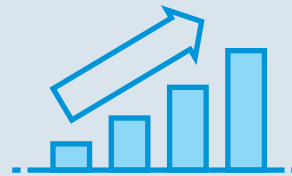


Blue Shield of California's Palliative Care Program

Improving the lives of those with serious illness



Serious illness affects people of all ages who may live for months or years.



Today, more than **12 million Americans** live with serious illness. This number is likely to double by 2040.¹



Palliative care (pronounced pal-lee-uh-tiv) is patient- and family-centered care that focuses on **quality of life**. It eases the discomfort of serious illness by addressing the member's physical, emotional, social and spiritual issues. Palliative care is appropriate at any stage of a serious illness and can be combined with ongoing curative treatments.

What?	Where?	Who?
<ul style="list-style-type: none"> • Treatment decision and support • Care plan development and shared decision making • Home-based palliative care visits – in person and via video conferencing • Medication management and reconciliation • Psychosocial support for mental, emotional, social, and spiritual well-being • 24/7 access to help and support • Caregiver support 	<p>Throughout California wherever the person needs or wants them:</p> <ul style="list-style-type: none"> • In the home • In clinics in all metropolitan areas • In all large hospitals • Via phone or video in rural areas • In many nursing homes 	<ul style="list-style-type: none"> • Doctors • Nurses • Social workers • Chaplains • Home health aides • Other specialists



Palliative care may reduce unnecessary hospital and ER visits.²

48

48 contracted home-based palliative care providers cover all 58 California counties.

For more information, visit blueshieldca.com/palliativecare.

Sources: ¹Commonwealth Fund 2016, ²Journal of Palliative Medicine