

# Caregiving with Confidence

Family First gives you the tools, guidance, and support to confidently manage caregiving – for yourself and the people you love.

## Stay Organized

- **Profiles** – Create care profiles for you and your loved ones – all in one place.
- **Portfolios** – Guided health portfolios track medications, providers, medical history, and 12+ other care categories
- **Documents** – Securely store and access important documents such as insurance cards, health directives, visit summaries, and more

## Collaborate with Others

- **Calendar** – Keep track of appointments, errands, and caregiving tasks. Filter by care recipient or tasks assigned to you and others
- **Support Network** – Invite family and friends to share tasks, coordinate schedules, and stay on the same page

## Learn, Grow, and Find Support

- **Care Library** – Written and curated by certified professionals, the Care Library is full of valuable information to support the health and wellbeing of yourself and loved ones
- **Local Resources** – Search by zip code for trusted community programs – everything from education supports and financial assistance to recreation and wellness services
- **Skill Builders** – Quick self-assessments for concerns like fall risk or depression, with clear next steps

### STEP 1: LEARN MORE

Visit [www.family-first.com/my-benefit](https://www.family-first.com/my-benefit) to learn how Family First can support you and your loved ones.

### STEP 2: REGISTER

Create your password to register and gain access to everything Family First offers.

