



HERE TO HELP

We all need a pal sometimes. That's why Gold Kidney Health Plan is partnering with Papa to offer you access to our network of friendly, companion caregivers called Papa Pals.

Papa Pals are here to provide great company and assist with a range of tasks that make daily living easier—when, where, and how you need it most.

Through your Gold Kidney Medicare Advantage plan, you have access to 60 hours of help from a Papa Pal per year at no additional cost to you. Benefit may vary by plan.

Scheduling your next visit is easy!



Call 1 (833) 200-6561 (TTY:711)

Everyday, 8:00 a.m. - 8:00 p.m. local time.*

*Papa is closed on Thanksgiving, Christmas Day, and New Year's Day.

Visit papa.com/member-central for information on what to expect on your first visit, tasks a Papa Pal can help with, safety policies, and more.



How Papa Pals Can Help

Not every member is eligible for each visit task. If you have any questions about which services you qualify for, please reach out to Gold Kidney.



Companionship

- Quality time
- Board games
- Share memories
- Enjoy a meal
- Go for a walk



House tasks

- Light surface cleaning
- Meal prep
- Organization
- Laundry
- Light gardening



Transportation

- Medical appointments
- Pharmacy
- Community centers
- Places of worship
- Errands



Tech help

- Setup and use of devices
- Telehealth appointments
- Social media assistance



Pet help

- Take pets for a walk
- Play fetch or with toys
- Fill food and water



Exercise

- Attend classes
- Assist with light exercise
- Outdoor activities

Questions? Call 1 (844) 294-6535 (TTY:711)

OCTOBER 1 – MARCH 31

8 a.m. – 8 p.m., local time, 7 days a week
(except holidays)

APRIL 1 – SEPTEMBER 30

8 a.m. – 8 p.m., local time, Monday – Friday
(except holidays)

Gold Kidney Health Plan, Inc.[®], is an HMO-POS and HMO-POS C-SNP with a Medicare contract. Enrollment in Gold Kidney Health Plan depends on contract renewal. Gold Kidney Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, or sex (including pregnancy, sexual orientation, and gender identity).