



## Your Health & Wellness Hub

CareOptions® OnLine (COOL™) is a valuable benefit that provides you and your family with an extensive collection of vital information, care resources, important documents, health assessment tools and care planning solutions – at no cost to you and with no strings attached. You can count on CareOptions to help you get through nearly any health issue by providing all the tools you need, all in one place.

In the midst of health reform – the most significant change ever in the nation's healthcare system that affects everyone – it's vital for you to be educated and informed about the changes that impact you and your loved ones. CareOptions is your go-to source for trustworthy, unbiased information at your fingertips, including healthcare resources, wellness, prevention, early detection, care planning and eldercare for a family member. You'll also find help with Affordable Care Act navigation and insurance subsidy estimates.




## The Right Care Resources, Right When You Need Them


- Find reliable, unbiased information for nearly any health topic
- Get background information on doctors, hospitals and care facilities nationwide
- Take interactive health and wellness assessments
- Create a Living Will and Power of Attorney
- Save hundreds, even thousands, of dollars on special forms, agreements and documents
- Create personalized care plans for you or a loved one
- Get complete care planning assistance with disability, eldercare, long-term care and caregiver issues
- Stay informed on health reform and learn how the benefits and changes in the Affordable Care Act affect you and your loved ones
- And so much more!


Save time, money and stress for nearly any health or caregiving issue for yourself, children, adults, elders, caregivers, even pets!





Here is just a handful of the many apps you will find on CareOptions:

 **CREATE A LIVING WILL** – Create legal documents of your healthcare wishes to guide others in case you're ever unable to consent to treatment.


 **HEALTH REFORM** – Learn about Healthcare Reform changes and how they impact you. Compare providers, learn about types of coverage, see the timeline for changes, learn how exchanges work and more.


 **HEALTH & WELLNESS CENTER** – A wealth of info on health, nutrition, weight management, disease prevention and fitness. Includes quizzes and assessments.


 **PET CARE** – Learn how pets improve your health! Get info on pet sitting, kennel services, etc.


 **PHYSICIANS** – Search for physicians nationwide by name, location or specialty. Obtain address, contact info, specialty, AMA designation, medical school, etc.


 **HOSPITALS & CLINICS** – Search for medical facilities nationwide. Obtain address, contact info, facility type, services provided and participation in Medicare and Medicaid.


 **LIFE EXPECTANCY** – Estimate average number of years a person can expect to live, based on gender and date of birth.


 **DISABILITY LOST INCOME** – Tool calculates your financial losses if you quit work due to disability, and computes how much disability insurance could lessen your financial impact.


 **MEDICAL RESOURCE CENTER** – Provides info on thousands of health conditions and treatments.


 **BRAIN FITNESS** – Boost memory and concentration with challenging, scientific brain games designed by a neurologist!

 **COSTS OF CARE** – Estimate long-term care costs for nursing homes, home healthcare, assisted living and more nationwide, predict future costs based on inflation, and estimate insurance or investments needed to fund care.

 **RETIREMENT ESTIMATOR** – Estimate your Social Security retirement amounts based on your actual Social Security earnings.

 **MEDICARE** – Locate info on Medicare, coverage, plans, policies and more.

 **CREATE A CARE-ALERT** – Protect your family with Care-Alert® Emergency ID forms and cards containing vital medical and contact info.

 **HOME SAFETY ASSESSMENT** – Tool shows where risks for accidents exist in your home. Get a safety score with tips to make your home safer.

## HERE'S MORE COOL STUFF:

- You can share your CareOptions membership with family members.
- Accessible from any computer, smartphone or tablet with internet access.
- No distracting advertisers, banners or pop-ups.
- Unlike other systems, no physicians or care providers pay to be on CareOptions, so you get completely unbiased information.
- You'll find what you need as CareOptions is the most extensive hub of care providers and wellness resources.
- Customizable to fit your needs with an easy, app-based format.
- CareOptions is a one-of-a-kind member program unlike any health and care planning resource available today.

Discover how CareOptions can help you and your family!

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