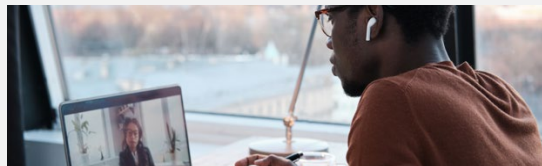


Caregiving solutions to help manage the care of you and your loved ones



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.

To help caregivers and their families, your **MetLife Legal Plans benefit now includes unlimited access to Family First, a robust caregiving solution, at no additional cost.**¹ With Family First, you get digital tools and a confidential, multi-disciplinary team of highly trained experts who will examine your unique caregiving situations, create holistic care plans and provide the resources and guidance needed to make care-related decisions, delivering better outcomes for all.

Benefits of Caregiving Services



Family First has **30+ years of experience** solving acute to complex caregiving challenges from start to finish.



Access to an Expert Care Team of accredited professionals whom all have over **20+ years of experience**.



Innovative technology to identify caregiving gaps and **provide more precise care advice and plan**.



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

How Family First Can Help You



Eldercare



Family Dynamics & Resolution



Counseling & Mental Health



Legal & Financial Challenges



Insurance & Medicare Navigation



Social Determinants of Health



Childcare



Expert Homecare & Placement

Getting started is easy!

Take advantage of your **UNLIMITED** caregiving access today



Step 1

Scan the QR code or visit **members.legalplans.com** under 'Injury & Insurance' or call **1-800-821-6400**

Step 2

Select **Caregiving Support & Resources** to be redirected to the Family First landing page

Step 3

Connect with your **dedicated Care Expert**

¹. Unlimited access refers to Family First coverage only

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.