

Learn more about our new plans for individuals and small businesses: Healthfirst Total EPO plans, Healthfirst Pro EPO and Healthfirst Pro Plus EPO plans

Healthfirst is providing new health insurance coverage options to individuals and small businesses. Sold off the NY State of Health exchange, these plans include Healthfirst Total EPO plans for individuals and Healthfirst Pro EPO and Healthfirst Pro Plus EPO plans for small groups. In addition to essential health benefits, these plans offer benefits such as:

- No-cost annual checkups
- \$0 copay for telemedicine
- Coverage for acupuncture visits
- Options for comprehensive vision and dental coverage
- Up to \$600 in exercise rewards for individuals and covered spouses
- Platinum, Gold, and Silver tier plans have PCP and specialist copays outside of the deductible

We have the resources below available to help you and your practice learn more about these plans:

- A special edition of our news magazine, [The Source](#), with articles on the plans, how to confirm your participation in these plans, and how to verify member eligibility
- Answers to [frequently asked questions](#) you may have about our Healthfirst Total EPO plans, Healthfirst Pro EPO and Healthfirst Pro Plus EPO plans
- A [Quick Reference Guide](#) to help you easily access valuable information