

## Aspire Health telehealth palliative care program for Medicaid members in need of telephonic palliative care

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The Aspire Health\* telehealth program provides an additional layer of telephonic support to Anthem HealthKeepers Plus members facing a serious illness. The program is focused on helping ensure patients understand their diagnosis, facilitating conversations with patients and their families around the patient's goals of care, and helping ensure patients receive care aligned with their goals and values.

The program begins with an initial 30- to 60-minute telephonic assessment by a specially trained Aspire social worker with the conversation focused on building rapport and completing a comprehensive assessment, including understanding the patient's perception of his or her illness and current treatment plan. Follow-up calls occur every 2 to 4 weeks, typically lasting 15 to 45 minutes, with the exact frequency based on a patient's individual need. Aspire's social worker is supported by Aspire's full interdisciplinary team of board-certified palliative care physicians, nurses and chaplains who provide additional telephonic support to patients and their families as needed.

Patients enrolled in the telehealth program have access to Aspire's 24/7 on-call support. The average patient is enrolled in the program 6 to 8 months, with key outcomes being the ability for patients to *teach-back* their current medical situation, articulate their health and quality-of-life goals, and establish a future care plan through either the completion of advance care planning documents and/or a transition to hospice when appropriate.

More information is available at [www.aspirehealthcare.com](http://www.aspirehealthcare.com) or by calling the 24/7 Patient & Referral Hotline at **1-844-232-0500**.

\* Aspire Health is an independent company providing telephonic palliative care services on behalf of HealthKeepers, Inc.

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