



Personalized healthcare designed just for you

Your health needs are as unique as you are. Your dedicated Carelon Health care team of doctors, nurses, and other care providers takes the time during your care appointments to get to know you and your health. We support your personal needs and concerns, and together with your primary care doctor, we ensure you get the right care, at the right time and place. We create exceptional care experiences that help you navigate your health and improve your quality of life.

Care that supports your health journey

We are the leaders of a comprehensive, innovative approach to healthcare — one that builds a supportive care team around each patient, in their most comfortable setting:

Healthy Start™ is your first step to better health. This complete head-to-toe checkup for new patients includes preventive screenings; on-site lab testing; a medicine review; a closer look at your behavioral health, movement, and balance; and referrals to specialty care, if needed.

Primary care doctors who will give you the time and attentive care you deserve.

Nationally recognized prevention and disease management programs can keep you healthy and help you manage health conditions.

Healthy Journey is a complete checkup Carelon Health patients receive every year that includes a medical evaluation, physical exam, and more. Your personalized care plans are also updated as needed.

Medicine review and consultation to make sure you're taking the prescriptions you need and taking them correctly to get the best result for your health.

Care where and when you need it — in our care centers, virtually, or at home.

Fitness classes are available both in person and virtually, through Nifty After Fifty®.

New name effective in 2024



Carelon Health Care Centers: San Bernardino County, California

Call a Carelon Health Care Center for its hours of operation.

Carelon Health Apple Valley

19059 Bear Valley Road #A
Apple Valley, CA 92308

760-515-5000



Carelon Health Upland

141 W. Foothill Blvd.
Upland, CA 91786

909-296-8800



Visit us at
[carelonhealth.com](https://www.carelonhealth.com)

SCAN HERE

Specialty services offered



Primary care doctors



On-site laboratories



Routine podiatry



Behavioral health



Nutrition



Pharmacy