



Receive a  
**\$25 Reward**

*in the form of a gift card,  
for completing  
**EACH ELIGIBLE**  
screening, exam,  
vaccination  
or visit*

Member Name \_\_\_\_\_

Member ID \_\_\_\_\_

**1. Annual PCP visit**

Dr. Signature: \_\_\_\_\_

Exam Date: \_\_\_\_\_

**3. Mammogram**

Dr. Signature: \_\_\_\_\_

Exam Date: \_\_\_\_\_

**2. Vaccinations**

*Covid-19 vaccination incentive can only be earned once  
per lifetime for the initial vaccine series. The booster shot  
incentive can be earned once per calendar year.*

Dr. Signature: \_\_\_\_\_

Flu Shot Date: \_\_\_\_\_

Covid-19 Vaccination Date: \_\_\_\_\_

- ☐ Moderna/Pfizer  
☐ Johnson & Johnson

Booster Date: \_\_\_\_\_

**4. Colorectal Cancer Screening**

*Includes Fecal Occult Blood Test (FOBT)\**

Provider Name/Loc: \_\_\_\_\_

Type of Screening: \_\_\_\_\_

Dr. Signature: \_\_\_\_\_

Exam Date: \_\_\_\_\_

**5. Retinal Eye Exam**

Dr. Signature: \_\_\_\_\_

Exam Date: \_\_\_\_\_

**SEE REVERSE SIDE FOR INSTRUCTIONS.**



*Physician stamp.*

## 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 Wellness Team at (718) 759-4413 to see if you are eligible for an in home assessment or to locate a telehealth provider.

## 2. Vaccinations

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. Incentives for Covid-19 vaccination are given one time for the initial vaccine series. Covid-19 booster shots are eligible for an additional incentive once per calendar year.

## 3. Mammogram

If you have had a breast cancer screening between October 1, 2021 – December 31, 2023 it can count toward the incentive program. Please have your doctor indicate the exam date, sign and place their stamp.

## 4. 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.**

## 5. Retinal Eye Exam

Elderplan 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.**

## Instructions:

1. Share the Wellness Card with your provider(s). Bring this card with you on your next visit with your provider or contact the wellness team to schedule your in home screening.
2. Discuss and have the required screening completed.
3. Have your provider(s) confirm by signing and placing their stamp on the Wellness Card.
4. Send your card as soon as it is completed, but no later than December 31, 2023, using the pre-paid envelope.

**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].