

New Caregiver Resources for Your Patients

Florida Blue remains committed to helping people and communities throughout the state and is making impacts through a variety of efforts. One such effort focuses on caregivers – a diverse group that may include parents, grandparents, adult children, family friends, and others. While being a caregiver can be rewarding, the role can cause a variety of emotional and physical health issues. Issues can range from depression, anxiety, fatigue, weakened immunity, high blood pressure, sleeplessness, and much more.

As you care for your patients in caregiver roles, please keep in mind and share with them our many caregiver support resources discussed below. These are available to members at no extra cost. Some resources are also available to non-members.

Caregiver Support From Florida Blue Centers:

- **In-person support groups** are offered for members from many of our Florida Blue Centers beginning in January.
- **Community specialists** from our Florida Blue Centers are also available to help caregivers connect with local resources and more, whether they are *members or not*. Caregivers are welcome to visit a Florida Blue Center near them to talk with a community specialist or call 1-877-352-5830 for support by phone.

Additional Caregiver Support Resources:

- **Family Caregiver Guide.** This [guide](#) helps people create caregiving plans, to understand financials, a loved one's health coverage and health needs, find support, and more.
- **Florida Blue Website.** Our updated FloridaBlue.com/Caregiver webpage provides a variety of helpful caregiving resources.
- **Facebook Caregiver Support Group.** Log in to Facebook and search for Florida Blue's online support group, *FBCaregiverConnections*. It is free and open to the public.
- **Member Caregiver Resource Flyer.** A caregiver [flyer](#) with support information is also available. *Please consider printing the flyer for your patients and/or posting a copy in your reception area to raise caregiver awareness.*

Thank you for the care you provide to our members and thank you in advance for sharing these valuable caregiver resources with your patients.