

Solving caregiving challenges for families

Introducing two ways to connect for instant access to the best caregiving tools and resources:

# **Download the Family First app**

Search 'Family First Members' on the App Store or Google Play to get started.

# Login to the web portal

Visit **family-first.com/get-started** to begin the process of connecting with a Care Expert.

## Direct access to your Care Expert

Secure messaging means you get practical help and answers quickly—without any extra hassle or back-and-forth.

#### Streamlining the caregiver experience

Through the use of a shared calendar in the Digital Care Hub, invite others to collaborate and communicate so everyone is organized and on the same page.

## Caregiving, simplified

Document storage allows easy access to your caregiving portfolio and other important files such as health directives and insurance cards.

#### On-demand knowledge and resources

Access articles and assessments on decision making, self-care strategies, tips on navigating the healthcare system, and more.

#### Stay connected anytime, anywhere

Take action and track progress with personalized solutions that support you as a caregiver.

