

ABOUT US

SIGNAL HEALTH GROUP

Signal Health Group's mission is to provide home-based medical and non-medical services to elderly, disabled population. We provide full comprehensive care services including personal care, home health, hospice care, and wellness & mental health services.

Our company's core principles are Honesty, Integrity, Teamwork, Passion, and Caring Customer Service.



Signal Health Group
provides care
24/7 days a week, 365 days a year.



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WELLNESS & MENTAL HEALTH

WELLNESS & MENTAL HEALTH

Healthcare providers, patients, and their family members face daily stresses and anxiety. We believe we can make a difference by offering a holistic wellness program tailored to your mental and physical well-being.



THE SIGNAL HEALTH WELLNESS AND MENTAL HEALTH PROGRAM COMBINE

- Mental health assistance,
- Exercise
- Nutrition
- Meals-Ready-Serve

and so much more!

Besides a workout program and nutrition, you also get access to physical therapy content for common pain and discomfort such as

- back and
- knee pain

Signal Health also brings mental health support to you via the web and mobile apps from our Mental Health Support Professional!

Download the **Signal Health Wellness app** today and get instant access to your wellness program.