

Health Plan Services



Contact Information: 1-800-624-8822

www.pacificare.com

Doctor Referral Required? No

Services:

- 1. Advance to Wellness & Fitness Program:** *This program was designed to help members develop and maintain a sense of control over their health. Members receive a fitness center membership at no extra cost.*
- 2. Care Coordination Program:** *These programs are designed to support the decisions made by plan members and their doctors, as well as to contribute to the success of the plan member's treatment.*
- 3. Hearing Services:** *Depending on the plan, members can receive hearing benefits such as free hearing tests, discounted or free hearing aids, and even discounts on hearing aid batteries.*
- 4. Alternative Care Services:** *Members can receive discounts on chiropractic care, alternative care, and massage therapy services. In addition, some plans include covered acupuncture, routine chiropractic, and massage therapy visits.*
- 5. Respite Care:** *Certified nurse aides or home health aides can assist with bathing, dressing, and light meal preparation, as well as provide companionship while the caregiver is away.*
- 6. Other programs include:** *Disease Management, Health Education Seminars, Nutrition Services, Taking Charge Programs, such as Diabetes, Depression, Doctor visits and Heart Health; Smoking Sessation program, Caregiver Program, Special Care for Nursing Home Residents, Personalized Customer Service, Nurse hotline, Magazines.*