

# \$200 Annual Physical Incentive: One Easy Step!!!

## 1) Submit your Explanation of Benefits to [Patrick](#) (ESHCA Wellness Coordinator)

- The EOB should state:
  - “Description: Est Prevent Healthy 18 to 39 Yrs” (40 to 64; or 65+)
- FAQ’s
  - a) **What is an EOB?**
    - The EOB details how you and your health plan share costs. If you are questioning a charge, you will need an EOB. It is important for members to know where to get one and how to review it.
  - b) **Where can I find my EOB?**
    - **Paper Copy:** if you have not opted to go “paperless” with MVP you will receive an EOB in the mail a couple of weeks after your appointment. If you did not receive a paper copy you can request one by calling the customer service number on your MVP Membership Card.
    - **Gia (the MVP Member App):** ESHCA is encouraging everyone to use the all-inclusive app, EOB’s can be downloaded by clicking the “Claims” tab.
      - [Download Gia!](#)
    - **MVP Member Portal:** create an account on your personal computer using the MVP ID Number on your membership card, you will be able to download your EOB from the portal.
  - c) **Who is eligible for the incentive?**
    - Both the member and the member-spouse are eligible for the incentive.

## 2) Optional Extra Credit (\$50): Fill out your General Health Assessment and the MD Biometric Form

- The previous incentive required the General Health Assessment, the MD Biometric Form, and the EOB. If you would like to include the GHA and the MD Biometric Form you will receive an additional \$50.
  - a) [General Health Assessment \(\\$25\)](#): click to open
    - Use the questionnaire to review your personal health habits.
  - b) [MD Biometric Form \(\\$25\)](#): **fill in the highlighted areas of the Form**
    - “Know Your Numbers” – blood pressure, blood sugar, cholesterol, and body weight are good indicators of current and future health.
    - Where can I find my numbers:
      - Have your doctor fill in the form at your annual physical.
      - or-
      - Fill the information in yourself using the blood work from your annual physical.
        - The doctor should send you the information in the mail or you should be able to review the information on the member portal provided by your doctor.

Objectives of the Annual Physical Incentive:

- 1) Preventative appointments reduce the risk of “high-cost claims”.
- 2) Ensures members have a Primary Care Physician.
- 3) “Know Your Numbers”: meeting with your doctor on an annual basis educates one on their current health. Blood pressure, blood glucose, cholesterol, and body weight are key indicators of current and future health.
- 4) Understand your Health Benefits. The people who know the health plan use it the most. ESHCA encourages you to use the plan by participating in Preventative Appointments (Annual Physical, Dental Cleanings, and Vision Exams).

Contact Patrick with questions:

Patrick Flaherty  
ESHCA Wellness Coordinator  
(315) 895-5303

[pflaherty@eshca.org](mailto:pflaherty@eshca.org)