



## Get the Most Out of Your Healthcare Plan

Contact your Care Guide today 8 a.m.-8 p.m., ET Monday through Friday.

1-800-558-9922  
help@helloporter.com



To Learn More, use your camera to click on the QR code.



## Dedicated Concierge Care from the Comfort of Your Home

[www.helloporter.com/member-info/](http://www.helloporter.com/member-info/)


CareFirst BlueCross BlueShield Medicare Advantage has an HMO-SNP, HMO and PPO plan with a Medicare contract. Enrollment in CareFirst BlueCross BlueShield Medicare Advantage depends upon contract renewal. CareFirst BlueCross BlueShield Medicare Advantage is the shared business name of CareFirst Advantage, Inc., and CareFirst Advantage PPO, Inc.. CareFirst Advantage, Inc. and CareFirst Advantage PPO, Inc., are independent licensees of the Blue Cross and Blue Shield Association. BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

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CareFirst   
Medicare Advantage

## Get Personalized Care Coordination and Assistance Through Your Health Plan

Brought to you by porter

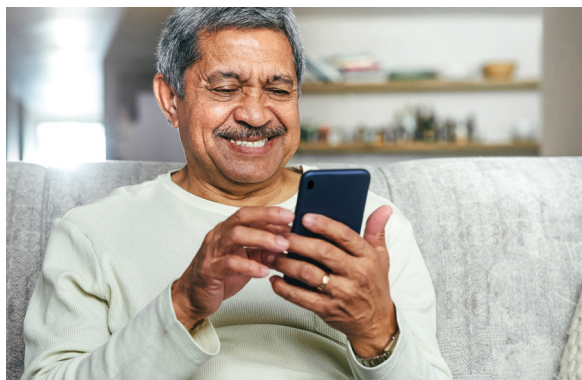
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# Porter is Here for YOU

As part of your member benefits with CareFirst, Inc., you now have Porter to deliver care concierge services at **no additional cost.**

## How we help

- Dedicated care guide
- Porter practitioner in-home visit
- Personalized care plan with care guide support for 30-days
- Help with necessary follow-up appointments
- Assist in navigating plan benefits
- Facilitate necessary medical equipment
- Connection to community and local services
- Education on your unique conditions
- Support for your entire care circle



## Experience the Care Guide Difference

With Porter, your dedicated Care Guide is with you every step of the way.

### How we have helped others

- Meal delivery
- Transportation
- Meal prep
- Housekeeping
- Home modification support for activities of daily living
- Find primary care provider or specialist
- Schedule appointments

## Recover with Confidence

1. Your Porter Care Guide will reach out to you via phone.
2. We review and support any immediate health needs you may have.
3. We schedule your In-Home Visit with your Porter practitioner.
4. We research and help you take full advantage of your Health Plan Benefits.
5. We support all your needs for the next 30 days.

### Have Questions?

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or visit [www.helloporter.com](http://www.helloporter.com)

