

## **Choose Your Profile to Register as a Member to Access More Features**

### **Consumer Profile**

- Utilize [Ask an Expert](#) – where you can receive free, confidential expert advice for your own health, aging or disability-related questions.
- Bookmark and save your favorite articles, links and service provider listings for your future reference or to share with a friend or family member.
- Take our interactive quizzes and use our online tools to help you maintain a healthy lifestyle. (Coming soon!)
- Stay informed through our e-newsletters – timely and relevant information delivered right to your Inbox. You can change your communications preferences at any time.

### **Professional Profile**

- Update and/or Add Your Services to our Resource Directory
- Bookmark and save your favorite articles, links and service provider listings for your future reference or to share with a client.
- Take our interactive quizzes and use our online tools to help you and your clients maintain a healthy lifestyle. (Coming soon!)
- Stay informed through our e-newsletters – timely and relevant information delivered right to your Inbox. You can change your communications preferences at any time.

[View PDF](#)