

# Added value

For large and small groups

At Health First Health Plans, we believe in going the extra mile to help you feel your best and add extra value to your coverage. That's why we offer a variety of wellness programs (to help you get healthy and stay that way), disease management programs (to help you manage and improve chronic conditions), and other services to make your coverage easy and convenient.

## Pro-Health membership is included!

For subscribers *and* enrolled dependents, membership at Pro-Health & Fitness Center is *included* as part of your benefit plan\* — at no extra cost! And even if your dependents aren't covered by Health First Health Plans, they can enjoy discounted enrollment and membership fees at Pro-Health. Plus, Health First Health Plans' members can enjoy a **25 percent discount** on **massage and beauty treatments!**

As Brevard's premier fitness center, Pro-Health features:

- indoor pools, tracks, basketball and racquetball courts
- strength and cardio equipment
- a variety of classes for swimming and water aerobics, group cycling, group fitness (aerobics, yoga, etc.), and wellness
- weight management classes with a registered dietician
- locker rooms with saunas, steam rooms, and whirlpools
- and more!

Services and facilities may vary by location. For more information about Pro-Health, call

- Melbourne — 611 E. Sheridan Road (434-7149)
- Merritt Island — 255 Borman Drive (434-5801)
- Palm Bay — 5270 Babcock Street NE (722-5943)
- Viera — 8705 N. Wickham Road (434-9149)

*\* For HFHP members age 13 years and older, Pro-Health membership is part of fully-insured plans. Membership may not be included with self-funded plans — check with your benefits administrator or HFHP Customer Service for details. Monthly KidFit (child care) fees apply for children ages 12 years and younger. If you're already a member of Pro-Health, you must contact the fitness center to update your records and adjust your account to reflect your free or discounted membership. The new rate will be effective the first day of the month after you have completed the paperwork at Pro-Health, regardless of when you're eligible for this benefit. Pro-Health cannot issue any credits or refunds.*

## Health Dialog

We're proud to offer this comprehensive package of services that gives you personal support with the information, motivation, and



## Health First Health Plans

**Health  
First**

confidence to navigate the healthcare system and discuss options with your physician. Every part of the Health Dialog program is developed with evidence-based medicine, offers unbiased information, and is available to members at no extra cost:

- **Healthy Living** — These interactive web modules focus on smoking, weight management, stress relief, back pain, and healthy eating with a detailed plan customized to meet your needs and monitor your progress.
- **Crossroads** — This section of Health Dialog's web site offers an in-depth look at those conditions that often require the most difficult decisions, or for which different options have proven equally effective — for example whether or not to have back surgery, or whether to have a mastectomy or lumpectomy. Topics include back pain, benign prostatic hyperplasia, breast cancer, colon cancer, coronary artery disease, depression, heart failure, menopause, obesity, osteoarthritis, prostate cancer, and uterine conditions.
- **Healthwise Knowledgebase** — An online library of conditions, medications, tests, and treatments.
- **Health Coaches** — Nurses, respiratory therapists, dieticians, and other health professionals are available by phone 24/7 and online to answer questions and offer support. They don't replace the care and advice you receive from your doctor, but help you work more closely with your doctor so you can make the best healthcare choices — the choices that are right for *you*.
- **DVDs and videos** — Health Dialog's videos and DVDs present in-depth discussions on more than 20 topics in a format that's easy to understand so you and your family can watch and listen at your own pace, in your own home.

To get started, visit our web site at [www.healthfirsthealthplans.org](http://www.healthfirsthealthplans.org) and log in to *MyHFHP* or call Health Dialog 24/7 at 800-308-5848.



### Log in to MyHFHP

MyHFHP is a secure, interactive section of our web site for you to conveniently access your personal health information online and make the most of your benefits — check your benefits, claims, and prescriptions; change your PCP; print an ID card; and more. To get started, visit [www.healthfirsthealthplans.org](http://www.healthfirsthealthplans.org) and click on *MyHFHP*.

### Running Zone discounts help you take the first step towards better health

Present your member ID card at **Running Zone** (751-8890) and receive a **10 percent discount** on merchandise, and discounts for the Running Zone Race Series. Located on Wickham Road across from BCC, Running Zone has everything you need to help you get started with a walking, running, or triathlon training program, or take your existing routine to the next level.

*Exclusions and limitations may apply.*

# Health First Health Plans

**Health First**

Health First Health Plans  
6450 US Highway 1  
Rockledge, Florida 32955

[healthfirsthealthplans.org](http://healthfirsthealthplans.org)

Customer Service	321-434-5665
Call 7 days a week	8am–8pm
Visit our office M–F	8am–5pm
Toll-free	800-716-7737
TDD relay	800-955-8771
E-mail	<a href="mailto:hfhinfo@health-first.org">hfhinfo@health-first.org</a>