

The Ceresti Caregiver Support Program

A tablet-based program to support you on your caregiving journey

Caring for a loved one is a job no one should have to tackle alone.

WE ARE HERE TO HELP

The **Ceresti Caregiver Support Program** is specifically designed to support spouses, adult children and other family members who support the health and well-being of Blue Cross[®] and Blue Shield[®] of Minnesota and Blue Plus[®] SecureBlueSM (HMO SNP) Members.

If you enroll in this program, Ceresti will send you an iPad-like tablet to access education and resources that are tailored to your needs. You will also receive support from a compassionate and knowledgeable Ceresti coach who will guide you every step of the way.



At your own pace

Daily educational content and support tailored to your needs and schedule.



Easy to use

Verizon access is included and no technical experience is needed.



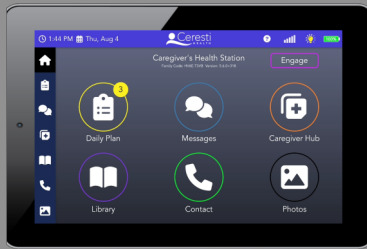
No cost to you

Available at no additional cost to those providing care to SecureBlue members.

Visit secureblue.ceresticaregiver.com or call
(760) 828-2718 to learn more, and to start your **free** program!

Personalized education, support and empowerment - delivered to your home via a Ceresti-provided tablet

Your Ceresti Tablet



Connects you to personalized education and resources.

Your Ceresti Coach



Provides compassionate and knowledgeable support throughout your journey.

PROGRAM BENEFITS

- Increase your knowledge, skills and confidence in caring for a loved one
- Get support from a dedicated remote coach
- Tools and resources that make your life easier
- Improve your relationship with your loved one
- Detect problems early and keep your loved one out of the hospital
- Support your brain health
- Focus on self-care • **And much more!**

SecureBlue 1-888-740-6013; TTY 711

Attention. If you need free help interpreting this document, call the above number.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.



or

No English?

Civil.Rights.Coord@bluecrossmn.com 1-888-740-6013, TTY 711

Discrimination is against the law. Blue Plus does not discriminate because of race, color, national origin, creed, religion, sexual orientation, public assistance status, marital status, age, disability or sex.

SecureBlueSM (HMO SNP) is a health plan that contracts with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in SecureBlue depends on contract renewal.

SecureBlue Member Services: 1-888-740-6013, TTY 711, 8 a.m. to 8 p.m. Central Time, seven days a week (except Thanksgiving and Christmas) from October 1 through March 31, and Monday to Friday (except holidays) from April 1 through September 30. This call is free.

Blue Cross[®] and Blue Shield[®] of Minnesota and Blue Plus[®] are nonprofit independent licensees of the Blue Cross and Blue Shield Association.