



Money-Saving Solutions and Care Resources



Scroll
Down





**There are only two things certain in life
aside from death and taxes:**

Healthcare and Aging

If there is one thing that everyone has a need for, it's healthcare.
And if there is one thing that everyone has in common, it's aging.
CareOptions addresses both – healthcare issues and aging.

*The best part about CareOptions is that it can help anyone,
anywhere, at any age – 24/7.*

Scroll
Down



CareOptions is the most useful and powerful tool of its kind, designed to help individuals and families identify healthcare, cost and safety issues before they become unmanageable through an exclusive process of early detection and prevention.

CareOptions contains the resources and solutions that can save people time and hundreds of dollars with current and future care planning.



In addition, CareOptions is the most comprehensive national knowledgebase of care resources for the growing issue of aging and caregiving assistance.

Nearly 70% of us will eventually be required to provide some form of caregiving for a loved one in our lifetime, and even more difficult, caregivers live an average of 480 miles from the people for whom they care.

Scroll
Down



Winners of eHealthcare Leadership Awards Recognized at Healthcare Internet Conference in Las Vegas

Approximately 230 healthcare organizations, representing a broad industry spectrum, received recognition for their outstanding websites and digital communications at a special presentation in Las Vegas on November 9 during the 20th Annual Healthcare Internet Conference. A total of 116 professionals with healthcare and internet backgrounds judged the entries.

BEST HEALTHCARE CONTENT / RESOURCES

Gold - NavGate Technologies, WI. CareOptions – www.CareOptions.net

Gold - Hazelden Betty Ford Foundation, MN. www.hazelden.org. Agency: Hazelden

Silver - HealthCare Interactive and Alzheimer's Association, MN. Dementia Basics Online

Silver - Beacon Health Options, VA. www.achievesolutions.net/lightgreen

Silver - Centers for Medicare & Medicaid Services, MD. www.cms.gov. Agency: CGI Federal



Scroll
Down



CareOptions Workplace Solution Wins the GOLD in the 26th Annual National Mature Media Awards

GOLD – CareOptions Workplace Solutions – Caregiving Resources

Category – Online/Digital Resource

Hundreds of state and national organizations enter the National Mature Media Awards competition every year. Recent Gold & Silver winners have included: AARP, Area Agencies on Aging, Arthritis Foundation, Bluespire Senior Living, Hospitals and Health Systems, Mayo Clinic, Medicare Health Plans, Staywell and UnitedHealthcare.



Scroll
Down



CareOptions Has it All

The only money-saving consumer health, wellness and care resource system available today that combines interactive assessments, vital documents and a knowledgebase of more than 2.5 million care resources and providers **all in one place.**

No ads, nothing to buy and completely unbiased information and resources.

Scroll
Down



Value and Financial Security



The CareOptions member program underscores the importance of having insurance by providing money-saving solutions to issues related to financial security and personal well-being. Normally, the cost of this CareOptions member plan is \$225.00 per year.

There is no charge to the users or their family members – ever.

Scroll
Down



The CareOptions Knowledgebase

Extensive, nationwide knowledgebase of physicians, hospitals, clinics, healthcare facilities, assisted living, in-home care services, homemaker services, pet sitting services and other resources.



No need to surf the internet to find the right care resources – they're all in one place!

Scroll
Down

Find the Best Quality Care



- Look up any hospital nationwide and find out how it rates and get complete background information.
- Locate physicians, assisted living, home healthcare agencies and even nursing homes with complete quality of care ratings and background information.

Quality of care reports can cost as high as \$80.00 each. Members receive unlimited reports at no charge – ever.



Members Can Save Hundreds of Dollars on Important Legal Documents

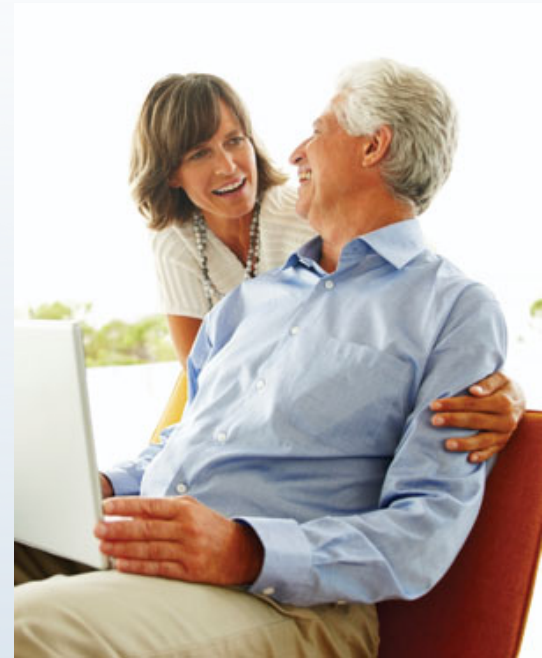
Unlimited legal documents for members and their family

- Create an Advance Directive (“living will”) document set specific to state requirements
- Create Health Care Power of Attorney documents
- Create a Caregiver Agreement between family members
- Create a Care-Alert medical emergency notification

Scroll
Down

Important Cost Evaluators

- Users can evaluate the financial risk that they or a family member would face if they cannot work or must reduce their work hours because they become disabled or need to care for a sick, disabled or elderly family member.
- Users can find out the cost of care in their area, or anywhere nationwide, for a care facility, assisted living or in-home services.





Interactive Care-Guide Function

Developed by our professional care managers, it walks users through a step-by-step process that creates a comprehensive care guide providing solutions for their own or their loved ones' care needs.



Scroll
Down



Self-Negotiated Cost Savings

Members can learn how to save money when they need services from a care provider.

Unlike other programs that keep a portion of the discount negotiated with care providers, CareOptions will explain to you the process of obtaining the lowest cost possible for the services you or a family member may need.



Scroll
Down



Interactive – Intuitive – Money-Saving Solutions



For a list of CareOptions Features and Services keep scrolling





CareOptions provides everything from costs of care in your area, hospital quality of care ratings, care facility background info and ratings, physician directory, Advance Directives and Care-Alert emergency notifications, to a full library of everyday health topics and solutions important to your entire family. Please scroll through...

CARE PLANNING & RESOURCES



WellCheck6

Keep track of the wellbeing of family members – even if they live across the country – to detect potential health and safety issues before they become serious and hard to manage. [Click here for a brochure.](#)



Care-Alert

Create a Care-Alert® Emergency Identification Form and Card for your entire family. Protect your family by making critical medical and contact information available to those who need to know.



Advance Directives

Easily create step-by-step, state-specific documents such as a Living Will and Power of Attorney for Health Care in only 15 minutes. Guide your family and medical professionals in the event you are unable to give consent for treatments or procedures



Physicians

Search for a physician anywhere in the country. Searches can be done by name, geography and specialty. Obtain address, contact information, specialty, gender, AMA membership designation, medical school and residency training and information on many physicians.

For more information contact your sponsor or email Info@NavGate.com



Hospitals & Clinics

Search for hospitals and a variety of medical facilities anywhere in the country. Search by zip code or city and state. Search results yield address, contact information, facility type, services provided and eligibility to participate in Medicare and Medicaid.



Care Facilities & Service Providers

Prevent the wrong selection by using our quality evaluation resources. Search nationwide for health care providers offering long- and short-term care (e.g., nursing homes, home health, hospices). Search by zip code or city and state and facility type. Search results yield location, contact information services offered and quality of care (for nursing homes).



Costs of Care

This unique program helps with financial planning for healthcare. It enables you to estimate up-to-date long-term care costs – nursing home, home health care, assisted living and others – anywhere in the country, predict future costs based on inflation factors, and estimate the amount of insurance or investments needed to fund the care selected.



Reduced Work - Lost Income

This is an excellent tool to estimate your immediate and long-term personal financial losses if you find it necessary to reduce your work schedule for any reason including taking care of a family member or friend.



Disability - Lost Income

A useful tool to estimate your personal financial losses if you find it necessary to quit work if you become disabled.



Quit Work - Lost Income

A valuable tool to estimate your immediate and long-term personal financial losses if you find it necessary to quit work.

For more information contact your sponsor or email Info@NavGate.com

© 2018 Copyright NavGate® Technologies. All Rights Reserved.



Create a Care Plan

Use this interactive, intuitive tool to create a care guide which includes: evaluating physical ability, cognitive functioning and care needs; using a searchable nationwide database to locate health care providers; and identifying articles and information about how to obtain, pay for and provide care. Sharing your findings with siblings will prevent family conflicts based on varying opinions.



Medical Resource Center

Need to find out about a particular health condition and/or treatment? This medical reference system provides information on literally thousands health-related topics organized by category (e.g., women's health, pediatrics, orthopedics, medications, senior health, cardiology, adult health)



Adult Health Advisor

Organized alphabetically for easy use, check out a multitude of health conditions and treatments typical for adults. Illustrations and diagrams help with early detection and understanding a condition / treatment.



Women's Health Advisor

Locate a multitude of diagnoses, conditions and treatments related to women's health. Organized alphabetically for easy use. Illustrations and diagrams are available along with Spanish translation in some instances. Links to related topics within the Women's Health Advisor are available.



Eye Advisor

Catch the warning signs early. Research a multitude of health conditions and treatments related to eye care. Illustrations and diagrams are available to assist you in understanding a condition / treatment.



Medication Advisor

Check you medications for compatibility and side effects. Organized alphabetically for easy use, look up thousands of medications. Learn about: what the drug is used for; side effects; generic versions and; what your doctor should know before prescribing it for you.

For more information contact your sponsor or email Info@NavGate.com

© 2018 Copyright NavGate® Technologies. All Rights Reserved.



Sports Medicine Advisor

Organized alphabetically for easy use, look up a multitude of sports-related injuries and diagnoses. Illustrations and diagrams are available along with Spanish translation in some instances. Suggested exercises are offered for rehabilitation and prevention of many injuries.



Senior Health Advisor

Find information on a multitude of diagnoses, conditions and treatments related to senior health. Organized alphabetically for easy use. Illustrations and diagrams are available along with Spanish translation in some instances. Links to related topics within the Senior Health Advisor are available.



Pediatric Health Advisor

Learn about a multitude of diagnoses and conditions related to children's health. Illustrations and diagrams are available along with Spanish translation in some instances. Links to related topics within the Pediatric Health Advisor are available.



Pet Care

Research studies have shown that pets have a significant, positive impact on our wellness and health. Learn about all the ways our pets contribute to our health and the quality of our lives. Get information about pet sitting and kennel services and access links to other pet resources.



Pet Boarding

Save time trying to accommodate your pet. Learn about boarding your pet at a kennel or having a pet sitter come to your home. Link to a searchable database of pet sitters in your area.

AGING RESOURCES



Caregiver Agreement

Avoid misunderstandings; a Caregiver Agreement is a legal contract between a paid giver of care and a person needing care in their home. Get all the elements you need to create your own, and even view a sample agreement.

For more information contact your sponsor or email Info@NavGate.com

© 2018 Copyright NavGate® Technologies. All Rights Reserved.



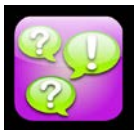
Conversations about caring for elders

A series of eight articles written from the perspective of someone in “The Sandwich Generation.” Practical, personal guidance for a variety of issues related to dealing with and caring for aging parents or loved ones.



Concerns for Caregivers

Twenty-two feature articles written on a variety of topics related to elder care – from guidance on end-of-life decisions to numerous issues related to caregiving.



Q & A for delicate discussions

Being a parent to your parents can present you with difficult situations requiring delicate discussions. Written and in a Q & A format, 11 different topics are covered providing practical guidance in caring for and dealing with an aging parent.



Professional Care Managers

Professional Care Managers (PCM) provides guidance on many issues related to caregiving for a loved one. Search for a PCM nationwide. Search by zip code or city and state. Search results yield contact information, professional designations and practice specialties.



Public Senior Services

Search for government agencies and private nonprofit agencies nationwide that provide education, advocacy, support, and a variety of low-cost and no-cost services to people with short-term and long-term disabilities. Search results yield location, contact information and agency type.



Certified Elder Law Attorneys

Search for a Certified Elder Law Attorney (CELA). A CELA has demonstrated experience and proficiency in handling matters related to legal issues confronting the elderly and their families. Search by zip code or city and state. Search results yield location and contact information.

For more information contact your sponsor or email Info@NavGate.com

© 2018 Copyright NavGate® Technologies. All Rights Reserved.

EARLY DETECTION & PREVENTION



Diabetes Risk Assessment

Are you at risk for Type 2 Diabetes? Diabetes is becoming one of the most prominent health issues today, and can have devastating effects. Take this brief, yet highly predictive assessment to find out your risk and what you can do to reduce it.



Home Safety Risk Assessment

How safe is your home or the home of a loved one from accidents or falls? Complete this 15-question assessment tool to learn where risks exist in your home. After completion of the questionnaire, you'll receive a home safety score with recommendations about making your home safer.



Functional Assessment

It focuses on Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs). An evaluation of the responses guides you in discussions with professionals and the care needed.



Cognitive Assessment

A 24-question assessment tool designed to evaluate someone's cognitive functioning (memory, attention span, reasoning, judgment and awareness). An evaluation of the responses is provided. A complete medical evaluation is recommended if cognitive impairment is suspected.



Depression Assessment

Depression affects millions of American. This 15-question assessment tool is designed to evaluate if someone is exhibiting signs and symptoms of depression. An evaluation of the responses is provided. A professional evaluation is recommended if depression is suspected



Anxiety Disorder Assessment

Millions suffer from an anxiety disorder. This 14-question, multiple choice assessment tool is designed to evaluate if someone is exhibiting signs of an anxiety disorder. An evaluation of the responses is provided. A professional evaluation is recommended if an anxiety disorder is suspected.

For more information contact your sponsor or email Info@NavGate.com



Alcohol Assessment

Alcoholism is a prevalent disease that affects millions of people. This simple four-question assessment tool identifies potential alcohol issues. An evaluation of the responses is provided. A complete medical evaluation is recommended if alcohol abuse is suspected.

ADDITIONAL RESOURCES



Aging Assist Technologies

What assistive technologies, services and products are available to permit seniors to stay in their home as long as safely possible? This blog assesses industry trends and provides analysis and guidance about technology, product and service offerings designed to enable seniors to remain in their home.



Caregivers Blog

Are you a caregiver to a loved one? This is a resource for educating, empowering and energizing family caregivers. A community gathering place, it offers free support services, resources and programs to assist in taking care of a loved one with a memory disorder or any progressive or chronic disease.



Healthcare Library

Find articles written exclusively for COOL about a multitude of healthcare topics, including: reasons for care, where care is delivered, and checklists to choose a care provider and how to stay healthy and independent.



Cardiology Advisor

Check out a multitude of cardiology diagnoses, conditions and treatments. Illustrations and diagrams are available along with Spanish translation in some instances. Links to related topics within the Cardiology Advisor are also available.

For more information contact your sponsor or email Info@NavGate.com

© 2018 Copyright NavGate® Technologies. All Rights Reserved.



Weight Loss Blog

Have you tried every diet and diet gimmick with little success? Get practical advice and tips about things that really work concerning dieting and fitness. Written in a humorous and engaging style, get book reviews, exercise tips, healthy recipes and inspirational messages designed to motivate.



Exercise Blog

A fitness blog dedicated to assisting everybody achieve their optimum fitness level through proper nutrition and exercise. Here you can find tips, links, product reviews and more related to exercise, nutrition, injury prevention and rehabilitation, health and wellness.



Caregivers Blog

Are you a caregiver to a loved one? This is a resource for educating, empowering and energizing family caregivers. A community gathering place, it offers free support services, resources and programs to assist in taking care of a loved one with a memory disorder or any progressive or chronic disease.



Brain Fitness

Exercise your brain with this scientifically-based and validated series of brain games. This award-winning brain fitness program consists of thousands of hours of fun and challenging games, designed by a leading neurologist. Improve your memory, concentration, attention and confidence.

And more...



For more information contact your sponsor or email Info@NavGate.com

© 2018 Copyright NavGate® Technologies. All Rights Reserved.