

Good Health

Appointment Checklist

Stay safe and take charge of your health this year.

Throughout this year, we will help you stay informed and keep up to date on what you can do to better manage your health. Start by calling your primary care provider to schedule your annual wellness visit and take this checklist with you.

ONCE A YEAR

DATE DONE

<input type="checkbox"/> Flu shot (every flu season)	
<input type="checkbox"/> Vaccine review (find out what other shots you may be due for)	

ANNUAL WELLNESS VISIT/ ROUTINE PHYSICAL

DATE DONE

<input type="checkbox"/> Blood pressure check	
<input type="checkbox"/> Height, weight and body mass index (BMI)	
<input type="checkbox"/> Medication review	

FOR PEOPLE WITH DIABETES

DATE DONE

<input type="checkbox"/> Hemoglobin A1c (HbA1c)	
<input type="checkbox"/> Lipid/cholesterol testing	
<input type="checkbox"/> Urine test for protein	
<input type="checkbox"/> Kidney function monitoring (creatinine)	
<input type="checkbox"/> Diabetes-related eye exam	

AS RECOMMENDED

DATE DONE

<input type="checkbox"/> Colon cancer screening (FIT, colonoscopy or Cologuard test) recommended for most adults by age 50	
<input type="checkbox"/> Breast cancer screening (mammogram) recommended for most women by age 50	
<input type="checkbox"/> Cervical cancer screening (Pap test) recommended for most women by age 21	
<input type="checkbox"/> Osteoporosis screening	
<input type="checkbox"/> Lipid/cholesterol screening	
<input type="checkbox"/> Diabetes screening	
<input type="checkbox"/> Eye exam	
<input type="checkbox"/> Hearing exam	
<input type="checkbox"/> COVID-19 vaccine	
<input type="checkbox"/> Other:	
<input type="checkbox"/> Other:	

OTHER QUESTIONS YOU MAY HAVE