

CareFirst understands the impact that a serious illness can have on you — and on your loved ones.

### YOU CAN THRIVE!

The **CareFirst Thrive** program works with your current care providers and is available at no charge. For more information about how the **CareFirst Thrive** program can help you and your family, call us at 607.962.3100.

**FOR MORE  
INFORMATION CALL  
CAREFIRST TODAY AT  
607.962.3100**



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*CareFirst is a not-for-profit community-based program providing residents of Chemung, Schuyler, and Steuben counties of New York State with complete hospice, palliative care, and grief services.*

THRIVE  
PALLIATIVE CARE



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SUPPORTING YOU, EMBRACING FAMILY, STRENGTHENING COMMUNITY

# THE RELIEF YOU NEED TO MAKE THE MOST OF EVERY DAY

The professionals who make up the **CareFirst Thrive** program show you how to navigate the many decisions and services that come with a serious illness, and are a resource for questions and support.

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## TAKE BACK CONTROL. SUPPORTING YOU. EMBRACING FAMILIES.

The **CareFirst Thrive** program is designed to help you and your family cope with a serious illness. Known as palliative care, **CareFirst Thrive** prepares you for pain relief and other symptom management, provides spiritual and emotional balance, and enables you to take advantage of all available resources. **CareFirst Thrive** also provides the support needed by your loved ones and helps you be a team with your doctors and caregivers.

## WHO SHOULD RECEIVE PALLIATIVE CARE?

You should contact the **CareFirst Thrive** program if you or your loved one:

- is experiencing pain and distress related to a serious illness
- is undergoing treatment (such as chemotherapy, radiation, or dialysis) for an advanced medical condition
- finds daily life more and more difficult to cope with due to a serious illness

