



# CareMore Care Centers

**Southern California**

Los Angeles, Orange & San Bernardino  
Counties

**There's nothing quite like a CareMore Care Center...** warm, welcoming and inclusive. It's a refreshingly different approach to getting care. And, only CareMore members can enjoy the special preventive, clinical and social programs offered at these centers.

CareMore Care Centers are designed to help make getting health care easy for you — and to help you coordinate your care with your personal doctor and other health care providers. You'll get the individualized attention you deserve and programs to help you feel your very best. Plus, you'll gain access to nationally recognized medical care from a team of clinicians focused on your needs. All under one roof.

Most programs and services (including specialist visits) are a \$0 copay at CareMore Care Centers.

Visit the CareMore Care Center in your neighborhood. You may be pleasantly surprised to discover the breadth of their results-oriented, purposeful, personal programs and services!

## Among Our Specialized Programs:

- **Healthy Start** is a comprehensive health assessment including a prescription medication consultation, balance assessment, vision and hearing acuity check, physical mobility evaluation, on-site lab testing.
- **Healthy Journey** offers members of CareMore Special Needs Plans (CareMore Heart, CareMore Breathe, CareMore Diabetes, CareMore Reliance, CareMore Touch) with an annual head-to-toe assessment. It includes a medical evaluation, physical exam, medication review, on-site labs and more.
- **Diabetes Prevention Program** offers members at risk of developing diabetes a structured 6-month program of making healthy lifestyle choices – motivation, weight management, healthy eating and exercise.
- **Diabetes Education and Management** provides information and assistance with controlling blood sugar through nutritional education, health and wellness classes, support groups and access to a toll-free helpline.
- **Fall Prevention Program** helps identify important lifestyle changes you can make in your daily routine and your home to reduce the potential for falls. Not available at all locations.
- **Electronic High Blood Pressure Monitoring** (for those who qualify) is available in your own home.
- **Routine Foot Care** includes foot examination and toenail trimming. Additional services provided upon referral. Not available at all locations.

See our list of CareMore Care Center locations on the back.



# CareMore Care Center **Locations**

**Southern California:** Los Angeles, Orange & San Bernardino Counties

<b>Location</b>	<b>Address</b>	<b>Phone Number</b>
<b>Los Angeles County</b>		
Downey	10000 Lakewood Blvd., Downey, CA 90240	(562) 862-3684
East LA	3513 E. 1st St., Los Angeles, CA 90063	(323) 859-2660
Glendale	406 E. Colorado St., Glendale, CA 91205	(818) 844-2778
La Mirada	15034 Imperial Hwy., La Mirada, CA 90638	(562) 902-4929
Lawndale	15230 Hawthorne Blvd., Lawndale, CA 90260	(424) 269-3600
Long Beach	4540 E. 7th St., Long Beach, CA 90804	(562) 344-1150
Los Angeles	303 S. Union Ave., Los Angeles, CA 90017	(213) 355-2600
Montebello	2444 W. Beverly Blvd., Montebello, CA 90640	(323) 201-4130
Pico Rivera	9330 Washington Blvd., Pico Rivera, CA 90660	(562) 205-4200
West Covina	301 N. Azusa Ave., West Covina, CA 91791	(626) 214-2600
Whittier	9209 Colima Rd. #1000, Whittier, CA 90605	(562) 696-1104
<b>Orange County</b>		
Anaheim	1182 N. Euclid St., Anaheim, CA 92801	(714) 399-9222
Brea	420 W. Central Ave. #A, Brea, CA 92821	(714) 529-3971
Placentia Linda	1325 N. Rose Dr. #102, Placentia, CA 92870	(714) 203-1767
Santa Ana	1945 E. 17th St. #101, Santa Ana, CA 92705	(714) 888-8900
<b>San Bernardino County</b>		
Apple Valley	19059 Bear Valley Rd., Apple Valley, CA 92308	(760) 515-5000
Hesperia	17083-17085 Main St., Hesperia, CA 92345	(760) 981-1284
Upland	141 W. Foothill Blvd., Upland, CA 91786	(909) 296-8800

Call Member Services at **1-800-499-2793, TTY 711**, 8 a.m. to 8 p.m. seven days a week (except Thanksgiving and Christmas) from October 1 through February 14, and Monday – Friday (except holidays) from February 15 through September 30.

**[www.caremore.com](http://www.caremore.com)**

CareMore Health Plan is an HMO/HMO SNP plan with a Medicare contract. Enrollment in CareMore Health Plan depends on contract renewal.