

Holistic support for caregivers



It's critical that we take care of our caregivers—especially during challenging times.



More than 1 in 5 Americans (21.3%) are caregivers¹



62% of family caregivers about whether to quit their job²



Caregivers are 35% more likely to suffer from anxiety or depression³



Taking care of a loved one can be a full-time job. It's a responsibility that caregivers are proud to handle, but the day-to-day challenges can take a toll, leaving many caregivers overwhelmed, isolated, and anxious. Our caregiver support is designed to **help provide support for employees** as they care for an adult or child living with acute or chronic medical conditions.



We offer support to fit an organization's needs

This program is available **24/7 to every employee**, including HR and managers, as well as their household members.





Our Caregiver program is a complete solution offering a range of options, solutions and support, including:

- + **Dedicated caregiver coach** for intensive clinical support, including 1:1 phone sessions.
- + **On-demand coaching**, personalized online wellness programs and virtual learning opportunities can help caregivers build resiliency to take better care of themselves and their loved ones throughout the entire care journey and beyond. Offers digital cognitive behavioral therapy—including digital coaching and peer support groups—to help employees manage the emotional challenges of caregiving.
- + **Digital education**, resources, and personalized coaching and care planning support.⁴
- + **Guides employees to additional resources** including transportation, food delivery and more.
- + **Provides support** for as long as it's needed throughout the caregiving journey.

Supporting your caregivers makes a real difference, not only for your employees and their families, but also for your organization—through reduced medical costs and reduced absenteeism.

88%

of caregivers in the program feel they can better impact the health of their loved ones⁵

89%

of participants would recommend the program to another caregiver²

93%

average net promoter score for the program year after year⁵

Many caregivers may struggle with feelings of loneliness and isolation. **With our caregiver support, you and your employees will never have to face this struggle alone.**



Contact your Evernorth representative to learn more about caregiver support

1. National Alliance for Caregiving and AARP, “Caregiving in the U.S.” May 2020.
2. SeniorLink. <https://www.seniorlink.com/for-families>. Accessed May 2022.
3. Business Group on Health, Caregiving Supports Are Essential for Workers of All Ages, 2021.
4. Program services are provided by independent companies/entities and not by Evernorth. Programs and services are subject to all applicable program terms and conditions. Program availability is subject to change.
5. Annual Summary of the Caregiver Customer Satisfaction Survey.

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, contact an Evernorth representative.