

Caregiving solutions to help manage the care of you and your loved ones



A caregiver can be someone caring for a child, spouse or parent, or an extended family member that needs assistance for all types of reasons from simple to complex. As a caregiver, making decisions for yourself and those you love can be very complicated, and it can be hard to know where to turn.

Employees who enroll in MetLife Legal Plans' **enhanced plan** have access to caregiving support for themselves and their loved ones. The **benefit includes unlimited access to a Care Team at Family First, a robust caregiving consultation solution, at no additional cost.**¹ You will have access to a multi-disciplinary team of highly trained experts who can review your unique caregiving situation, create holistic care plans, and provide support and guidance regarding your care-related decisions.

Benefits of Caregiving Services



Family First, our caregiving services provider, has been in business for 30 years. They have experience solving acute-to-complex caregiving challenges from start to finish.



Access to an Expert Care Team of accredited professionals who have an average of **20+ years of experience**.



Through a structured intake process, Family First Care Experts can assess the physical, social, financial and emotional concerns you have regarding a loved one. The Care Team will develop a confidential caregiving plan that you can access online or via mobile app. Family First's innovative technology identifies caregiving gaps and provides customized care advice and plans.



Unlimited access to highly trained experts and digital tools with no copays or additional out-of-pocket costs.

Family First Can Help You Navigate Caregiving

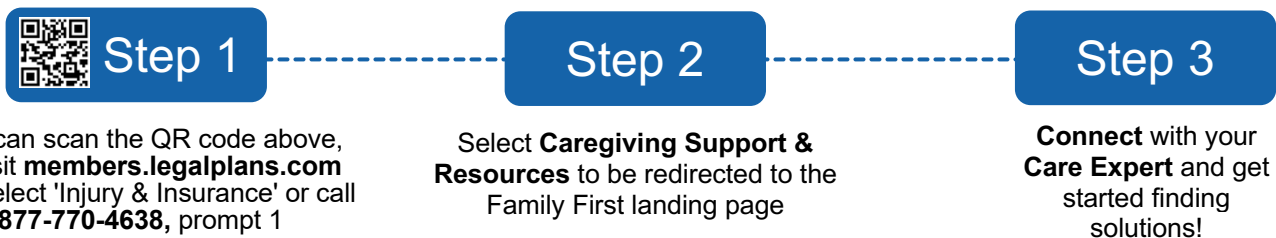
MetLife Legal Plans' members who enroll in the **enhanced plan** can utilize their caregiving coverage for many reasons, from simple to complex. Whenever assistance or guidance is needed, your caregiving coverage is there for you.



- ✓ There is **no limit** to the number of loved ones covered
- ✓ Unlimited means no limit! There is **no maximum on the hours of support** you receive

Getting started is easy!

Take advantage of caregiving consultation services today



1. Unlimited access refers to the services offered to those who enroll in the enhanced caregiving coverage. Caregiving services are provided by Family First. Family First services are provided by Aging of America, Group, Inc. Aging of America, Inc. is not a corporate affiliate of MetLife.

Group legal plans are administered by MetLife Legal Plans, Inc., Cleveland, Ohio. In California, this entity operates under the name MetLife Legal Insurance Services. In certain states, group legal plans are provided through insurance coverage underwritten by Metropolitan General Insurance Company, Warwick, RI. For complete details of the coverage, call or write the company.

Protection at every step

MetLife Legal Plans, Inc. | 1111 Superior Avenue, Suite 800 | Cleveland, OH 44114
L0724041930[exp0726][All States][DC, GU, MP, PR, VI] © 2024 MetLife Services and Solutions, LLC