family first™

YOUR COMPANY LOGO

Real Life Is Complicated. We're *Here to Help.*

From everyday frustrations to life's biggest challenges, you don't have to figure it all out alone. Whether you're managing your own needs or helping someone you love, Family First's Care Experts can help you find answers, make decisions, coordinate care and take things off your plate.

HOW WE CAN HELP

Health & Medical

- Tired of playing phone tag with doctors and specialists?
- Not sure what to do after a new diagnosis?
- Struggling to coordinate appointments, medications and treatments?
- Need help understanding your care options or deciding what comes next?
- Having trouble getting answers from your insurance company?

Family, School & Work

- Feeling overwhelmed by your child's IEP or school support needs?
- Not sure what resources are available for a child with learning or behavioral challenges?
- Struggling to find reliable childcare or support for your family?
- Navigating divorce, family changes or competing responsibilities?
- Trying to balance work with everything happening at home?

Disability & Neurodiversity

- Unsure what services or financial assistance your family qualifies for?
- Trying to navigate an autism or ADHD diagnosis?
- Need help finding specialists, therapies or educational support?
- Overwhelmed by applications, paperwork and disability benefits?

Caring for Loved Ones

- Worried about an aging parent's safety at home?
- Trying to manage a loved one's care from another state?
- Not sure whether it's time for in-home care or assisted living?
- Feeling like all the caregiving responsibilities fall on you?
- Need someone to research, vet and coordinate care options?

Mental & Behavioral Health

- Having trouble finding a therapist who takes your insurance?
- Worried about a loved one's mental health but unsure how to help?
- Need support finding treatment options or community resources?
- Feeling overwhelmed by the emotional toll of caring for someone else?

Financial, Legal & Benefits

- Confused about Medicare, Medicaid or disability benefits?
- Worried about how to pay for a loved one's care?
- Need help finding financial assistance or community programs?
- Not sure where to start with power of attorney or advance directives?
- Struggling to understand your benefits or get the coverage you need?

Don't see your situation? Reach out *anyway.*

You don't need a diagnosis, a crisis or even to consider yourself a caregiver to ask for help. Call 877-585-7090, Monday–Friday, 8 AM–8 PM ET, or get started online at family-first.com/member-access.

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