

# Taking care of yourself...so you can care for your loved one

---



Allison, caregiver,  
with her husband Sean, transplant recipient

Be The Match® offers the free **Caregiver's Companion Program**—which is designed to help you cope with the challenges and feelings that come with being a caregiver.

## Are you:

- The primary caregiver of an adult BMT patient?
- Taking on new responsibilities at home, at work or in your caregiver role?
- Interested in receiving support and learning more about self-care?

The **Caregiver's Companion Program** may be right for you. It combines the ongoing telephone support of a caregiver coach with a useful toolkit to give you tips and tools to encourage emotional and physical well-being.

---

## Learn more and enroll at:

Website: [BeTheMatch.org/companion](http://BeTheMatch.org/companion)

Email: [patientinfo@nmdp.org](mailto:patientinfo@nmdp.org)

Phone: **1 (888) 999-6743**

