



"Healthcare Without The Middleman"

More Doctor, Less System

Meet Dr. Zane Ahmed, DO

Providing Telehealth Services to Mohave County and All of Arizona
Accepting New Patients Today

- I founded Saguardirect Care to bring medicine back to its intended purpose: personal, evidence-based, and relationship-driven.
- After years working within traditional healthcare systems, I saw how insurance barriers and rushed visits often stood in the way of meaningful care. I created a direct primary care virtual practice to give patients something different: time, access, and a physician who truly listens.
- With Direct **Primary Care**, we form a private and affordable cash contract with our patients. This excludes insurance companies from routine care discussions, reserving them for true medical emergencies.
- Whether you're managing a chronic condition, optimizing your health, or simply looking for a doctor who knows you personally, my goal is simple: to provide personalized care built around you.

[Read More](#)



Our Services

Direct Primary Care

Comprehensive Care with Direct Access to your Physician



Weight Loss

Physician-guided Weight Loss program with GLP-1 therapy



Diabetes Reversal Program

A Path to Balance, One Step at a Time.



Hormone Optimization

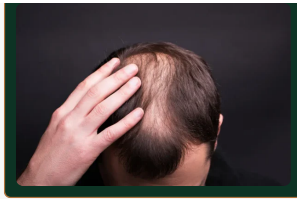
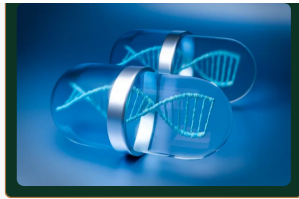
Restore Energy, Focus and Vitality for Men and Women

Hair Restoration

Medical Hair Regrowth with Prescription Therapy

Advanced Diagnostic Testing

Comprehensive Testing beyond Standard Panels



Introducing Our New Mental Health Program

- Mental health care will soon be part of the Saguaro Direct Care experience. Coming June 2026.
- We're proud to welcome **Dr. Sumbal Akhter, DO**, whose compassionate approach and clinical experience help patients feel heard, supported, and empowered.
- Offering comprehensive psychiatric evaluations and treatment for depression, anxiety, PTSD, OCD, **ADHD**, sleep issues and more.

[Learn More](#)

What's Included In Your Membership

- Virtual care for common medical conditions.
- Directly message your doctor at any time. No NPs, PAs, or Secretaries.
- Connect via text, phone and video visits through Spruce (HIPAA secure).
- Same-day or next-day telehealth visits. No waiting rooms.
- Preventive care & Lifestyle guidance with personalized plans.
- Chronic Disease Management.
- Medication management and refills.
- Discounted labs at LabCorp and Sonora Quest through our Fullscript partnership.
- Imaging orders at a reduced cash rate.
- Specialist and Home health referrals.
- Home doctor visits for Lake Havasu City patients.
- 30% off high quality supplement brands through our Fullscript partnership.

[Frequently Asked Questions](#)



The Direct Primary Care Difference

Traditional Primary Care

- 10-15 minute visits with long wait times
- Limited Access to your doctor
- Insurance Driven
- Copays, Co-insurance, and deductibles
- Large Monthly Premium payments
- Surprise bills

Saguaro Direct Care

- 45-60 minute visits with zero wait time
- Direct Access to your doctor via phone, text, email, or video.
- Patient Driven
- No Copays, No Co-insurance, No deductibles
- Affordable monthly premium & transparent pricing
- No Surprise bills

What Patients Are Saying



Joseph Bombardier



Samantha Rice



Brian Roberts



Toni Day



This service and Dr. have went above and beyond all expectations. Will definitely continue as a member of this...

[Read more](#)

I honestly can't say enough positive things regarding Dr Ahmed with Saguaro Direct Care. I recently had a serious hospital...

[Read more](#)

Dr Ahmed is great. He genuinely is concerned when you have a problem. Our first consultation was very thorough and in-depth...

[Read more](#)

Dr Ahmed is awesome. He really cares about his patients. He takes the time to listen and create a plan to better your health. He...

[Read more](#)

Get In Touch

Have a question or ready to get started? Send a message below and we'll get connected.

Let's Connect

-  (928) 813-3685
-  (928) 882-6975 (Psychiatry Services)
-  (928) 268-0240
-  Admin@saguarodirectcare.sprucecare.com
- Now Accepting New Patients
- Serving Mohave County & All of Arizona



Quick Links

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Locations

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- [Kingman Telehealth & Weight Loss](#)
- [Parker Arizona Concierge Medicine](#)
- [Fort Mohave Mental Health & Telepsychiatry](#)

Contact Info

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