Muslim)		6665 Bintliff Drive, Houston, TX 77074
	St. Michael Catholic Church (Roman Catholic)		1801 Sage Road, Houston, TX 77056
	Congregation Emanu El (Jewish)		1500 Sunset Blvd., Houston, TX 77005
	Iglesia Crosspoint Español (Spanish, Non-denominational)		4601 Bellaire Blvd., Houston, TX 77401
	ISGH Islamic Society of Greater Houston (Muslim)		3110 Eastside St., Houston TX, 77098
	Lakewood Church (Nondenominational)	Rice/West University Area	3700 Southwest Fwy, Houston, TX 77027
	St. Vincent De Paul Catholic Church (Roman Catholic)		6800 Buffalo Speedway, Houston, TX 77025
	West U Baptist Church (Baptist, English and Chinese)		6218 Auden St., Houston, TX 77005
	West University Methodist Church (Methodist)		3611 University Blvd., Houston, TX 77005
	(,		





# TRANSIT

There are a multitude of options traveling to and from Houston, as well as within Houston. Below is a list of our preferred travel companies.







#### **PRIVATE CAR**

We have relationships with luxurious and reliable professional car companies who provide VIP treatment to our patients and all of your transportation needs. Please contact them through the following numbers:

- Limo USA 713.227.5466
- Houston Corporate Transportation 877.546.6507
- Ancient Limo 281.802.7013

#### **CAR RENTAL**

Patients of Houston Methodist and your travel companions are eligible for auto discounts through:

- Enterprise Rent-A-Car
   713.520.5558
   Mention reference ID #OSMB06A
   for our preferred rate.
- National Car Rental 888.826.6890
   Mention reference ID #OSMB06A for our preferred rate.

#### TAXI SERVICE

Upon arrival or departure, the approximate cost from Houston Methodist Hospital to Bush Intercontinental Airport (IAH) is \$50 and \$30 to Hobby Airport (HOU). Contact a taxi company directly through the following numbers:

- Lone Star Cab Company 713.444.4444
- United Cab Company 713.699.0000
- Yellow Cab Company 713.236.1111

#### **UBER**

Uber is an app for mobile phones and provides a convenient way to get around the city. Simply download the Uber app to a mobile device, enter payment details, and following the trip, the payment will be virtual (cashless.)

#### **METRO SYSTEM**

Houston has an extensive public transport system which can take riders virtually anywhere in town you want to go. Houston Methodist Hospital is located along the METRORail line at Dryden/Texas Medical Center (TMC) stop.

Please use the following link to access more information on maps and schedules at Houston's METRO system.

# Methodist\*

# INDULGE

#### **RESTAURANTS**

Houston is home to more than 11,000 restaurants, so choosing a place to dine can be an arduous task. To make your stay more enjoyable, we asked our patients for their favorite restaurants in the city. Some restaurants will require a reservation and this can be achieved by calling the restaurant directly or online through Open Table.



Taste of Texas
Memorial | \$\$\$
Pappas Bros. Steakhouse
Downtown & Galleria
\$\$\$\$\$
Rainbow Lodge
Heights | \$\$\$\$
Vic & Anthony's Steakhouse

Downtown | \$\$\$\$\$



Goode Company Barbeque
West University | \$\$\$
Jackson Street Barbecue
Downtown | \$\$\$
Roegels Barbeque
Galleria | \$\$\$
Killen's Barbeque
Pearland | \$\$\$



Helen Greek Food & Wine Rice | \$\$
Niko Niko's
Montrose | \$\$
Aladdin Mediterranean
Cuisine
Montrose | \$\$
Yia Yia Mary's Kitchen
Galleria | \$\$



Hugo's
Montrose | \$\$
Caracol
Galleria | \$\$
Teotihuacan
Heights | \$
Cyclone Anaya's
Rice | \$\$



Mala Sichuan Bistro
Montrose | \$\$\$
Confucius Seafood
Restaurant
Bellaire/Chinatown | \$\$
Cooking Girl
Montrose | \$\$\$
Ginger & Fork
Rice Military | \$\$\$



Café Rabelais
Rice | \$\$\$
Brasserie 19
River Oaks | \$\$\$\$
L'Olivier Restaurant & Bar
Montrose | \$\$\$
Artisans
Midtown | \$\$



Tony's
Kirby | \$\$\$
Divino Italian
Montrose | \$\$
Coltivare
Heights | \$\$
Coppa Osteria
Rice | \$\$



Kirans
Kirby | \$\$
Indika
Montrose | \$\$
The Bombay Brasserie
Rice | \$\$
Pondicheri
River Oaks | \$\$

# INDULGE





Uchi
Montrose | \$\$\$
Kata Robata
Kirby | \$\$
Uptown Sushi
Galleria | \$\$
Azuma
Rice | \$\$



Star Pizza
Kirby | \$\$
Pizza Solario
Kirby | \$\$
Grimaldi's Pizzeria
Memorial | \$\$
Ciao Bello
Galleria | \$\$



Lupe Tortilla
Kirby | \$\$
Pappasitos Cantina
Medical Center | \$\$
El Tiempo Cantina
Montrose | \$\$
Ninfa's on Navigation
Downtown | \$\$



Kenny & Ziggy's New York
Delicatessen
Galleria | \$\$
Katz's Deli
Montrose | \$\$
Les Givrals
Midtown | \$
Maine-ly Sandwiches
Kirby | \$



Fadi's Mediterranean Grill (Halal)
Meyerland | \$\$
Istanbul Grill
Rice | \$\$
Kasra Persian Grill
Galleria | \$\$
The Afghan Village (Halal)
Bellaire | \$\$



Reef
Midtown | \$\$
Eddy V's Prime Seafood
Kirby | \$\$\$
Pappadeux Seafood Kitchen
Medical Center | \$\$
Saltair
Kirby | \$\$\$



Vieng Thai
Spring Branch | \$\$
Songkran Thai Kitchen
Galleria | \$\$
Thai Cottage
Kirby | \$\$
Nidda Thai
Montrose | \$\$



Latin Bites
Galleria | \$\$
Artista
Downtown | \$\$
Churrascos
Montrose | \$\$
Americas
River Oaks | \$\$\$



# REJUVENATE

#### SHORT STAY HOTELS

We have partnered with luxurious and boutique hotels that are close to the Texas Medical Center. Please remember to mention "Houston Methodist Global Health Care Services" at the time of booking or use the applicable code for special rates.

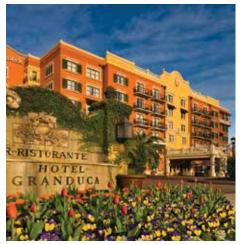


Photo courtesy of Hotel Granduca.

# Galleria Hotel Granduca

1080 Uptown Park Blvd., Houston, TX 77056

Located in the heart of Uptown Park near the Galleria, the property is reminiscent of a private Italian villa. Our collection of 122 rooms and suites are designed to reflect the comfort of home and feature luxurious amenities combined with Italian accents. In-room amenities include balconies overlooking the property's pool and gardens, small sitting areas, full kitchens, walk-in closets, Acqua di Parma toiletries and flat screen HDTVs. Additional features within the hotel include the award-winning Ristorante Cavour, which highlights northern Italian cuisine combined with seasonal offerings; Salone Rialto, a stunning private event space; a beautiful courtyard and pool oasis with adjacent fitness facilities, as well as four state-of-the-art conference rooms available for business or personal use.

Reservations available online or through 888.472.6382.

Please state "Houston Methodist Global Health Care Services" or use corporate code "MET" to receive our preferred rate.

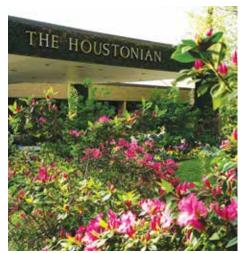


Photo courtesy of The Houstonian

#### Galleria

#### The Houstonian

111 North Post Oak Ln., Houston, TX 77024

A Houston hotel that radiates welcome and warmth from the moment you arrive. The Houstonian is situated on an 18-acre wooded oasis in the heart of a bustling metropolis. One of Houston's historic gems, the hotel is known for its grace, comfort and unparalleled guest experience. Located only minutes from the Houston Galleria, museums and Memorial Park, The Houstonian offers a rare opportunity to escape into the city — not from it. The Houstonian is a charming hotel with floor-to-ceiling wooded views that envelope guests in a natural environment while offering the modern amenities and comforts of home.

Reservations available online or through 800.231.2759.

Please state "Houston Methodist Global Health Care Services" or use corporate code "HMGH" to receive our preferred rate.



# REJUVENATE

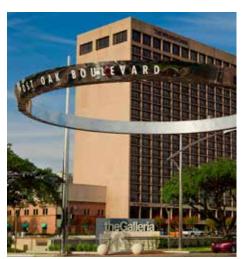


Photo courtesy of The Westin Galleria Houston.

#### Galleria

#### The Westin Galleria Houston

5060 West Alabama St., Houston, TX 77056

With endless shopping, dining, and entertainment just steps away, The Westin Galleria Houston is the ideal Houston hotel for today's affluent business and leisure travelers offering comfort, convenience and a great location. Connected to the Galleria shopping center, our AAA Four-Diamond Houston Galleria hotel is designed to help you feel balanced and inspired — feelings we hope remain throughout your stay, and long after. Unwind at our Houston Galleria restaurant, the White Oaks Kitchen + Drinks serving simple ingredients with a modern twist. Whether you are indulging in breakfast, lunch or dinner, you are sure to find your new favorite dish.

Reservations available online or through 888.627.8514. Please state "Houston Methodist Global Health Care Services" or use corporate ID "428379" to receive our preferred rate.

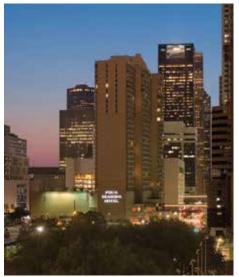


Photo courtesy of the Four Seasons Houston.

#### **Downtown**

#### Four Seasons Houston

1300 Lamar St., Houston, TX 77010

Located in the heart of bustling downtown and within walking distance of entertainment and sporting venues, restaurants and parks, Four Seasons Houston offers luxurious accommodations and unrivaled hospitality. Our 464 rooms, including 115 hotel suites and 64 luxury residences, provide guests with the ultimate home away from home experience. Perfect for an extended stay or a weekend getaway, we offer an array of rooms, suites and residences. Our spacious one- and two-bedroom residences feature a full kitchen equipped with stainless steel appliances, expansive living and dining areas and all the included Four Seasons Houston amenities such as twice-daily housekeeping, complimentary house car service, 24-hour concierge and much more. Additional offerings within the property include a multi-million dollar newly renovated Spa & Fitness Center adjacent to a resort-style pool; authentic Italian cuisine at in-house restaurant Quattro; and complimentary shuttle service to the Galleria, Texas Medical Center and Downtown.

Reservations available online or through 800.734.4114. Please state "Houston Methodist Global Health Care Services" or use corporate ID "METHOD" to receive our preferred rate.



# REJUVENATE

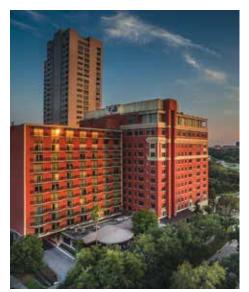


Photo courtesy of Hotel ZaZa

# Medical Center Area/Museum District Hotel ZaZa

5701 Main St., Houston, TX 77005

Situated in the heart of the vibrant Museum District, world-renowned Texas Medical Center and thriving downtown central business district, Hotel ZaZa is an unexpected feast for the senses.

Reservations available online or through 713.526.1991. Please state "Medical Rate" to receive our preferred rate.



Photo courtesy of the Houston Marriott Medical Center Hotel.

# Medical Center Houston Marriott Medical Center Hotel

6580 Fannin St., Houston, TX 77030

Located in the heart of the internationally recognized Texas Medical Center, our hotel is the ultimate destination for guests seeking a community of healing, learning and discovery. Just steps to Houston's METRORail, our Houston hotel is convenient to NRG Stadium, the Houston Museum District, Hermann Park, Midtown, Downtown, Upper Kirby, Rice Village and Rice University. Relax in our stylish guest rooms and suites, and satisfy your appetite with innovative food and drink at our restaurant and lounge. If you're planning an event here in Houston, you'll be delighted with our 8,758 square feet of event space, including the magnificent Grand Ballroom. Designed to meet your every need, visit the Houston Marriott Medical Center hotel and let us host you brilliantly.

Reservations available online or through 713.796.0080. Please state "Medical Rate" to receive a special discounted rate.

# Methodist\*

# REJUVENATE

#### **EXTENDED STAY OPTIONS**

For those patients who will be with us for more than 30 days, we highly recommend staying in an apartment within close proximity to the hospital. There are many options with close access to the METRORail line and/or shuttle service to the Texas Medical Center. Consider your transportation needs when making your selections. We have relationships in place with the following companies:



Photo courtesy of Murphy's Corporate Lodging.

Comfortable Home Furnished Apartments | 713.487.7990 Quote "Houston Methodist Global Health Care Services" for our preferred rates.

Four Seasons Extended Stay | 713.652.6253 Quote "Houston Methodist Global Health Care Services" for preferred rates.

Murphy's Corporate Lodging | 800.845.1574 Quote "Houston Methodist Global Health Care Services" for preferred rates.

#### **SPAS**

Rest, relax and rejuvenate during your visit to Houston at one of the city's many top-notch salons and spas. From hotel retreats to nail spas and makeup salons, Houston is full of beautifying escapes and stress-relieving sanctuaries. Want to know where to go to unwind? The possibilities are endless so sit back, relax and choose one of our favorites.



#### Galleria Area

- Trellis The Spa at The Houstonian
- Fior
- Mokara The Spa at the Omni Hotel

#### Rice/West University Area

- ZaSpa —The Spa at Hotel ZaZa
- Dolce Vita Day Spa
- Sanctuary Spa



# EXPERIENCE



#### **GALLERIA**

Houston is fortunate to have Texas' largest shopping center with over 400 stores and over 50 restaurants to enjoy. With multiple amenities, the Galleria is a must see including an ice rink, children's play areas, swimming pools, banks, salons, and high end shops. According to the Galleria website, more than 30 million people visit the shopping center each year. Please visit the website for an in depth list of each store.



#### RICE VILLAGE

Rice Village is a beautiful outdoor district containing boutique shops, restaurants, and options for entertainment. Located close to the Medical Center, Rice Village is a preferred option for our patients and offers a truly unique experience.



Photo courtesy of the Houston Museum of Natural Science.

#### **MUSEUMS**

Houston is home to the Museum District which holds 19 cultural powerhouses set within blocks of one another. Located between the Medical Center and downtown Houston, the museum district offers an abundance of culture for Houstonians and visitors from out of town. For more details about our museums, discount offers, exhibit openings and events, visit the Houston Museum District website.



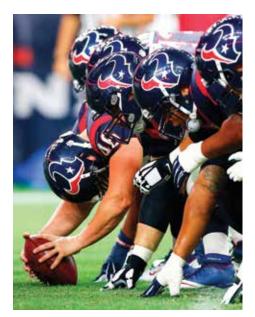
Photo courtesy of the Hobby Center

#### **THEATERS**

According to the Theater District website, the district features nine world renowned performing arts organizations, and multiple smaller companies who perform in four centers throughout the district. Conveniently located around the corner is Bayou Place which has cinemas, restaurants and other family filled activities to enjoy.

# Methodist\*

# EXPERIENCE



#### **SPORTS**

Houston is fortunate to have great weather year round, which lends itself to sports that Houstonians can't get enough of.

Here are the professional teams:

- Our professional football team is the Houston Texans, playing at NRG Stadium.
- The Houston Astros play professional baseball at Minute Maid Park.
- The Houston Dynamo and Dash play professional soccer at BBVA Compass Stadium.
- The Houston Rockets play professional basketball at the Toyota Center.

Here are the college and university teams:

- Rice University Owls
- Houston Baptist University Huskies
- Texas Southern University Tigers
- University of Houston Cougars

For tickets to many of the games for the teams listed above, visit Ticketmaster.



#### NASA

The Lyndon B. Johnson Space Center in nearby Clear Lake brings in visitors from around the world. The Center is home to NASA's Mission Control, the command and communication center for manned space flights. Space Center Houston, the visitors' center with exhibits and hands-on activities, hosts nearly a million visitors each year.

#### **KEMAH BOARDWALK**

The Kemah Boardwalk features restaurants, shops, and amusements for visitors. Only 20 miles from Houston, Kemah Boardwalk is a great getaway from the city.



#### THINGS TO DO

There are many forums to learn about the current offerings this wonderful city has to offer; here are a few of our favorite websites to see what's planned during your stay:

- Visit Houston
- 365 Things to do in Houston
- Houston Press
- Ticketmaster



Houston Methodist Global Health Care Services

#### International patients

6560 Fannin St. Scurlock Tower, Suite 570 Houston, TX 77030 713.441.2340 houstonmethodist.org/global

#### Domestic patients

6560 Fannin St. Scurlock Tower, Suite 220 Houston, TX 77030 877.790.3627 houstonmethodist.org/usa

