



**Caregiving for an elderly parent or loved one often involves a range of tasks** from making doctor appointments to handling Medicare paperwork. Here are the many ways that our Health Advocate experts can do the legwork and support you and your family. Your Health Advocate benefit is paid by your employer or plan sponsor.

## How your Personal Health Advocate can help

### Facilitate care

- Arrange doctor appointments, including those with hard-to-reach specialists
- Interpret doctor's explanations and instructions
- Research transportation to and from appointments
- Secure second opinions

### Locate care facilities and support

- Research adult day care, assisted living, long-term care
- Find in-home care and nursing support
- Locate community resources

### Guidance with Medicare

- Clearly explain Medicare enrollment
- Review all parts of Medicare including "Original" Medicare (Parts A and B), Medicare Advantage plans (Part C), Prescription drug plans (Part D) and Medigap plans
- Help with the enrollment and paperwork

## Real people... real results

### "You've given me peace of mind."

Karen needed assistance finding in-home senior care for her father. Health Advocate located a weekly in-home health aide service as well as a transportation service to take her father to and from his weekly physical therapy appointments.

**Remember...** Your Personal Health Advocate can assist you with eldercare, as well as help with a variety of additional health care and insurance-related issues. Benefit-eligible team members, their spouses, dependent children, parents and parents-in-law are all covered.



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