



## Caregiver education sessions by phone\*

Sessions begin at 3 p.m. ET, 2 p.m. CT, 1 p.m. MT, 12 p.m. PT. Call toll-free **1-800-593-8913** and enter Access Code **3739438**.

Our phone sessions help support anyone who is a caregiver. We offer resources and information on the topics below and an opportunity to listen to and learn from other caregivers and ask questions as time permits.

Topic	Date
Planning for the unplanned – a guide for caregivers	January 21, 2025
Caregiving from a distance	February 18, 2025
A caregiver's guide to nutrition	March 18, 2025
The importance of advanced directives – what, why and how	April 15, 2025
Caregiving through difficult relationships – past and new	May 20, 2025
Alzheimer's and dementia – tools for the caregiver	June 17, 2025
Making the move – a how to for caregivers	July 15, 2025
Caregiving for the male caregiver	August 19, 2025
Home safety and fall prevention	September 16, 2025
The caregiver's guide to planning for the holidays	October 21, 2025
Self-care for caregiver	November 18, 2025
Diabetes 101 – a guide for caregivers	December 16, 2025

\*Education topics are subject to change.

UnitedHealthcare assists in coordinating community and in-home resources. The final decision about your care arrangements must be made by you. In addition, the quality of a particular provider must be solely determined and monitored by you. Information provided to you about a particular provider does not imply and is in no way an endorsement of that particular provider by UnitedHealthcare. The information on and the selection of a particular provider has been supplied by the provider and is subject to change without written consent of UnitedHealthcare.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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