




Elderplan is pleased to offer the following  
**exams, screenings** and  
**services in** the safety and  
comfort of **your home.\***





SERVICE	SCHEDULING
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**EXAMS AND EVALUATIONS**

 Dental Exam	Call <b>Healthplex</b> at <b>1-888-468-5175</b> and ask for a home visit, 8 a.m. to 6 p.m., Monday – Friday
 Vision Exam	Call Member Services at <b>1-800-353-3765</b> and ask for a home visit with <b>SuperiorVision</b> , 8 a.m. to 8 p.m., 7 days a week
 Hearing Exam	Call <b>HearUSA</b> at <b>1-800-442-8231</b> and ask for an evaluation at home, 8:30 a.m. to 8:30 p.m., Monday – Friday

**DOCTOR VISITS**

 Virtual Doctor Visits via a phone call or video chat	Set up your account on <b>Teladoc.com</b> or call <b>Teladoc</b> at <b>1-800-TELADOC (835-2362)</b> , 24/7
 Virtual Visits with a therapist or psychiatrist	

**SCREENINGS**

 Annual Wellness Visit	Call the <b>Elderplan Wellness Team</b> at <b>(718) 759-4413</b> and ask for an appointment at home, 9 a.m to 5 p.m., Monday – Friday  <i>Members will earn a wellness incentive of \$25 each for colorectal and retinal eye screenings</i>
 Colorectal Cancer Screening	
 Retinal Eye Screening	

**EXERCISE**

 Live and pre-recorded exercise videos	Visit <b>Silver&amp;Fit</b> at <b>www.silverandfit.com</b>
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We hope that you'll take advantage of these convenient in-home services.

If you have any questions, please call **Member Services at 1-800-353-3765 (TTY: 711)** from 8 a.m. to 8 p.m., 7 days a week

\*These home services are covered for members of the Elderplan Extra Help (HMO) plan.

Elderplan is a plan with Medicare and Medicaid contracts. Enrollment in Elderplan depends on contract renewal. 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 1-800-353-3765 (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)。

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