


Independence • Convenience • Peace of Mind



Health, Home and Lifestyle Services
Exclusively for FitC Members

A photograph of three men fishing in a lake. The man in the foreground is wearing a blue long-sleeved shirt and a gold watch, pointing his finger towards the water. The man in the middle is wearing a light-colored shirt and a hat. The man in the background is also wearing a hat. They are all holding fishing rods. The background is a lush green forest.

FitC PLUS is a new service-oriented program exclusively for FitC members that includes access to:

- Personal assistance
- Home care services
- Care management for your health needs
- One phone number to access all **FitC PLUS** services

WE'RE HERE TO HELP

Whether you're simply looking for service providers you can trust, or you need extra care to maintain your independence, **FitC PLUS** can connect you to the help you need.

As a member of **FitC PLUS**, you have access to a wide variety of convenient services, all provided by skilled and trusted professionals.



A close-up photograph of an elderly man and a woman. The man, on the left, has white hair, wears glasses, and a blue and white checkered shirt under a grey sweater. He is smiling and looking down at a document. The woman, on the right, has blonde hair and is also smiling, looking at the same document. The background is bright and out of focus.

PERSONAL ASSISTANCE

FitC PLUS provides access to a wide range of concierge-style services, such as:

- Private transportation to appointments, shopping and social outings
- Accompanying you to doctor visits and helping you follow through on recommendations
- Organizing, scheduling, and recordkeeping
- De-cluttering
- Meal planning and shopping, based on your preferences and health needs
- Companionship for lunch, dinner or a movie
- Access to private and community resources for delivered meals and transportation
- Home maintenance referrals for electrical, plumbing or handyman services

HOME CARE SERVICES

From hourly to live-in assistance, these are just a few examples of the many home care services you can arrange through **FitC PLUS**:

- Home care aides and certified nursing assistants
- Medication management support
- Meal preparation and light housekeeping

CARE MANAGEMENT FOR YOUR HEALTH NEEDS

You can arrange to work with a personal care manager to assess your needs and create a plan of care. Services include:

- Referrals to physicians, hospitals, skilled nursing facilities and social work assistance
- Advance planning and establishing healthcare advance directives
- Help understanding illnesses, medical treatment and financial options
- Assistance navigating hospital and rehab stays and returning back home
- Palliative care services
- Hospice services



JUST FOR FitC MEMBERS

FitC PLUS is for anyone who is a member of FitC and wants to continue to live independently.

Even if you already have long-term care insurance that pays for some of these services, **FitC PLUS** supplements that coverage by providing a single point of access through our Navigation Help Desk connecting you with trusted service providers and discounts on the services you pay for yourself.



HOW FitC PLUS WORKS

As a **FitC PLUS** member, you have just one number to call to access any service.

You can call the Navigation Help Desk between 8:00 AM and 4:30 PM Monday through Friday. Back-up support is available 24/7.

You will receive pricing information up-front. Most services are automatically discounted, and will be billed to your credit card. A detailed monthly statement of services will be provided.





JOIN FitC PLUS NOW!

When you need additional care or assistance, it's nice to know that immediate, trusted support is just a phone call away.

TO ENROLL AND ASK QUESTIONS:

Online: www.friendscentercity.org. **Email:** info@friendscentercity.org **Call:** 267.639.5257