

# FLU SHOT

50 WELLNESS POINTS



## EARN WELLNESS POINTS WITH YOUR FLU SHOT

You can earn **50 Wellness Points** for getting your Flu Shot! Have your provider date and sign below, or attach a statement/bill as proof of your exam. Submit to us once per program year for Wellness Points.

Please send a copy of the completed form and your gym report to the Lifestyle Health Plans Wellness Department: Email: [wellness@medova.com](mailto:wellness@medova.com)  
Fax: 316-616-6161

Name: \_\_\_\_\_

Member ID: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

Date Of Birth: \_\_\_\_\_

Email Address: \_\_\_\_\_

Date of Exam: \_\_\_\_\_

Provider Name: \_\_\_\_\_

Provider Signature: \_\_\_\_\_

*I hereby attest and verify that I have completed the requirements for the wellness activity noted above.*

Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Questions? For more information, contact the Lifestyle Health Plans Wellness Department at 1-866-827-6607 ext. 5 or [wellness@medova.com](mailto:wellness@medova.com).



**Disclaimer:** The wellness activity listed above is offered through Lifestyle Health Plans on a voluntary basis. As the participating member, please use your best judgment when participating. This activity is meant to be an educational tool to help guide you to make good choices. Consult a physician should you experience any health issues. This activity is not meant to replace a physician's consultation.