

FIRST HEALTH NETWORK

Community First Health Plans (CFHP) is pleased to offer an enhanced travel network provided to you through First Health Network. With this expanded network, you and your covered family members have the option to see a First Health provider in an urgent or emergency care situation while traveling outside of the CFHP HMO service area.



First Health Network

When accessing urgent or emergency care through First Health, you will be required to pay your usual copays as described in the Schedule of Benefits at the time of service. (Schedule of Benefits can be found on our website members.cfhp.com) If you are admitted to a hospital, you or your representative need to notify CFHP as soon as possible so we can issue an authorization for your benefits, and we can begin to assist in the guidance on how benefits can be applied to the charges associated with the care. The information needed is noted on the back of your ID card.

To view a list of First Health providers and hospitals, please contact First Health at (800) 226-5116 or visit www.myfirsthealth.com. If you have any questions about how this travel option works, please contact our Member Services Department at (210) 358-6262 or toll-free at (877) 698-7032.

WOMEN'S PREVENTIVE SERVICES

Under the Affordable Care Act, certain women's preventive services are covered at no cost to you. Below is a list of items which are included:

- Well-woman exam
- Cervical cancer screening
- Breast cancer screening
- Oral contraceptives - Birth control pills
- Emergency contraception - Next Choice and Plan B One-Step (when presented with a prescription)
- Implantable devices and vaginal ring - Implanon (subdermal rod), Mirena (IUD), Nuva Ring (vaginal ring)
- Injectables - Depo Provera
- Other birth control items - Diaphragm, cervical cap, spermicide, foam, female condoms, transdermal patch



Please call Member Services at (210) 358-6262 or toll-free at (877) 698-7032 for more information, as some restrictions may apply.

*UNDER THE AFFORDABLE CARE ACT, CERTAIN PREVENTIVE AND WOMEN'S HEALTH SERVICES ARE PAID AT 100% (I.E., AT NO COST TO THE MEMBER) DEPENDENT UPON PHYSICIAN BILLING AND DIAGNOSIS. IN SOME CASES, YOU WILL BE RESPONSIBLE FOR PAYMENT OF SOME SERVICES.

ONLINE HEALTH RISK/ BEHAVIORAL ASSESSMENT

CFHP is pleased to present this private and confidential opportunity for you to assess your current health behaviors and identify areas that you could make healthy lifestyle changes. We are offering you and your dependents, who are 18 years and older, the opportunity to complete an online personal health assessment (PHA), offered in partnership with Get Healthy with CFHP at no cost.



We understand your privacy is very important. Please be assured that the Get Healthy with CFHP PHA is confidential. Your personal health information will be protected and is not shared with your employer. As a member of CFHP, you have the opportunity to receive a personalized guide to a healthy and vibrant life. The programs are easy to understand, are interactive, and best of all, they work.

Our commitment to our families and ourselves is simple: Getting and staying healthy means longer, happier lives.

GET HEALTHY WITH CFHP HRA LOGIN INSTRUCTIONS

1. Link to Cerner through the Community First Health Plans Web site at members.cfhp.com
2. If you need to register for a CFHP online account, click "MEMBER LOGIN" and "click here". Then, follow the directions to create your account.
3. Once you are logged in, you will see your CFHP Welcome page. Click on "Get Healthy!"
4. Next you'll need to create a Get Healthy account. Click "Get Healthy" and "Register new account." Once you've created your Get Healthy account, click "Personal Health Assessment" and follow the directions. If you need assistance, call our Health Educator, Martha Gonzales at (210) 358-6144 or toll-free at (800) 434-2347.
5. You are on the Get Healthy with Community First- Login Page. Click on "Register new account" and follow the directions.
6. Then, you will see- Start Here.
7. Then click on Personal Health Assessment and follow the directions.
8. If you need assistance, call our Health Educator, Martha Gonzales at (210) 358-6144 or toll-free at (800) 434-2347.