



# Caregiving support services

## Personalized support to help with caring for a loved one or yourself

At Guardian, we understand that many employees also juggle caregiving responsibilities outside of work. That's why we've partnered with Wellthy to help provide caregiving support services as part of the disability benefit provided by your employer. Tailored to your needs, you'll have access to the support you need to help tackle any caregiving challenge you might face, while also being able to stay on top of your own physical, mental, and emotional wellness.

### How caregiving support can help

Wellthy is for anyone who finds themselves managing care for a loved one (or themselves), in any capacity, big or small.

- **For aging parents or relatives:** Help with coordinating to-dos for daily needs like filling prescriptions and arranging transportation, moving a loved one into an assisted living facility and end-of-life preparations.
- **For children and teens:** Get support for things like vetting babysitters, evaluating nanny agencies, identifying counselors, and exploring alternative learning solutions like learning pods and tutors.
- **For you or someone you love:** Wellthy will design a care plan for situations including a new diagnosis, an ongoing health condition, a surgery, a sudden accident, routine care needs, and more.

### Features of your caregiving support services benefit

Access to self-service tools, resources, and dedicated support to help manage your caregiving responsibilities in a way that works for you and your family.



#### Care coordination

Dedicated, hands-on support from specialists who get to know each family and help tackle their to-dos



#### Care planning

Comprehensive care planning tools and resources in one centralized, accessible place



#### Wellthy community

Peer-to-peer space where family caregivers can find support and exchange knowledge



“Their guidance not only drastically changed the outcome for my father, but it allowed me to make informed decisions that were in my family’s best interest.”

- Wellthy Program Participant



#### How to access

- Visit [join.wellthy.com/guardian-members](https://join.wellthy.com/guardian-members)
- First-time users will need to register.

## Caregiving support services can help you and your family

No matter what stage of life you're in, Wellthy can help you and your loved ones navigate care needs, tasks, discussions, and responsibilities at no cost. This means parents, children, spouses, in-laws, siblings, neighbors, or anyone whose care needs are impacting your day-to-day life.



### Aging

Families with aging members dealing with all kinds of life changes



### Financial support

Assistance with managing bills, insurance, benefits, and other programs



### Health conditions

Handling a tough diagnosis or chronic condition



### Childcare

Guiding parents through child care and learning options



### Mental health

Assistance with finding a provider, programs, and/or alternative therapy options



### Veteran support

Helping our heroes and their families get the care they deserve



### Special needs

Advocacy and partnership for special needs family members



### Teen support

Support navigating the unique challenges teens face today

## Learn more about the caregiving support services available to you and get started today.

**The Guardian Life Insurance Company of America**  
[guardianlife.com](http://guardianlife.com)

New York, NY

2024-175917 (07/26)

Individual outcomes may vary due to the unique aspects of each caregiving scenario.

Guardian's Group Short Term Disability and Long Term Disability Insurance are underwritten and issued by The Guardian Life Insurance Company of America, New York, NY. Products are not available in all states. Policy limitations and exclusions apply. Optional riders and/or features may incur additional costs.

Wellthy, Inc. ("Wellthy") is a vendor to The Guardian Life Insurance Company of America ("Guardian"). Wellthy and Guardian are not affiliated entities. Wellthy provides a care coordinator to integrate separately retained caregiver resources (e.g., senior care, childcare, etc.) for the benefit of a member or their permitted dependents ("Services"). Guardian does not control or provide any part of the Services and does not bear any liability for their provision. This informational resource is not a contract and is for illustrative purposes only. Only the policy contains applicable terms. Guardian and Wellthy reserve the right to discontinue Services at any time without notice. Services may not be available in all states.

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