

# Wellthy's support through end of life and loss

Losing a loved one is one of the most difficult and overwhelming moments that we face. Whether you're planning ahead, caring for a loved one through their end of life journey, or facing a sudden loss, Wellthy's compassionate care experts are here to help you figure out what comes next.

## Here are some of the ways Wellthy helps families anticipating and experiencing loss



### Planning for end of life

- ✓ Provide guidance on starting the process and having the conversation with loved ones
- ✓ Share resources for preparing a will, advanced directive, healthcare power of attorney, and documenting wishes for end of life
- ✓ Find and vet estate attorneys and other legal resources
- ✓ Offer tools and checklists to plan and keep everything organized



#### Care support during end of life

- ✓ Vet providers for comfort care services such as hospice, palliative care, doulas
- ✓ Schedule and track medical appointments
- ✓ Explore options and arrange respite care for the caregiver
- ✓ Liaise with insurance providers to verify coverage for any comfort care needs



#### Managing a loss

- ✓ Help families through the first steps immediately after a loss
- ✓ Support with identifying/resolving any outstanding bills, insurance claims, etc.
- ✓ Explore resources for closing accounts and managing digital assets
- ✓ Navigate survivor benefits through U.S. Social Security, the VA, employer unions, etc.
- Evaluate funeral and burial options and coverage, in particular through the VA
- ✓ Find estate attorneys and other legal and financial support resources



#### Pregnancy and postpartum loss

- ✓ Identify lactation after loss services and resources
- ✓ Vet and schedule appointments with the right providers and specialists, for both parents



#### **Grief support**

- ✓ Locate bereavement support such as counseling services, therapy, or support groups
- ✓ Connect families with employer-sponsored mental health and bereavement resources
- ✓ Share resources and advice for coping, self-care, and emotional well-being
- Arrange meal and grocery delivery for grieving families