



# Find support with Caregiving Collaborations® from



california health & wellness™

Helping to care for a loved one is a rewarding experience. Sometimes it can also be a little stressful. California Health & Wellness understands. And we're here to help. **Caregiving Collaborations®** is our special program for caregivers. It gives you the extra support you may need as you care for your loved one.

## Caregiving Collaborations® offers:

- Online tools and information
- A *My Caregiver Journal* to use as a helpful guidebook
- Our dedicated Care Team members available by phone or email

## Sign up for Caregiving Collaborations® today!

Complete the Caregiver Questionnaire to get started. It only takes a few minutes to fill out. Your answers will help our Care Team develop a list of suggestions just for you. These can include getting educational materials or joining a support group.

To learn more, please contact California Health & Wellness Member Services and ask for Case Management at 1-877-658-0305 (TTY: 711) Monday to Friday from 8:00 am to 5:00 pm.

