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Allegany County – Cumberland Maryland. 1050 W Industrial Blvd, Ste 18 ~ Cumberland, MD 21502. Garrett County – McHenry Maryland. 1550 Deep Creek Drive, Unit G ~ McHenry, MD 21541Optimal Health Care provides comprehensive case management services to individuals across all ages. We assist eligible individuals to gain access to needed medical, social, educational, and other community services.