



Information about caregiving to help support you



Caring for a family member or friend may feel overwhelming at times. At UnitedHealthcare, we want to be there for you and your family when you may need extra support. Having more information about caregiving and resources may help you provide the caregiver services that are needed. Depending on your needs, these services may offer:

Caregiver resources

✓ **Caregiver support and self-care**
Caregiving can be a stressful role. Getting support and information can help you manage the challenges, from balancing caregiving tasks and family relationships to learning how to take time for yourself.

✓ **Caregiving and managing medical care**
Managing medical care needs can be complicated when you're a caregiver. Learn how to work through common concerns such as managing medications, hospitalizations, home care and more.

✓ **Financial, legal and health insurance resources for caregivers**
Many caregivers help the person they're caring for with financial, legal and health insurance matters. If that is the case, you can learn more at the website below.

✓ **Organizations with caregiver resources**
You can find caregiver resources and programs available through both national and local organizations. These resources include caregiver support groups and events, home care services and more.



Call today to learn more

1-844-320-5021, TTY 711, 8 a.m.–8 p.m. local time, Monday–Friday. For more information on caregiver resources visit uhc.com/health-and-wellness/caregiver-resources.

Benefits, features and/or devices vary by plan/area. Limitations, exclusions and/or network restrictions may apply.

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.

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