






## Meet Wellthy, support for the kind of care that happens outside the doctor's office

Caring for others can take a toll on caring for yourself and your overall well-being, so Wellthy is here to help. Whether you're caring for an ill spouse, aging parents, or your children, lean on Wellthy for support.

When you sign up for Wellthy, you are matched with a dedicated Care Coordinator who will help manage care for a loved one in any capacity, no matter the care scenario. Harvard Pilgrim Health Care offers its members covered access to Wellthy at no additional cost, even if the one you're caring for is not on your plan.



### Benefits of care support from Wellthy

-  **A skilled care professional dedicated to you**  
Your Care Coordinator gets to know your caregiving story beginning to end. They'll guide you through a care plan, advocate on your behalf, moderate those tricky conversations, and cross confusing or complex tasks off of your to-do list.
-  **Guidance from experts that know the care industry**  
Wellthy Care Coordinators are seasoned in the healthcare industry. They know their way around the system — from medical bills to Medicare to in-home care and beyond.
-  **Family meetings, simplified**  
Keep family members in the loop and on board with streamlined communication in the online Care Dashboard — with one email thread, one moderator, one voice of reason.
-  **Fast help with urgent tasks, or support for the long run**  
Speak with a Wellthy Care Coordinator right away to get help with an urgent task, or set up your Care Dashboard for ongoing support that's there for when you need it.
-  **A community of caregivers**  
Care shouldn't be something you tackle alone. Join Wellthy Community, a peer-to-peer space for family caregivers to find support, share experiences, and exchange caregiving advice.

# How a Care Coordinator can help

Most of us will be caregivers at some point. Regardless of what your family is going through, we're here to help.



## Childcare

Guidance and support for parents with childcare needs.



## Aging

For families with aging members dealing with all kinds of life changes.



## Health Conditions

For individuals and families with a tough diagnosis or ongoing condition.



## Mental Health

For those struggling with depression, anxiety, alcoholism, and other mental health issues.



## Veteran Support

For our heroes and their families to get the care they deserve.



## Financial Hardship

For those hard working families feeling financially strained.



## Special Needs

For special families with unique and intersectional needs.

## What family members are covered?

We will support Harvard Pilgrim Health Care members who are caring for themselves or their loved ones. These loved ones do not need to be on your health plan to have covered access.

## Where is Wellthy available?

Across the U.S.

## Are there out-of-pocket costs?

You and your loved ones have access to Wellthy at no additional cost. But, when we set up services that are not covered by insurance (i.e. transportation, an in-home aide), the family is responsible for covering the cost. We will always provide transparent options when there are out-of-pocket fees involved.

## Is there a cap on time?

There is no maximum on the time we'll spend to ensure your family is supported.

## Is our information confidential?

We take privacy very seriously. With your consent, your Care Coordinator may share information with doctors, family, caregivers, or other providers in order to arrange care.

## Getting started is simple!

Wellthy is available to eligible, fully-insured commercial Harvard Pilgrim Health Care members.\*

\*Members must enroll to gain access to Wellthy's services. Program services and access subject to change.



1

Click Get Started on [join.wellthy.com/caregivingmembers](https://join.wellthy.com/caregivingmembers)

2

Tell us a little bit about who needs care and what's going on

3

Get matched with your dedicated Care Coordinator