



Get real help for real-life challenges

Your benefits include free, 24/7 access to experts who help with everyday challenges—big or small. Need help finding child or senior care, Medicare guidance, or help with service providers? Care Specialists can point you to the right resources and providers.

Whatever you're facing, we can send you the information you need.

- ✓ Parenting support
- ✓ Aging & adult care
- ✓ Wellness
- ✓ Disability & neurodiversity
- ✓ House care
- ✓ Legal & financial resources



Have questions?

Go to care.com/faq
Select *Care Specialists*



Enroll or log in to find support
care.com/yourbenefits

1:1 support for life's challenges

Care Specialists connect you to resources to help manage personal life needs.

Child care & parenting

- Pre/Postnatal resources
- Birthing options
- Adoption
- Breastfeeding
- Work & family
- Summer care
- Parenting & child development (infants-teens)
- Child care (centers, in-home, family day care)
- School-age care options & activities
- Disability & neurodiversity support

Aging & adult care

- Care options & living arrangements
- Caregiver issues & concerns
- Hospice services
- Professional care management
- Community-based supports & services
- Legal & financial issues
- Medicare, Medicaid & Social Security
- Proactive planning
- Respite care
- Senior health & safety
- Transportation services

Pets

- Groomers
- Walkers
- Sitters
- Boarding
- Training
- Wellness
- Veterinarians
- Adoption
- Pet-friendly activities, travel & locations

Wellness

- Children's health
- Diet & nutrition
- Emotional health
- Fitness/exercise
- General health
- Men's health
- Safety
- Senior health
- Women's health

House & home/daily needs

- Automotive services
- Consumer information
- Home and yard services
- Event planning resources
- Moving/relocation
- Pet care
- Travel
- Disaster preparedness & recovery
- Safety

Education

- Private & public schools
- Advocacy
- Disability & neurodiversity support
- Colleges & universities
- Financial aid
- Scholarships
- Grants
- Tutoring
- Promoting learning

Legal & financial

- Credit & debt
- Insurance
- Legal
- Medicare/Medicaid
- Personal finance
- Real estate & loans
- Retirement planning
- Social Security



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