



Dear Champion Health Member,

We are excited to share that Champion Health is continuing our partnership with **The Helper Bees** to provide **In-Home Support – Respite Care** services for our members. This annual benefit includes 30 hours to be used in 2-hour and 4-hour increments.

This partnership is designed to bring you and your loved ones additional comfort, care, and peace of mind. You may hear from your **Champion Health** Care Manager or from **The Helper Bees** team as they help connect you with the right provider.

What is Respite Care?

Respite Care offers support in the comfort of your own home. These services are here to ensure that you or your caregiver has the help needed with daily activities, all while promoting independence, dignity, and well-being.

Support may include:

- Light Housekeeping
- Bathing & Grooming
- Dressing & Undressing
- Toileting & Incontinence Care
- Oral Hygiene
- Mobility Assistance
- Medication Reminders
- Skin Care
- Feeding & Meal Preparation

How It Works

Once you are referred, a provider is automatically assigned. The provider will then contact you directly to discuss your specific needs and schedule services.

At Champion Health, we understand the important role caregivers play in our members' lives, and we are proud to expand our support through this exciting partnership with The Helper Bees.

If you have any questions about these services, please contact our The Helper Bees Member Services team at 833-899-5336 between the hours of 8am - 8pm local time.

We look forward to helping you and your loved ones experience the benefits of this added support.