

2027

We're Medicare...plus so much more!

EXTRA BENEFITS GUIDE



COMMUNITY FIRST
—MEDICARE ADVANTAGE PLANS (HMO)—
ALAMO | DUAL (D-SNP)

CommunityFirstMedicare.com

EXTRA BENEFITS

Community First Medicare Advantage Alamo Plan (HMO), Mezquite Dual (HMO D-SNP), and Bexar Dual (HMO D-SNP) are customized HMO plans that offer all the same rights and protections as Original Medicare, PLUS extra coverage for dental, vision, hearing, and more.

Use this guide to learn about our plans and extra benefits available to you.

NOW is the time to put your health and wellness first so that you can spend time enjoying the things you love to do most.

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EMERGENCY RESPONSE SYSTEM



Stay independent in your own home longer with



Community First Members can live with confidence knowing immediate help is available in case of a fall, injury, or other medical emergency through Med-Call personal medical alert system.

Med-Call is an electronic monitoring and emergency response system designed to connect you to help 24 hours a day, 7 days a week, with the push of a button.

HOW IT WORKS:

- 1** Monitoring station is alerted of emergency signal.
- 2** Monitoring station and Member communicate through two-way audio on device to assess the situation.
- 3** Emergency contacts (family members, friends) and emergency authorities are alerted via phone call.
- 4** Medical personnel are dispatched to your home if necessary.

24-HOUR NURSE ADVICE LINE



As a Community First Member, you have access to medical advice from a registered nurse 24 hours a day, 7 days a week, 365 days a year.

Our Nurse Advice Line is staffed with experienced nurses who are ready to help with health questions and concerns, such as:

"I went to the doctor, but now I have a follow-up question."

"My vision is blurry. What should I do?"

"I'm feeling dizzy and unstable. Do I need to go to the ER?"

The nurse can help you decide if you need to see a doctor, what to do if your symptoms get worse, and what you can start doing at home to feel better. They may also recommend you go to an urgent care center or the emergency room.

24/7 Nurse Advice Line:

Local: 210-227-2347 | Toll-Free: 1-800-434-2347 | TTY: 711

Free translation services available.

For life or limb-threatening emergencies, always call 911.

HOME-DELIVERED MEALS



Community First partners with Mom's Meals® for meal delivery service for Community First Members after an inpatient hospital stay.

We selected Mom's Meals® for our Members' nutrition needs because they:

- ✓ **Provide nutritious, high-quality food**
- ✓ **Can begin delivery 24-72 hours after a referral from your treating physician**
- ✓ **Make custom meals based on your preferences and needs**
- ✓ **Can provide special menus that are diabetic-friendly and heart-friendly**
- ✓ **Deliver fresh, refrigerated, microwaveable meals that you can heat up in a few minutes**



HEALTH & WELLNESS PROGRAMS



**DID YOU
KNOW**



Community First Members can join dedicated Health & Wellness Programs designed to help manage a medical condition and improve your overall health.

Our family of Health & Wellness Programs:

- 1 Asthma Matters:** Asthma Management Program
- 2 Diabetes in Control:** Diabetes Management Program
- 3 Healthy Mind:** Behavioral Health Management Program
- 4 Healthy Living:** Healthy Lifestyle Management Program
- 5 Healthy Heart:** Blood Pressure Management Program

We are proud to offer programs designed to help you understand your condition better and live your best life.

All of our programs are free for Members to join, and some offer rewards for participating.

EXERCISE & FITNESS



Community First provides Members FREE membership to the YMCA as a preventive health benefit.

The YMCA of Greater San Antonio offers older adults an opportunity to increase their physical activity, enjoy social interaction, and learn healthy lifestyle skills.

Improve your health by using your membership to participate in free classes and programs designed for seniors, like:

- **ForeverWell**— From physical activity to social events and new adventures, ForeverWell offers a variety of opportunities for adults age 60 and better to stay active, engaged, and connected with others.
- **Silver Sneakers** — Low-impact, joint-friendly sessions modified for seniors involving cardio, flexibility, strength training, and coordination exercises.



San Antonio-Area YMCA Locations

(with senior programming)

Boerne Family YMCA

820 Adler Rd.
Boerne, TX 78006

Cibolo Family YMCA

176 FM 78 East
Cibolo, TX 78108

D.R. Semmes Family YMCA

3233 N. St. Mary's
San Antonio, TX 78212

Davis-Scott Family YMCA

1213 Iowa
San Antonio, TX 78203

Harvey E. Najim Family YMCA

3122 Roosevelt Ave.
San Antonio, TX 78214

Mays Family YMCA at Potranco

8765 Hwy 151 Access Rd.
San Antonio, TX 78245

Schertz Family YMCA

621 Westchester
Schertz, TX 78154

Thousand Oaks Family YMCA

16103 Henderson Pass
San Antonio, TX 78232

Westside Family YMCA

2900 Ruiz St.
San Antonio, TX 78228

YMCA at O.P. Schnabel Park

9606 Bandera Rd.
San Antonio, TX 78250

COMING SOON! Hartman Family YMCA

The future Hartman Family YMCA located at Morgan's Multi-Assistance Center (MAC) and opening in 2027 will be an Ultra-Accessible YMCA designed for individuals of all ages and abilities.

For more information, please visit ymcasatx.org

NON-EMERGENCY MEDICAL TRANSPORTATION



Need a ride to your next health care appointment?

Community First partners with SafeRide Health to provide Members transportation to health care appointments and anywhere you get covered Medicare services.

Reliable Transportation

Never miss an important medical appointment because of transportation challenges.

Easy Scheduling

Booking a ride by phone or through the SafeRide mobile app is simple and convenient.

Safe and Comfortable Rides

Your safety and comfort are our priority.

***Transportation should never stand between you
and quality health care.***



Community First Health Plans, Inc. is an HMO/HMO SNP with a Medicare and Texas State Medicaid Agency Contract. Enrollment in Community First Health Plans, Inc. depends on contract renewal. Community First markets under the names Community First Medicare Advantage Alamo Plan (HMO), Community First Medicare Advantage Bexar Dual (HMO D-SNP), and Community First Medicare Advantage Mezquite Dual (HMO D-SNP). This information is not a complete description of benefits. Call 1-833-434-2347 or 711 for more information. You must continue to pay your Medicare Part B premium.



**Call us toll-free at
1-833-434-2347**

**7 days a week, 8 a.m. to 8 p.m.
(October 1 – March 31)**

**Monday through Friday, 8 a.m. to 8 p.m.
(April 1 – September 30)**

**Message service available on weekends and holidays
from April 1 – September 30.**

TTY: 711 (24 hours a day/7 days a week)

COMMUNITY FIRST
HEALTH PLANS