

# 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.
- > **Get Ahead of End-of-Life Planning:** Work through the difficult conversations that are vital for a smooth end-of-life transition.
- > **Turn to Us for Legal & Financial Resources:** Identify the essential legal and financial resources all caregivers need.
- > **Explore Options for Women's Care:** Navigate reproductive health, fertility, pregnancy, postpartum care and menopause support.

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

- 1 Register:** Access our Care Portal to create your account and get started.
- 2 Tell Us Your Needs:** Share your caregiving needs with us, so we can understand how to best support you.
- 3 Meet Your Care Coach:** We'll match you with an experienced, licensed/certified Care Coach who will provide personalized assistance throughout your journey.
- 4 Use Our Services:** You can rely on our support as much as you need, for anyone you care for—it's all part of your membership benefits.



Save your time and energy—let our experts support your caregiving needs. Activate your membership now! Visit [www.cariloop.com/nwu](http://www.cariloop.com/nwu) or call 972.325.5836