

## GENERATIONS: CAREGIVER SUPPORT BENEFITS

### Compassionate support, delivered with heart

We understand the sacrifices and challenges caregivers face. That's why we've partnered with **Health Advocate** to offer caregiver resources and support from a dedicated Nurse Coach through their **Generations** program. Whether you're caring for an aging parent or in-law, aunt or uncle, grandparent, sibling, or even an elderly neighbor, this program can help you. Additionally, Health Advocate offers many resources to guide you through your caregiving journey, instilling confidence and peace of mind, while addressing the health and well-being of you and your loved one.



#### A dedicated Nurse Coach supports the whole family

Your Nurse Coach will assess your loved one's medical needs, uncover any urgent issues, and create a clinical care plan, and provide on-going support through regular check-ins to monitor your loved one's condition and assess how they can best help you. **Simply reach out to the Generations Program Dedicated Phone Line: 855.558.2004**

#### Health Advocate can help you:

- Get answers to **Medicare and Medicaid questions**; resolve **claims and billing issues**
- Find in-network **doctors and specialists for your loved one's specific needs**; make appointments, and transfer medical records
- **Manage stress, depression, and other feelings** associated with caregiving and aging loved ones
- **Understand Long Term Care policy benefits**, benefit amounts, duration, and qualification requirements
- **Locate senior care services**, living facilities, dementia care, palliative care, and hospice

#### Your go-to resource, anytime, anywhere

Connecting with Health Advocate is easy! Connect by phone, online, mobile app, or chat. Employees and their families can also access emotional support resources, webinars, articles, financial and legal resources, and other online tools.

**Call • Email • Message • Live Chat**



**Main Phone Line: 866.799.2728**

**Caregiver Support: 855.558.2004**

[answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)

[HealthAdvocate.com/nelsonmullins](https://HealthAdvocate.com/nelsonmullins)

**Feel confident that Health Advocate's expertise provides the best partner for caregiving issues.** Their compassionate advocates will guide you through the healthcare system, connect you with emotional support resources, and help you balance work, life, and caregiving, making your journey easier so you can focus on quality time with your loved one.