

Steps:

- 1) Make your appointment to complete your Annual Physical Exam (include blood work).
 - This form can be completed by the doctor or the member, using the results from annual blood work.
 - Once complete: mail, email (good cell phone picture) or fax to:

Mail: Empire State Highway Contractors Association
Wellness Coordinator
2481 Higby Road
Frankfort, NY 13340

Fax: 315-895-5307

E-mail: pflaherty@eshca.org

- 2) This exam is covered by your ESHCA insurance once within the calendar year (\$0 copay). **Be sure to take your medication list so you can re-evaluate your medications and dosages with your doctor.**
- 3) If you have already completed your exam for the current year, drop this form off to your doctor's office for completion. Either pick it up or have them send it in on your behalf.
 - Note: if the member has the data, they can fill it out themselves (the doctor's signature is not required).

Follow the 3 Steps to Receive the \$200 Incentive:

- Note: Incentive change for 2023! The only thing required for the Annual Physical Incentive (\$200) in 2023 is the Explanation of Benefits. If you would like to get the additional \$50, submit the General Health Assessment and the MD Biometric Form.

1) Submit MVP Explanation of Benefits (receipt from MVP)	\$200
2) Extra Credit (optional):	
a. Submit the General Health Assessment (www.eshca.org or call/email me)	\$25
b. Submit MD Biometric Form	<u>\$25</u>
• Max Total =	\$250

Questions or comments contact:

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