



WellFirst Health®  
provided by SSM Health Plan

# Here to help.

We all need a pal sometimes. That's why WellFirst Health — Provided by SSM Health Plan is partnering with Papa to offer you access to Papa Pals, a network of friendly helpers available both in-person or virtually through a phone call.

## Help right to your front door.

Papa Pals can provide great company and help with everyday tasks such as a ride when you need it, help with errands, grocery shopping, meal prep, and more. Papa is here when, where, and how you need it.



Do you need a board game buddy or a walking partner?



Looking for a lift to the doctor or to run some errands?



Would you like a hand with dinner or light house tasks?



Need tech help with computers or smartphones so you can keep in touch with family and friends?



**You qualify for 120 hours of Papa services per year at no cost to you.**

## Scheduling is easy.

**Call 1-888-282-7665 (TTY:711)**

Everyday, 8 a.m. – 11 p.m. ET

Visit the **Ask us anything** section at [papa.com/members](https://papa.com/members) for visit regulations. Papa Pals and members must abide by our Community Standards at [papa.com/community-standards](https://papa.com/community-standards).

SSM Health Plan is an HMO/HMOPOS with a Medicare contract. Enrollment in SSM Health Plan depends on contract renewal. SSM Health Plan markets under the name WellFirst Health.

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