



Wellness and supportive care

Helping you live a healthy life





Our main focus is wellness

Our focus is on helping you live a healthy life. We're here to help you reach your health goals. Most importantly, we want to make sure you get the quality care you need.

Supportive care for you

Wellness and supportive care is extra care for you at home.

Living with a chronic health condition can be tough. Our dedicated supportive care team will work with you and your doctor. We'll work together to make sure you can continue enjoying your daily activities at home.

Working with you

If you have any change in your symptoms, you now have 24/7 access to a team who can help you right away. We take care of you by:

- Scheduling your appointments
- Delivering medicine and medical supplies
- Arranging your transportation
- Setting up home services, like nurse visits, physical therapy and more

Who can benefit

Supportive care services are for patients who need specialized medical care for chronic health conditions. Call us for help with:

- Heart problems
- Lung disease
- Kidney disease
- Liver problems
- Cancer
- Dementia/Alzheimer's
- Managing symptoms of other health conditions

Testimonials

"I was able to go to my granddaughter's graduation because of the support I got to stay well."

— **Debbie Garcia**, Downey, CA

"I'm grateful to get more help in my home."

— **Calvin Wells**, Long Beach, CA

For more information on wellness and supportive care, call the Optum Care Network–AppleCare supportive care department at: 1-714-452-5007, TTY 711.

Frequently asked questions

Q: May I continue seeing my primary care doctor and specialists?

A: Yes. We encourage you to continue seeing your doctors. Our supportive care team will work with your doctors to get you the care you need.

Q: What if I cannot physically go see my doctor?

A: The supportive care team can provide regular visits at home and report back to your primary care doctor and specialists.

Q: Can I continue getting home health services?

A: Yes. Your home health services will not be interrupted.

Q: How long can I get supportive services?

A: You can get supportive care for as long as you need.

Q: What if I get admitted to the hospital?

A: Our goal is to help you maintain your care at home. However, if you are admitted to the hospital, our supportive care team can visit you at the hospital as needed.



The company does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.

We provide free services to help you communicate with us. This includes letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 1-800-460-5051.

ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-800-460-5051.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：1-800-460-5051。

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