MetLife | Legal Plans

family first

# Combating Caregiving Stress with Family First



Caregiving is a rewarding and noble act, but it can feel overwhelming, stressful, and isolating. A caregiver provides care for another person in need, regardless of age or relation, and often manages a person's daily life, from simple tasks to complex items.

MetLife Legal Plans has partnered with Family First to provide customized caregiving solutions. **Receive UNLIMITED access** to a confidential, multi-disciplinary team of highly trained experts who will examine your unique caregiving situation and create a holistic care plan for your loved one.[1]

| The cost savings[2] | Without a legal plan | With a legal plan |
|---|---|---|
| Family First Offering | $4,200 a case | $0 a case |

**Potential savings $4,200**

## Here is a sample of caregiving problems that this benefit supports:

- Eldercare
- Child and adolescent wellbeing
- Cognitive issues and dementia
- Aging in place
- Homecare and placement
- Crisis intervention
- Mental health and emotional support
- Substance abuse and addiction
- New and chronic diagnosis
- Financial challenges, such as bill pay
- Insurance and Medicare navigation
- Powers of Attorney & wills

## Real member scenario

*When doctors recommended hospice for my father-in-law, I was paralyzed by the unknowns. My husband and I were already at capacity with raising three teenagers and managing full time jobs. Our Family First Care Expert, had a tremendous amount of knowledge and experience dealing with hospice, eldercare and the emotional journey for a family. She let us know what to expect, questions to ask and the choices we have. She helped us make an informed decision. Without her, my family would have been scrambling in chaos and confusion, not knowing where to go for help.*

## Getting started is easy!

**Take advantage of your UNLIMITED caregiving access today**

**Step 1**

Scan the QR code or visit **members.legalplans.com** under 'Injury & Insurance' or call **1-800-821-6400**

**Step 2**

Complete and submit an **intake form** to be matched with a dedicated Care Expert

**Step 3**

Connect with your **dedicated Care Expert** and receive **on-going support**

[1] Unlimited access refers to Family First coverage only

[2] Cost may vary. The listed cost takes into consideration the average case length and hours of usage for Family First customers.

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**Protection at every step.**

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