



Family caregivers: Called to care

Are you a family caregiver?

If you are caring for a spouse, parent, family member, or even a friend or neighbor, **the answer is yes**. If you help with rides to medical appointments, preparing meals, housework, organizing medications, or monitoring their health, you are a caregiver.



Your commitment to caring for your loved one is admirable.

Despite the challenges caregivers face, they have such capacity for empathy, kindness, and compassion. Caregiving takes on various forms of support.

Addressing healthcare needs

Caregivers fill a critical place in the healthcare system. Securing the best healthcare coverage for your loved one may serve as additional support for you, the caregiver. Consider adding Sentara Medicare to your caregiving support team.

Sentara Medicare can support your loved one with Medicare Advantage plans that offer Part D prescription drug coverage and extra benefits covering things that matter. Plan options for those who live within our coverage area and have both Medicare Parts A and B, include chronic conditions special needs plans and dual eligible special needs plans.

Enroll your loved one in Sentara Medicare to receive:

- Grocery allowance¹
- Over-the-counter products allowance
- Transportation to medical and non-medical² locations
- Home-delivered meals after hospitalization
- In-home support services
- Bathroom safety devices

Ready to learn more?

Contact a Licensed Plan Advisor or visit [sentaramedicare.com/caregiver](https://www.sentaramedicare.com/caregiver)

Name:

Phone:

Hours:

Email:



Download a Caregiver Guide

If you or someone you know is caring for a loved one, download the Caregiver's Guide at sentaramedicare.com/caregiver. No matter your level of care, our resources can provide valuable information, provide local support, and hopefully encourage you.

¹Members with chronic condition(s) that meet certain criteria may be eligible for this special supplemental benefit. Benefits vary by plan. This benefit is not available to Sentara Medicare Prime (HMO). ²Pick-up and drop-off locations must be within service area. Rides are one-way. Trips over 50 miles require authorization. Number of trips vary by plan. Sentara Medicare has an HMO and HMO D-SNP with a Medicare contract. Our HMO D-SNP also has a contract with the Virginia Department of Medical Assistance Services' Medicaid program. "Cardinal Care" is the brand name of Virginia Medicaid. Enrollment in Sentara Medicare depends on contract renewal.