

Wellthy's *Aging Support*

Healthy aging is about more than just adding years to life, it's about adding life to those years. Whether managing your own aging process or caring for an aging loved one, the journey comes with its share of responsibilities. Balancing personal well-being with caregiving requires thoughtful planning, reliable resources, and a strong support system. That's where Wellthy comes in.

Our Care Coordinators provide personalized support to help individuals and families navigate aging with confidence. From connecting you with quality care to handling complex administrative tasks, we're here to ease the stress and give you more time for what matters.



HOW WELLTHY CAN SUPPORT WITH AGING

Medical

- ✓ Helping organize and maintain healthcare, financial, and legal documents
- ✓ Finding in-network medical providers and specialists
- ✓ Assisting with prior authorizations, prescription management, and medication tracking
- ✓ Coordinating medical appointments and follow-ups
- ✓ Providing guidance on Medicare, Medicaid, and other insurance options

Financial

- ✓ Identifying financial assistance programs and benefits
- ✓ Researching grants, subsidies, and alternative payment options for in-home care or medical expenses
- ✓ Helping review and manage healthcare bills, claims, and coverage details
- ✓ Connecting families with resources for estate planning, power of attorney, and financial protections

Housing & Transportation

- ✓ Researching in-home care services or senior living options
- ✓ Arranging reliable transportation for medical appointments and daily needs
- ✓ Supporting home modifications to improve safety and accessibility
- ✓ Connecting families with local resources for meal delivery, mobility aids, and home health services

Advocacy

- ✓ Offering support with difficult conversations around care preferences, finances, and end-of-life planning
- ✓ Attending appointments virtually to advocate for your loved one's needs
- ✓ Ensuring physicians have access to the most up-to-date records and test results
- ✓ Helping families understand their rights and access appropriate elder care services

Ready to talk to a Care Coordinator about aging support?

Visit wellthy.com/member/ab and click 'Activate my Account' to get matched with a dedicated Care Coordinator today.

