



About Me & My Caregivers:

Because caregiving is inconsistent and unpredictable, it takes a toll on the caregiver emotionally and physically, and at times financially. Good communication, organization, and education are the key tasks of supporting a loved-one and avoiding caregiver burn-out. Through our interactive website, MeAndMyCaregivers.com, we provide a communications and data storage hub for everyone on the caregiving team. **We excel at care-coordination.**

Our website connects healthcare providers, discharge planners, family (immediate and extended), and friends for the best transfer of information about the care and quality of life of the care-receiver/patient. Our system organizes every aspect of the care-receiver's daily personal, social, medical, and future healthcare needs in a simple organized fashion; our mission is to assist caregivers in maximizing their loved-one's quality of life through this communications and data storage vehicle. More data points begin to reveal patterns and unusual variations in results and processes. Better patient monitoring can reduce the costs of treatment and/or improve results.

We help providers support and motivate patients and their families in making good health choices and managing their own health. We help patients and their families gather health information. **Information is fundamental to delivering value in care delivery.**

Unlike other tools out there, our service is specifically designed for care-receivers (patients) and their caregivers, most of whom manage everything from health and wellness to legal, financial, and social matters. On our site, in addition to tracking activities of daily living, medications and appointments, users can also store and share important medical information. The site includes 24/7 collaboration and communication tools, so users can have conversations with everyone on their caregiving team – doctors, pharmacists, attorneys, family, friends, and/or community helpers. **Family caregivers need practical, reliable, and affordable caregiving solutions for a successful outcome.** Care coordination is improved through better processes and information systems.

Our online caregiving organizer and communications hub is secure, HIPAA compliant, and easy to use.

**Call 800-530-9129 or visit [www.MeAndMyCaregivers.com](http://www.MeAndMyCaregivers.com)**

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