

# SUPPORT FOR THOSE WHO HELP OTHERS

When you're dedicating time and energy to provide care for another, sometimes you could use some extra support. Solutions for Caregivers from UnitedHealthcare® can help. At no additional cost, our services can help support you if you care for others.



#### Professional care manager

Get helpful advice and decision-making support from someone who understands the rewards and challenges of being a caregiver.



#### On-site assessments

Have a registered nurse perform an in-person assessment of your situation.



#### Personalized care plans

The Solutions for Caregivers care manager will provide recommendations on resources to help all involved.



#### Coordination of services

Get assistance to find services and programs to help meet your needs.

**Note:** We provide resources and coordination. Coverage for in-home care, supportive services, or medical treatments depend on your medical plan.

## Do you need extra help?

If you find yourself asking the questions below, Solutions for Caregivers could help you get answers.

- What services does my loved one need?
- What's covered under my loved ones health care plan?
- Is there help for someone in my situation?
- Can I get help to pay for services?
- What community resources are available to me?
- Is my loved one safe in their home?

**Call Solutions for Caregivers at 1-866-896-1895, TTY 711, 24 hours a day, 7 days a week, to learn more about the support available to you.**

**Go online** to access educational resources, discounted products and services anytime at [www.UHCforCaregivers.com/welcome/uhcretiree](http://www.UHCforCaregivers.com/welcome/uhcretiree). Please use code **uhcretiree** when creating an account. Explore myCommunity, a helpful task and calendar tool to manage support and care.

## Telephonic Caregiver Education Sessions

Each month, education sessions are available by phone on topics that are helpful to caregivers. Sessions cover subjects to assist your loved one better, including “Identifying and Accessing Local Resources,” “Diabetes Basics,” and “Protecting an Older Adult from Fraud and Financial Exploitation.” Some sessions are available in both English and Spanish. Please call 1-866-896-1895 to learn more about upcoming sessions and how you can attend.

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Solutions for Caregivers 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 Solutions for Caregivers. 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 Solutions for Caregivers.

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.

This information is not a complete description of benefits. Contact the plan for more information. Benefits, premium and/or copayments/coinsurance may change each plan/benefit year.

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