

Get help making life at home a little easier



Kaiser Permanente Colorado has partnered with CareLinx to provide nonmedical, in-home help with daily activities.

CareLinx is a nationwide community of more than 500,000 pre-screened professional caregivers you can trust.

Your caregiver can help you live an independent lifestyle in your own home by assisting with:

- Light housekeeping
- Meal preparation
- Companionship
- Medication reminders
- Personal care and hygiene
- Staying active

To find a caregiver within the Kaiser Permanente service area:



Contact CareLinx at **1-844-636-4592**



Provide a Care Advisor with requested service and preferences of caregivers



Interview caregivers and arrange care based on your schedule

Visit kp.org/co for specific details about your health plan.



Visit carelinx.com/kpco or call **1-844-636-4592**, Monday through Friday, 7 a.m. to 6 p.m., and on weekends, 9 a.m. to 5 p.m.