



44 MILLION PEOPLE HAVE A SECOND JOB THAT PAYS \$0/HOUR. IT'S CALLED CAREGIVING.

Taking care of an elderly family member can be challenging, especially when you have your own needs to manage. We take the guesswork and stress out of caregiving by helping you find trained professionals who offer specialized referrals.

Call us any time to find options and help for:

- Alzheimer's support
- Caregiver support groups
- Diabetes education
- Identifying housing options
- In-home services such as housekeeping, meal services, night care and transportation
- Legal and financial services
- Senior activity groups and volunteer and educational opportunities
- Understanding Medicare, Medicaid and veterans benefit information

When you call, an advisor will listen to your needs then research options and resources near you. You'll then get detailed information about each option, such as the services offered, costs, professional credentials and contact information.

Ongoing support

Within 10–14 days of your call, we'll follow up to see if you or your loved one needs any additional support. Get started today by making just one call.

All calls and use of services are kept completely confidential*.

When you need a go-to person, go to Here4TN.
855-Here4TN
(855-437-3486)
Visit Here4TN.com

*The service is confidential in accordance with the law.

Services available vary depending on your benefit package. Please ask your health benefits representative for details.

Information provided by this service is for informational purposes only. All information and ideas should be discussed in detail with your individual advisor prior to implementation to determine if it is applicable to you.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

Non-Discrimination Notice: The company does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free phone number listed on your ID card.

ATENCIÓN: Si habla español, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

ةيوضعلا فرعم ىلع دوجوملا يناعمل فتاهلا مقرر ىلع لاصتال اعزل . لكل ةحاتم ةيناعمل ةيوعلل دءاسمل تامدخ ناف ، ةيبرعلا شدحت تنك اذا :ةيبن

