

## Resources recommended for you.

At Beth Israel Deaconess Medical Center, we'd like to help you make informed decisions about your health. We've teamed up with Wellist, a service that provides you with trusted health information, vetted local resources, and a simple way to ask for help from family and friends. All recommendations are customized for you so you can stay informed, organized and focused on what matters most: your health.

### Join Wellist to access:

- ✓ Information about your diagnosis, treatment and recovery
- ✓ Resources available from BIDMC and your local community
- ✓ Your Wellist Support Plan to share with family and friends

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### Resources include:

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#### EVERYDAY BASICS

Groceries  
Laundry  
Lodging  
Meal delivery  
Parking  
Transportation

#### CARE AT HOME

Child care  
Errands and tasks  
Home care  
Home cleaning  
Home modifications  
Night nursing  
Pet care  
Yard work

#### HEALTH AND WELLNESS

Behavioral health  
Breastfeeding  
Doulas  
Fitness  
Infant safety  
Massage and acupuncture  
Medical equipment  
Meditation and energy work  
Nutrition  
Pharmacy  
Rehabilitative therapies  
Retreats  
Senior care  
Sexual health  
Smoking cessation  
Wigs and haircare

#### COMMUNITY SUPPORT

Adoption  
Classes and education  
Domestic violence  
Financial assistance  
Financial planning  
Food assistance  
Interpreters  
Legal services  
Sibling support  
Spiritual care  
Support groups

#### LIFESTYLE

Apparel  
Appearance and beauty  
City attractions  
Restaurants

### Create your free Wellist account online or over the phone:

Visit [bidmc.wellist.com](https://bidmc.wellist.com) or call our Support Team at **855-WELLIST (855-935-5478)**.

## Frequently Asked Questions .....

### What should I expect?

As a BIDMC patient or caregiver, you'll have full access to all the information, resources and support you need in one place. You can create an account at [bidmc.wellist.com](http://bidmc.wellist.com) or contact our Support Team at 855-WELLIST (855-935-5478) to get started.

### How do I find the best resources for me?

A little information goes a long way. By entering what's most important to you – whether that's prioritizing resources that are low-cost, close to home, or most relevant to your health – you'll get access to curated, personalized recommendations.

### Are these services free?

Wellist is free to use for any BIDMC patient or caregiver. While many of the services listed in Wellist are free, subsidized or discounted, others may require an out-of-pocket fee.

Signing up is easy:

- Visit [bidmc.wellist.com](http://bidmc.wellist.com)
- Call our Support Team at 855-WELLIST (855-935-5478), Monday - Friday 8am - 6pm ET.

### Can I get resources even if I don't live near the hospital?

Wellist supports patients and caregivers all over the United States. Our tool includes more than 5,000 vendors across Massachusetts as well as 800 national services. You can always call the Support Team at 855-WELLIST (855-935-5478) if you need help finding support in your community.

### I'm a caregiver. Can I use this tool?

Yes. Every BIDMC patient and family has access to Wellist.

### How much do these services cost?

Services include free, discounted and fee-based offerings; most services are non-clinical, but some accept insurance. Creating an account online or calling the phone line is free of charge.