



# About your benefits

## In-home support services at no cost to you.

Your emotional and mental health are just as important to us as your physical health. We've teamed up with Papa ([papa.com/members](https://papa.com/members)) to offer in-home support services that help keep you connected to your community at no additional cost.



If you choose to take advantage of this benefit, you'll have access to a Papa Pals companion who can offer:



Household help with meal prep, light cleaning, laundry, organizing and pet walks.



Rides for needs like picking up medicine, shopping, or going to church.



Tech help with computers, tablets, phone and video visits, smart TVs or smartphones.



Friendship and great conversation – whether you want to play board games or go for a walk, they'll be there.

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Questions? Call Customer Service at **888-712-3258** or **TTY 711**. Our hours are 8 a.m. to 8 p.m. seven days a week, October 1 to March 31, and 8 a.m. to 8 p.m. Monday through Friday, April 1 to September 30.

CareOregon Advantage Plus is an HMO-POS D-SNP with a Medicare/Medicaid contract. Enrollment in CareOregon Advantage Plus depends on contract renewal.

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