

# Eldercare Help

Here when you need us most



**Caregiving for an elderly parent or loved one can be rewarding.** But, it can also be stressful and handling the range of tasks involved can be overwhelming. Keep in mind that through Health Advocate, you have access to a team of advocates who can help lighten your load and support you and your family.

**Answer questions about health conditions, diagnoses and treatments:**

- Find quality in-network providers including those for a second opinion
- Facilitate appointments
- Research the latest treatment options
- Coordinate services related to all aspects of care
- Find generic prescription medications, medical equipment supplies
- Research transportation to and from appointments
- Research adult day care, assisted living, special services
- Assist with medical benefits and billing issues
- Find in-home care and nursing support
- Locate community resources and other support services
- Provide guidance with Medicare and Medicaid

Remember, you, your spouse, dependents, parents and parents-in-law can all use the Health Advocate services at no cost to you.



**855.424.6400**

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

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