

Instructions:

- Share this Wellness Brochure/Form with your provider(s). Remember to bring it with you to all provider visits or contact the Wellness team at (718) 759-4413 to schedule your in-home screening.
- Discuss and have the required screening completed.
- Have your provider confirm by signing and placing their stamp on the Wellness Brochure/Form.
- Send your brochure/form as soon as it is completed, but no later than December 31, 2024.
- There are three simple ways it can be submitted:
 - **Mail** using the enclosed pre-paid envelope
 - **Email to wellness@mjhs.org**
 - **Upload** it to our website at elderplan.org/health-and-wellness/

Note: Allow up to 14 weeks for processing

Elderplan is an HMO plan with Medicare and Medicaid contracts. Enrollment in Elderplan depends on contract renewal. This is Health and Wellness or Prevention Information. Please call our customer service number at 1-800-353-3765 (TTY: 711), from 8 a.m.–8 p.m., 7 days a week. Elderplan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Elderplan/HomeFirst cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad, o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-353-3765 (TTY: 711). Elderplan/HomeFirst 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-353-3765 (TTY: 711)。

H3347_EP17714_C



Leading the way to great care.SM

The Elderplan logo, consisting of a green square icon with a white stylized leaf or plant shape, followed by the word "elderplan" in a lowercase, sans-serif font.



Have a
\$25 Reward

*added to your Flex card,
for completing
EACH ELIGIBLE
screening, exam,
vaccination
or visit*

1. Annual PCP visit

PCP visits in-office, in-home or telehealth can count as an annual visit. Contact your Primary Care Provider to schedule your annual visit or you can contact the Elderplan Wellness Team at (718) 759-4413 to see if you are eligible for an in home assessment or to locate a telehealth provider.

2. Flu Vaccination

The Centers for Disease Control recommends *flu shots for everyone over the age of 6 months, especially for those aged 65 and over, or who have chronic health conditions such as asthma, diabetes or heart disease.

*Flu vaccination incentive can be earned once per calendar year.

3. COVID Vaccination

The Centers for Disease Control recommends the 2023–2024* updated COVID-19 vaccine to protect you against serious illness from COVID-19.

*COVID-19 vaccination incentive can be earned once per calendar year.

4. Mammogram

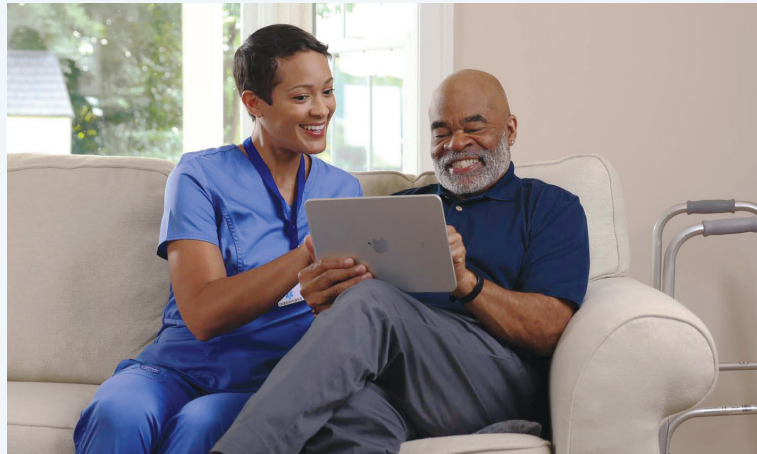
If you've had a breast cancer screening between October 1, 2022 – December 31, 2024 it will count toward the incentive program.

5. Colorectal Cancer Screening

If you've had a Colorectal Cancer Screening within the last 9 years, it can count toward the incentive program. Please have your doctor indicate the type of screening and sign. The FOBT screening also counts toward the incentive program and Elderplan conveniently offers this screening at home. **If you would like an FOBT kit mailed to your home, please call the Wellness Team at (718) 759-4413.**

6. Retinal Eye Exam

In addition to covering in-office retinal eye exams, Elderplan also conveniently offers retinal eye screenings at home. **If you would like to have a provider come to your home, please call the Wellness Team at (718) 759-4413 to schedule an appointment.**



Member Name

Member ID

1. Annual PCP visit

Dr. Signature: _____

Exam Date: _____

2. Flu Vaccination

Dr. Signature: _____

Flu Shot Date: _____

3. COVID Vaccination

Dr. Signature: _____

COVID-19 Vaccination Date: _____

4. Mammogram

Dr. Signature: _____

Exam Date: _____

5. Colorectal Cancer Screening

Provider Name/Loc: _____

Type of Screening: _____

Dr. Signature: _____

Exam Date: _____

6. Retinal Eye Exam

Dr. Signature: _____

Exam Date: _____

Provider stamp.