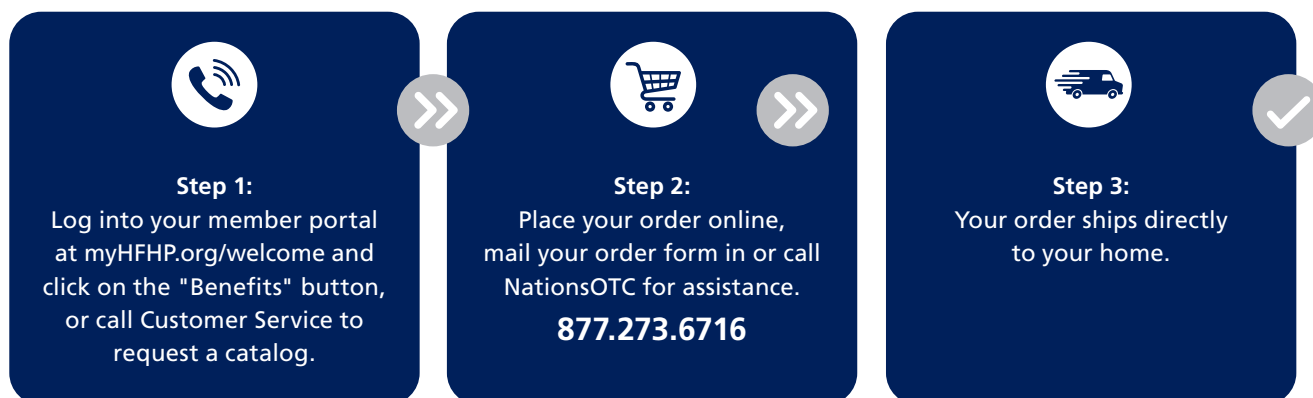


## How To Use Your Supplemental Benefits Mastercard

### Your Over-the-Counter Allowance

Health First Health Plans has added a \$15 per quarter OTC benefit to your plan effective January 1, 2021. We have partnered with NationsOTC to provide you alternative options to purchase non-prescription medications.

Once you receive your Supplemental Benefit Mastercard in the mail, simply follow the steps below:



Purchases at NationsOTC will use your OTC benefit dollars directly from your Supplemental Benefit Mastercard, but do not impact your other supplemental benefit reimbursements, such as dental, vision and hearing. The \$15 quarterly allowance does not roll over, so be sure to use your benefit before it expires!

### Hearing, Dental and Vision Allowances

This new card offers a convenient way to access your supplemental benefit allowances. Simply carry your card with you for use at any dental, hearing or vision provider. Your allowance amounts will automatically be loaded onto the card.

Your current allowances for 2021 are:

Hearing - \$350

Dental - \$225

Vision - \$150

**Below are some helpful tips to help you get started using your card:**

- Be sure to sign the back of your card.
- Your card will be activated on the date your insurance is effective.
- Check your balance by logging into your member portal at [myHFHP.org/welcome](http://myHFHP.org/welcome) and clicking on Benefits.

### Questions?

**Call Customer Service at 1.800.716.7737 (1.800.955.8771).**

Weekdays from 8 a.m. to 8 p.m. and Saturdays from 8 a.m. to noon. From October 1 to March 31, we're available seven days a week from 8 a.m. to 8 p.m.