

# Introducing *caregiving content and resources to support you and your family*

Meet Wellthy, a support solution that helps you navigate the responsibilities of caring for the ones you love, including yourself. Through Prudential's Well-being Hub, you now have access to a curated set of caregiving resources, tools and educational content designed to help you stay informed, organized and confident as you navigate care. Getting started is quick, simple, and available anytime through the Well-being Hub.

## Easy-to-use caregiving tools available to you

### Care Planning Content & Guides

Access step-by-step articles, guides, and structured checklists to help you think through care needs.

### Care Plan Builder

You can leverage suggested tasks to formulate a plan and ensure that all of the variables of care are being considered.

### Shared Calendar

The shared calendar makes it simple to coordinate schedules, add notes or reminders, and stay on top of appointments.

### Medication and Contact Trackers

Wellthy's integrated trackers offer you and your care team the ability to store and manage prescriptions and contacts with ease.

### Document Storage

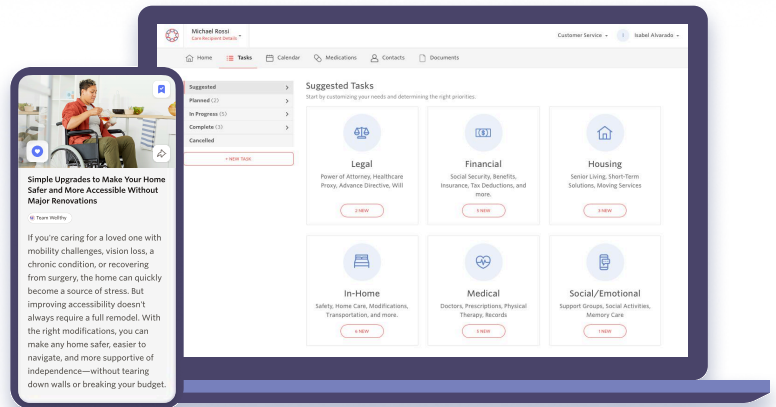
Private, encrypted document storage gives you a safe way to centralize important documents and information.

## Introducing Wellthy Community

Caring for someone can feel overwhelming, but you don't have to do it alone. **You have access to Wellthy Community, a peer-to-peer space for family caregivers to find support, share experiences, and exchange knowledge across a wide range of care topics — all guided by expert moderation** and supported by helpful insights and resources. Join live virtual support groups hosted by Wellthy Care Experts, participate in themed conversations, and connect with peers facing similar challenges in a safe, welcoming environment.

## Get started today!

Visit the Well-being Hub, then simply click on the **Caregiving tile**



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