affirm | ianacare

YOUR FAMILY CARE BENEFIT

Care is complex. Don't figure it out alone.

We pull together what to do next, which resources are worth your time, the questions that matter most — all in one platform, one community, one Navigator.



Get matched with an expert for hands-on support

Your Care Navigator from ianacare does the heavy lifting so you don't have to.



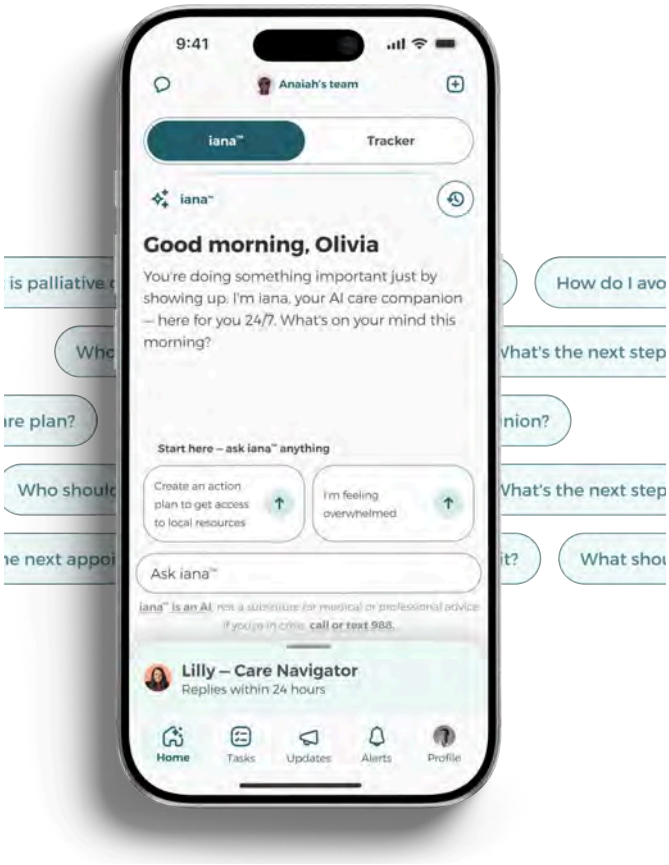
Meet your Care Navigator

- Research, planning, and next steps curated to your situation
- Decode benefits, insurance, and legal/financial information and resources
- There to walk you through difficult decisions and discussions for any care journey
- Call, video chat, or message them right in the app — unlimited sessions
- Request a Navigator and you'll hear from them within 24–48 hours

Learn more at ianacare.com/affirm · **Create your free account at** app.ianacare.com/affirm

Built for in-the-moment support

Four everyday tools in one solution, on your phone or your desktop.



ONE APP, ONE LOOP

01 iana™ — your AI Care Companion

Ask any caregiving question — an aging parent, a child with a learning disability, a hard decision — and get an expert-grounded answer in the moment.

02 Action Plan

A plan for your exact situation in minutes, with vetted local resources.

03 Quick Log

Log important day-to-day details in seconds. This information feeds iana and your Action Plan, helping you plan and anticipate needs.

iana™ is AI and is not a substitute for professional medical advice.

04 One platform to organize care

Overwhelmed by caregiving? Coordinate care with family & friends in one place.

Organize with a care calendar

Appointments, tasks, and reminders in one place.

Communicate to keep the right people updated

Share updates and moments so everyone stays in the loop.

Coordinate and team up for better care

Delegate tasks and schedule care together.

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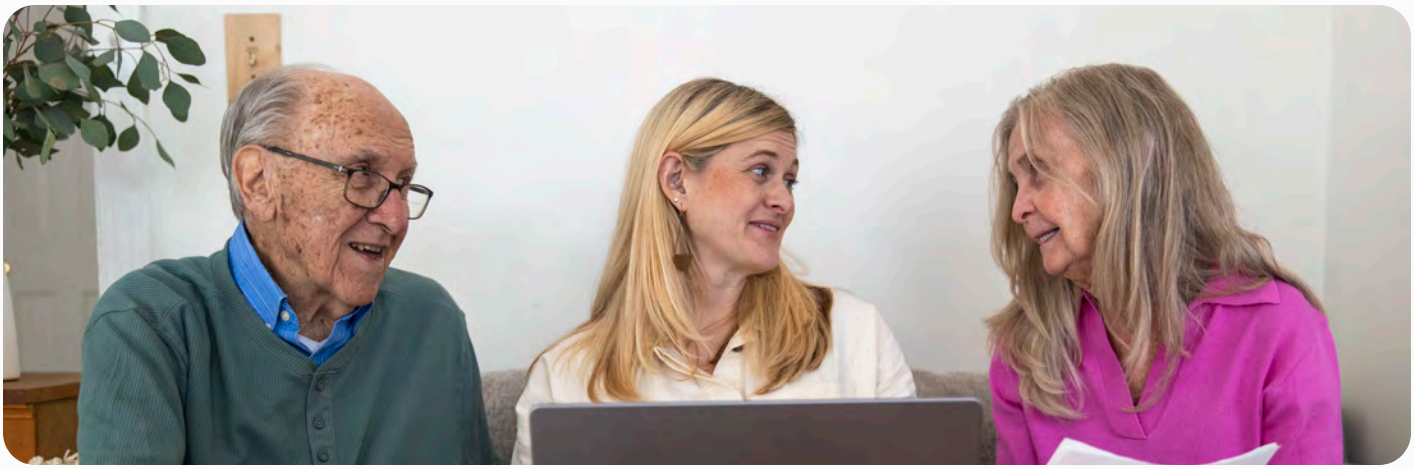
Community and support built around family care

Expert-backed guidance, live support, and practical tools — designed for any situation to give you clear answers when you need them most.



Live educational events

Monthly live sessions and Q&A with caregiving experts — behavior changes, safety at home, caring for yourself. Create your account and receive a link to all events.

Support groups

Support groups for family caregivers — moderated spaces where you can say the hard parts out loud.

Caregiving education library

Straight answers on what's happening now and what's coming next, drawn from our experts and our work with over 50k families.

How to get started

1. Visit **app.ianacare.com/affirm** and fill out the sign up form
2. Enter your Employee ID + date of birth
3. Verify your email and phone number to complete your account and unlock all resources.

iana = I am not alone

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