

\$200 Annual Physical Instructions

- 1) You will need to submit the following:
 - a. General Health Assessment (questionnaire)
 - b. MD Biometric Form
 - i. Take this to the doctor and have them fill it out. The objective is to “Know Your Numbers” including blood pressure, cholesterol, blood glucose and weight (BMI). They are good indicators of current and future health.
 - c. Explanation of Benefits (receipt from MVP)
 - i. This will arrive in the mail a couple of weeks after your appointment and says, “This is not a bill.”, across the top. Please send me the front and back of the first page, verifying that you had a physical.
- 2) All paperwork can be emailed (good cell phone picture works), mailed or faxed (see contact info below).
- 3) Contact me if you have questions or need assistance.

Patrick Flaherty
ESHCA Wellness Coordinator

2481 Higby Road
Frankfort, NY 13340

pflaherty@eshca.org

Fax: (315) 895-5307

Phone: (315) 895-5303