

# Your Care Benefits

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Care benefits, featuring LifeCare Specialists, are here to support you as you're trying to manage it all while caring for those you love, including yourself.

## LifeCare Specialists

Comprehensive resources and 24/7 personalized assistance from Care Specialists to support you and your family's dependent care needs, as well as overall well-being, ranging from daily demands to major life events. Now featuring enhanced support for senior caregiving.

## LifeMart Discounts

Members-only discount program offering nationwide offers and savings on major brands and everyday essentials.

**Activate your Care benefits today  
at [capitalfirsttrust.care.com](https://capitalfirsttrust.care.com).**

If this requires a distribution of trust assets, please contact your trust officer in advance.



[capitalfirsttrust.care.com](https://capitalfirsttrust.care.com)

## Frequently Asked Questions

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### What is Care?

Care is an employee benefit that helps manage your family care needs while balancing work. Enroll today to learn more.

### How do I sign up?

Visit your company's Care website. Your HR department has selected your username, which could be your work email address, employee ID, or another unique employee identifier.

### I have questions about my Care benefits.

#### Who should I contact?

You can talk to a member of your HR department or contact Care directly by calling 866.814.1638.

### Are LifeCare Specialists services confidential?

Yes, all services are completely confidential. This means when you contact us for assistance, neither your employer nor anyone else will know you have used the services unless you choose to tell them.

### What does LifeMart Discounts include?

The offers on LifeMart include child care and senior care, home goods & services, computers & electronics, tickets & travel, and more. You have unlimited access to LifeMart Discounts.

## How it Works:

- 1 Enroll and log in to your account through [capitalfirsttrust.care.com](https://capitalfirsttrust.care.com) to get started. You can also call 866.814.1638.
- 2 Select the area that you need assistance with on your company's Care website. You may also call 866.814.163. Press the number that corresponds to your care needs.
- 3 Provide details regarding your request and a specialist will provide you with personalized recommendations and referrals.

