

Instructions:

- Share this Wellness Brochure/Form with your provider(s). Remember to bring it with you to all provider visits.
- Discuss and have the required screening completed.
- Once completed, please have your provider confirm completion 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, 2025.
- 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/homefirst-managed-long-term-care/plan-benefits/rewards/

Note: Allow up to 14 weeks for processing.
The reward expires on 12/31/2026.

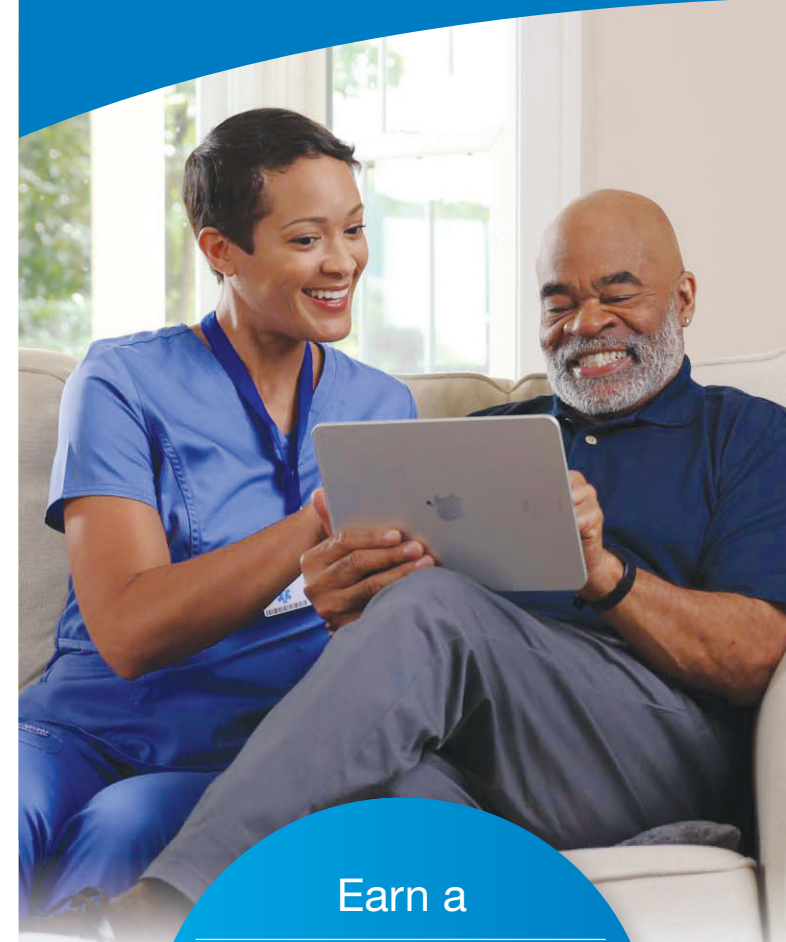
This is Health and Wellness or Prevention Information. Please call our customer service number at 1-877-771-1119 (TTY: 711), from 8 a.m.–8 p.m., 7 days a week. Elderplan/HomeFirst complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, 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 1-877-771-1119 (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 1-877-771-1119 (TTY: 711)。

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homefirst®

a participating agency of MJHS Health System

Leading the way to great care.™

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Earn a
\$25 Reward
in the form of a gift card,
for completing
EACH ELIGIBLE
or exam

Earn a \$35 Reward for your FLU vaccination!

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.

Annual Dental Exam

If you've had a dental exam performed by a dentist anytime in 2025 it counts toward the Wellness Incentive Program.

Annual Hearing Exam

Routine hearing screenings may increase diagnosis and treatment of hearing loss in adults. If you've had a hearing test performed anytime in 2025 it counts toward the Wellness Incentive Program.

Member Name

Flu Vaccination

Dr./NP/Pharmacist Signature

Flu Shot Date

Member ID

Annual Dental Exam

Dr. Signature

Exam Date

Annual Hearing Exam

Dr. Signature

Exam Date



Provider stamp.