

# Stress less and be more present with your loved ones as your Care Coach supports your family with:



## HEALTH/MEDICAL

- ∞ Navigate different levels of transition within healthcare.
- ∞ Improve communication between caregivers and physicians.
- ∞ Find the right kind of doctor for physical changes or memory changes.
- ∞ Locate providers that accommodate care needs (home health, rehab, skilled facilities, hospice, assisted living, etc.).



## FINANCIAL/LEGAL

- ∞ Understand the costs associated with care and how to prepare for them.
- ∞ Explain important legal documents needed for care and refer to legal experts when necessary.
- ∞ Review policies and educate members about how health and personal care are paid for (Medicare, Medicaid, VA, insurance, long term care insurance, etc.).



## CAREGIVERS/FAMILY

- ∞ Provide advice for how to start difficult conversations with a loved one (safety, money, driving, moving, etc.).
- ∞ Facilitate efficient communication and document sharing between family members and healthcare coaches in one secure location.
- ∞ Improve peace of mind with objective support that makes difficult care decisions less emotional.

Your **free** caregiver support benefit provided by

