

Instructions:

- Share this Wellness Brochure/Form with your provider(s) and bring it to all visits or contact the Wellness team 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, 2026.
- There are three simple ways it can be submitted:
 - **Mail** using the enclosed pre-paid envelope
 - **Email** to wellness@elderplan.org
 - **Scan QR code to upload securely**



Notes: All screenings and vaccinations will be rewarded once per year. Allow up to 14 weeks for processing. Unused reward value expires on 12/31/2027.

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Si necesita estos servicios o tiene preguntas sobre nuestro plan, llame al 1-800-353-3765 (TTY: 711). Elderplan, Inc. 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、殘障情況或性別而歧視任何人。請注意：如果您說英語以外的語言或需要口譯協助，我們將免費為您提供語言協助服務和適當的輔助工具。如果您需要這些服務或對我們的計劃有疑問，請致電 1-800-353-3765 (TTY: 711)。

Need Help?

Wellness Team:
(718) 759-4413 (TTY: 711)
9 a.m. – 5 p.m., Monday – Friday

Member Services:
1-800-353-3765 (TTY: 711)
8 a.m. – 8 p.m., 7 days a week


homefirst®

Leading the way to great care.™





Earn a
\$25 Reward
for completing
EACH ELIGIBLE
screening, exam,
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 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.*

3. Mammogram

If you've had a breast cancer screening between October 1, 2024 and December 31, 2026 it will count toward the incentive program.

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. FOBT screenings count too! Call the Wellness Team to request a home kit.

5. 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 to schedule an appointment.](#)

6. Annual Hearing Exam

Routine hearing screenings can increase earlier diagnosis and treatment of hearing loss in adults.

7. NEW! Annual Diabetes Screening

A hemoglobin A1c test shows your average blood sugar level over the last 2–3 months. The American Diabetes Association recommends routine A1c testing for people at risk for or living with diabetes.

8. NEW! Annual Kidney Screening

An eGFR blood test shows how well your kidneys are working, and a uACR urine test looks for protein in your urine, which can be an early sign of kidney problems. Both tests must be completed in the same year to qualify for the reward.

Member Name

Member ID

1. Annual PCP visit

Dr./NP Signature Exam Date

2 . Flu Vaccination

Dr./NP/Pharmacist Signature Flu Shot Date

3. Mammogram

Dr./NP Signature Exam Date

4. Colorectal Cancer Screening

Provider Name/Loc

Type of Screening

Dr. Signature Exam Date

5. Retinal Eye Exam

Dr. Signature Exam Date

6. Annual Hearing Exam

Dr. Signature Exam Date

7. Annual Hemoglobin A1c (HbA1c) Test

Dr. Signature

Test Date

Result Required

8. Annual Kidney Health Check

Dr. Signature

eGFR Blood Test Date

Urine Protein (uACR) Test Date

Provider stamp