

Member Benefits and Resources

Available to members of Small Group Plans:
Healthfirst Pro EPO Plan | Healthfirst Pro Plus EPO Plan



Speak to a Doctor Anytime and Anywhere with Telemedicine

Talk to a doctor any time of day or night—with a **\$0 copay!** Whether you're away on vacation or it's 3am and your doctor's office is closed, 24/7 telemedicine access via phone call or video chat promptly connects you with board-certified doctors who can diagnose, treat, and write prescriptions for a variety of minor, non-emergency medical conditions such as:

- Allergies
- Rashes
- Aches, sprains, and strains
- Upper respiratory infections
- Colds, fevers, and the flu
- Pink eye
- Urinary tract infections
- and many more

As a Healthfirst member, create your no-cost account today so you can receive care when you need it. Visit [Teladoc.com/Healthfirst](https://www.teladoc.com/Healthfirst).



No-Cost Flu Vaccine

Your Healthfirst health insurance plan covers your annual flu vaccine at no cost to you. Protect yourself and your loved ones by scheduling a vaccine appointment with your doctor or visiting a participating pharmacy. Use our lookup tool at [HFDocFinder.org](https://www.HFDocFinder.org) to find an in-network doctor, and locate participating pharmacies at [HFNoFlu.org](https://www.HFNoFlu.org).



Earn Rewards for Working Out

Physical activity is one of the simplest ways to stay healthy—now Healthfirst makes it affordable, too! With our ExerciseRewards™ program, you can earn up to **\$200 every six months** by visiting an eligible gym or facility at least 50 times during that six-month period. In addition, your covered spouse or domestic partner can earn **an extra \$100 every six months** by meeting the same requirements.

To learn more and get started, visit **ExerciseRewards.com** or speak to an ExerciseRewards™ representative at **1-877-810-2746**, Monday to Friday, 8am–9pm.



Acupuncture

Practiced for thousands of years, acupuncture is a proven and effective treatment option for pain and discomfort associated with a variety of illnesses and conditions. Healthfirst helps cover the cost of acupuncture so our members can have access to the treatment options that best fit their needs.

To find a participating acupuncturist, visit **HFDocFinder.org**.



Healthfirst's Healthy Living Blog

Live your best, healthy life! Get free recipes, exercise ideas, lifestyle tips, and more at **HFHealthyLiving.org**.

Connect with us!



@HealthfirstNY

"Acupuncture," Mayo Clinic. Accessed 8/30/16. <http://www.mayoclinic.org/tests-procedures/acupuncture/basics/definition/PRC-20020778?p=1>;
"Acupuncture," NIH Consensus Statement Online 1997 Nov 3–5. Accessed 8/30/16. <https://consensus.nih.gov/1997/1997acupuncture107html.htm>;
"Acupuncture: In Depth," NCCIH. Accessed 8/31/16. <https://nccih.nih.gov/health/acupuncture/introduction>

Plans are offered by affiliates of Healthfirst, Inc. Plans contain exclusions and limitations.

The benefit information provided is a brief summary, not a complete description, of benefits. For more information, contact the plan.

Prior to participating in this or any other exercise program, it is important for you to seek the advice of a physician or other qualified health professional.

Incentives may be taxable income that you are responsible to report. Your health plan is committed to helping you achieve your best health.

If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 1-877-810-2746, Monday to Friday, 8am–9pm. Eastern Time, and we will explain how you can work with your physician to find an alternative wellness program with the same reward that is right for you in light of your health status.

The ExerciseRewards program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH. ExerciseRewards is a trademark of American Specialty Health, Incorporated (ASH). Other names or logos may be trademarks of their respective owners.