

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.





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 weekdays between 8:00 AM and 4:30 PM. 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

FitC PLUS SERVICES ARE PROVIDED BY FRIENDS LIFE CARE PARTNERS

Friends Life Care Partners, established in 1985, is a nonprofit Quaker organization that provides affordable retirement services. It is independently owned and operated.

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Independence • Convenience • Peace of Mind

Introducing



Health, Home and Lifestyle Services
Exclusively for FitC Members

