



Description of Membership Services

Personal Wellness Coordinator: When you join Sun Health at Home, you will receive the support of a wellness coordinator, who will get to know you personally — your likes, dislikes, lifestyle, needs and preferences. The coordinator will work with you to create a plan that helps you stay healthy and independent in your own home. Whatever your situation might be, your wellness coordinator will act as your partner and personal advocate, making sure you are prepared, you are aware of your options, your wishes are followed and you always have the care and services you need. Maintaining your independence is the most important focus of the Sun Health at Home program.

Health and Wellbeing Services: Members receive Gold membership to the Sun Health Center for Health & Wellbeing. Gold member privileges include a health-risk assessment, nutrition review, fitness-plan development, pharmacist medication review, health coaching, exercise classes and discounted rates for massage and acupuncture services.

In-Home Functional and Safety Assessment: Your wellness coordinator will conduct an annual evaluation to assess your functioning and safety within your home and to recommend for appropriate modifications needed to keep you safe.

Referral Services: Sun Health at Home can assist you in identifying reputable and recommended providers for services such as home maintenance, landscape maintenance, legal assistance, financial planning, and rental of medical equipment.

Coordination of Benefits: In addition to coordinating medical and non-medical services to meet your needs, your wellness coordinator will help you understand your options and coordinate benefits you already have in place, including Medicare or other medical insurance and long-term care insurance.

Personal Emergency Response System: An emergency response system is provided to give you peace of mind while in your home and on the go. Using GPS technology, with the simple touch of a button, you can speak directly to a response agent for assistance.

Medication Management Services: We will coordinate services to assist with managing your medications, such as filling pillboxes on a regular basis if needed.

Transportation Coordination: Transportation is provided to and from medically necessary outpatient procedures. Other transportation needs, such as routine physician appointments, are not covered by Sun Health at Home, but may be arranged by your wellness coordinator.

Supportive Home Technology: Your wellness coordinator may recommend supportive technology to help you live independently, such as devices that provide medication reminders, dispense medications or provide remote monitoring of health symptoms.

Nutritional Support/Meals: Your benefits include two meals per day, which may be prepared by a caregiver or delivered to your home, when you are unable to prepare meals due to illness or injury.

Guest Privileges: Members have select guest privileges at Sun Health Senior Living's resort-style Life Care retirement communities — The Colonnade, Grandview Terrace and La Loma Village. These activities include monthly social, cultural and dining opportunities.

Companion Services: Services may include regular phone calls, visitation, medication reminders and assistance in attending to appointments and errands when needed.

Homemaker Services: Your wellness coordinator will arrange assistance with day-to-day chores in the home such as cooking, dishwashing, laundry, light housekeeping and errands.

Personal Care Aide Services: Your wellness coordinator will arrange assistance with bathing, dressing, nutritional needs, preparing meals, shopping, light housekeeping, and other needs related to activities of daily living.

Home Health Aide/Certified Nursing Assistant: An in-home aide to care for your health needs will be provided if needed.

Adult Day Health Programs: Meals, activities and transportation to and from a local program that offers adult day health services are included.

Assisted Living, Memory Support and Skilled Care Facilities: Should you require care in an assisted living, memory support or skilled care facility, your wellness coordinator will arrange and provide support to ensure your transition is as seamless as possible. Your wellness coordinator will continue to visit and serve as an ongoing advocate wherever you call home.

