

# 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, Anywhere with Telemedicine\*

Talk to a doctor anytime—for 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).



## Acupuncture

Practiced for thousands of years, acupuncture is a proven and effective treatment option for the 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](https://www.HFDocFinder.org).



### Earn Rewards for Working Out

Physical activity is one of the simplest ways to stay healthy—now Healthfirst makes it affordable, too! With the ExerciseRewards™ program, you can get paid back up to **\$200 of your membership dues every six months** if you visit a qualifying fitness center at least 50 times during the same six-month period. Plus, your covered spouse or domestic partner can get reimbursed, too—up to **\$100 every six months** for going to the gym 50 times or more.

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.

### Active&Fit Direct

Working out just got easier. For just \$25/month plus a one-time enrollment fee of \$25, you can get a standard membership to a fitness center in your area. Track your activity, monitor your progress, achieve your fitness goals, and so much more! (Note: a three-month membership commitment is required up front.)

Call Active&Fit Direct at **1-844-646-2746**, Monday to Friday, 8am–9pm, to learn more and find out how you can join.



### CVS Pharmacy Mail-Order Service

Save yourself a trip to the pharmacy by having your prescription drugs sent right to your home, office, or any location that works for you. You may be able to order a 90-day supply of your medicine, which can cost less than three individual 30-day orders.

Register your account at **caremark.com** to manage your prescriptions conveniently and easily online. Quickly order refills, compare medication costs, find lower-cost options, get prescription alerts, check order status, and more.



### Healthfirst's Healthy Living Blog

Live your best, healthiest 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.

\*Excludes Bronze level plans for Healthfirst Pro and Healthfirst Pro Plus.

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.

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