

ADDITIONAL BENEFITS

Community First Health Plans (CFHP) offers additional benefits to our ERS Members. We're here to help you and your family at every step.



ERS Members receive the following additional benefits:

- > 24-Hour Nurse Advice Line
- > Zumba classes with free fitness giveaway.
- > Smoking Cessation Program
- > Disease Prevention and Management Classes
- > Online mental health resources*
- > i-Cycle Bike Safety and Repair Classes
- > Notary Services available

* Limitations or restrictions may apply.
Please call Member Services for more information.

ERS cannot and does not guarantee the length of time that a specific type of "Value-Added" product shall be offered. Any questions or concerns about these products should be directed to the sponsoring HMO.

**If you have any questions about our additional benefits,
please call:**

(210) 358-6262