family first™

YOUR COMPANY LOGO

ALWAYS FREE, ALWAYS CONFIDENTIAL

If you're the one holding it all together, you don't have to do it *alone.*

Family First is your complimentary caregiving benefit. A dedicated Care Expert helps you and your family through life's toughest moments, from aging parents and serious illness to childcare, loss and major life transitions. We handle the hard stuff so you don't have to.

Our Care Experts help with

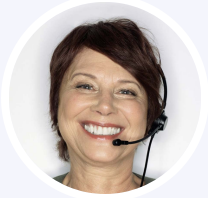
- Caring for an Aging Loved One
- Mental & Behavioral Health
- Cancer & Chronic Illness
- Caregiver Burnout & Wellness
- Fertility & Family Planning
- Parenting & Childcare
- Veterans Support
- End of Life & Loss
- Financial & Legal Planning
- Hormonal Health & Midlife Care

WHEN TO REACH OUT

- **A parent or loved one needs support**
  Medications, changing needs, financial, or legal questions.
- **Someone you love is leaving the hospital**
  We help you understand and coordinate what's next.
- **You need to find care**
  Childcare, senior care, backup care, respite, or other family support.
- **Healthcare is getting complex**
  Insurance, a new diagnosis, or confusing information.
- **You need support for yourself**
  Your health, benefits, providers, schools, insurance or something else.
- **You're not sure where to start**
  Tell us what's going on. We'll help figure out the next step.



> "I called wanting support for my dad but didn't realize how much support I would receive. Family First is the best first place to start.
>
> **Theresa M.** Caregiver for her father



Get Support

Care Experts are healthcare professionals who get to know you and your family. You'll work with the same person every time.

To speak with a Care Expert, call **877-585-7090**, Monday–Friday, 8 AM–8 PM ET. To learn more or get started online, visit **family-first.com/member-access**.

SCAN TO DOWNLOAD THE FAMILY FIRST MOBILE APP

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