

# What Are Palliative Care Services?



Palliative care services can help members feel better and manage their illness with support from a health care team. This care helps with pain, stress and other problems. It also supports members' families. Members can get this care at any time, even while getting other treatments.



## CalOptima Health OneCare Complete (HMO D-SNP) palliative care services include:

- **Advance care planning**  
Helps the member make choices about the kind of care they want in the future.
- **Palliative care assessment and consultation**  
Checks the member's health to understand what care they need.
- **Plan of care**  
Considers the member's needs and wishes.
- **Palliative care team**  
Works together to support the member. The care team has regular meetings to talk about how to help the member.
- **Care coordination with an Interdisciplinary Care Team (ICT)**  
Makes sure everyone is helping the member in the best way to manage their illness and coordinates with the member's primary care provider (PCP).
- **Pain and symptom management**  
Helps the member feel better by treating pain and other symptoms.
- **Mental health and medical social services**  
Refers the member to mental health providers to support feelings, stress and other life challenges.

## Members must have at least one of these disease conditions to qualify:



Congestive heart failure (CHF)



Advanced cancer



Chronic obstructive pulmonary disease (COPD)



Liver disease

Talk to your PCP today to see if palliative care services are the right fit for you or your loved one's health care needs. Your doctor can submit a referral to get these services.

