

Caregiver Education Sessions by Phone*

Sessions are from 3 p.m. to 4 p.m. EST

Call toll-free **1-844-767-5679** and enter **Access Code 1893910**

Our telephonic sessions are designed to support anyone who is a caregiver. We offer resources and helpful information on the topics outlined below, as well as an opportunity to ask questions as time allows about your specific situation and listen to and learn from other caregivers.

Topic	Date
At Home: Ways to Keep a Loved One Safe	January 18, 2022
For Caregivers: Essential Support and Self-Care	February 15, 2022
Better Health Through Nutrition	March 15, 2022
Planning Ahead: Making Health Care Decisions	April 19, 2022
Mental Health: Depression and Anxiety Basics for Caregivers	May 17, 2022
Male Caregivers: Challenges, Solutions, and Support	June 21, 2022
Holistic Care: How Complementary Therapies Help	July 19, 2022
Dementia: Challenges and Solutions for the Caregiver	August 16, 2022
Services and Resources: Find Support in Your Community	September 20, 2022
Joy Redefined: How to Approach Holidays in New Ways	October 18, 2022
Hospice from a Caregivers Perspective	November 15, 2022
Substance Abuse: When Self-Medicating is a Concern	December 13, 2022

***Education topics are subject to change.**

UnitedHealthcare assists in coordinating community and in-home resources. The final decision about your care arrangements must be made by you. In addition, the quality of a particular provider must be solely determined and monitored by you. Information provided to you about a particular provider does not imply and is in no way an endorsement of that particular provider by UnitedHealthcare. The information on and the selection of a particular provider has been supplied by the provider and is subject to change without written consent of UnitedHealthcare.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

