



In-Home Support Services

Arkansas Blue Medicare partners with **The Helper Bees®** to provide you in-home support services to help with your activities of daily living.

The Helper Bees® assist with a variety of tasks, including rides, grocery shopping, dressing, medication adherence, and many other daily activities*.

Visits are in 2-hour or 4-hour increments, based on the scheduled service(s).

Depending on the Arkansas Blue Medicare plan, 40 or 80 in-home support hours are provided per year at no cost to you, with no required event or prerequisite.

Scheduling a visit is easy - over the phone or The Helper Bees® online portal.



Soliciting agent for Arkansas Blue Medicare.

*Companionship is not a covered service.

We do not offer every plan available in your area. Currently we represent organizations which offer products in your area. Please contact [Medicare.gov](https://www.medicare.gov), **1-800-MEDICARE**, or your local State Health Insurance Program to get information on all of your options. USABLE Mutual Insurance Company d/b/a Arkansas Blue Cross and Blue Shield is an Independent Licensee of the Blue Cross and Blue Shield Association. Arkansas Blue Medicare is the marketing name for USABLE PPO Insurance Company and USABLE HMO, Inc. USABLE PPO Insurance Company and USABLE HMO, Inc. are affiliates of Arkansas Blue Cross. Arkansas Blue Medicare offers HMO, PFFS, PPO, and PDP plans with Medicare contracts. Enrollment in Arkansas Blue Medicare depends on contract renewal. © 2023 Arkansas Blue Cross and Blue Shield. All rights reserved.