

Caregiving demands can be overwhelming.

Confidently navigate the path ahead with support from Cariloop Care Coaches.

Meet your no-cost, employer-sponsored caregiver support benefit, Cariloop. We're here to help you navigate healthcare systems, demystify insurance benefits and find resources and solutions that meet the unique caregiving needs of any age for you and anyone you consider family.

- > **Get Support with Infant & Childcare:** Get vetted childcare options and locate doctors and specialists that meet your child's needs.
- > **Invest in Your Mental Health:** Research available in-network therapists and make a plan for self-care.
- > **Make Home & Facility-Based Care Less Complicated:** Understand and identify the appropriate care options for your aging loved ones.
- > **Navigate Next Steps for Chronic Diseases:** Navigate a diagnosis and the care needed through each stage.
- > **Support Unique Neurodivergence & Special Needs:** Find unique, personalized solutions to support your loved one's development.
- > **Find Affirming Care with LGBTQ+ Support:** Get extra support navigating the healthcare system and finding affirming providers.
- > **Unlock a network of Caregivers, powered by UrbanSitter:** Find, book and pay for backup care, childcare, pet care, household and senior support.
- > **Turn to Us for Legal & Financial Resources:** Identify the essential legal and financial resources all caregivers need.
- > **Navigating the Education System:** Better understand the education system, including IEPs, 504s and college applications.

You have a Cariloop membership paid for by your employer. All you have to do is activate it.



Connect with a dedicated Care Coach for guidance along your journey



Get access to and information about providers you can trust



Explore a library of content to further your care education



Find assistance and resources with planning and managing care



Save your time and energy—let our experts support your caregiving needs. Activate your membership now! Visit www.cariloop.com/register and download our mobile App to get started.