

Personalized Care Designed Around You



CareMore Care Centers

San Bernardino County, CA

Get the individualized care you deserve from a highly trained team of clinicians and staff who work closely with your primary care provider (PCP). As a CareMore Health patient, you will have access to nationally recognized programs and services to help you live your best life.

Comprehensive Care When You Need it Most

If you suffer from one or more chronic conditions, CareMore will help you manage these conditions through:

Healthy Start™ a comprehensive health assessment including a medication review and consultation, balance assessment, physical mobility evaluation, on-site lab testing, preventive screening, referral to specialty care and behavioral health assessment.

Nationally recognized prevention and disease management programs to keep you healthy and help you manage chronic conditions.

Fitness classes - both in person and virtually through Nifty After Fifty®

Healthy Journey an annual head-to-toe assessment for returning patients. It includes a medical evaluation, physical exam, on-site labs and more.

Care wherever you are - in your home, at the CareMore Care Centers or by video or phone.

Medication review and consultation to make sure you're taking the prescriptions you need and taking them correctly to get the best result from your medication.

In-house primary care physicians who will give you the time and attentive care you deserve.

CareMore Anytime | 1-800-589-3148

Available in English and Spanish in CA, AZ, NV and VA

Current patients: connect to a CareMore clinician 24 hours a day, 7 days a week



Care Center Locations:

San Bernardino County, CA



Apple Valley Care Center

19059 Bear Valley Rd
Apple Valley, CA 92308

760-515-5000



Upland Care Center

141 W Foothill Blvd
Upland, CA 91786

909-296-8800



KEY: Specialty Services Offered

-  Primary Care Providers
-  Behavioral Health
-  Nutrition
-  On-site Labs
-  Pharmacy
-  Routine Podiatry

Call a CareMore Care Center for hours of operation.

[CareMore.com](https://www.caremore.com)

