

Personal Home Helper

Our Personal Home Helper benefit provides retirees with help at home from a personal care attendant.

This personal care attendant will assist the retiree with home-based chores and other needs such as:

- assistance with bathing/showering.
- help with dressing.
- transferring or mobility help in the home.
- light housekeeping (cleaning, laundry, dishes, etc.).
- meal preparation.
- medication adherence.

The benefit covers up to 124 hours of care per year (up to 4 hours per day for a maximum of 31 days in the year). Use of less than 4 hours is still considered a day. Retirees will be reimbursed up to \$100 per day.

Eligible retirees must:

- get prior approval from the plan.
- need help with at least 2 activities of daily living (ADLs) as determined and recommended by their health care provider.
- submit claims for reimbursement to the plan with appropriate documentation.

