

Own your health! Nothing is more important than it.

Use this checklist to map your health care activities for the year.

Schedule your annual wellness visit with your primary care provider (PCP). It's the first vital step! Bring this checklist with you. Together, you and your PCP decide which tests and services are right for you.



A UnitedHealthcare Company

Keep this checklist for your records and bring it with you to your next PCP visit.

	Date Completed
At your annual wellness visit	
Physical examination	
Blood pressure check Result:	
Do a medication check: <input type="checkbox"/> Verify that your maintenance medications are a 90-day or 100-day supply <input type="checkbox"/> Ask about mail order for long-term supplies <input type="checkbox"/> Discuss medication side effects <input type="checkbox"/> If you have diabetes or heart disease, ask your doctor about the benefits of statin medication	
Ask your PCP about: <input type="checkbox"/> Being active/exercise <input type="checkbox"/> Preventing falls <input type="checkbox"/> Urine leakage <input type="checkbox"/> Advance care planning <input type="checkbox"/> Healthy eating <input type="checkbox"/> Feelings of sadness, worry or confusion <input type="checkbox"/> Stopping smoking	
As recommended by your doctor	
Mammogram	
Bone density test	
Colon cancer screening (be sure your PCP knows the date of your last one)	
For people with diabetes	
A1c test Result:	
Kidney health tests (an eGFR blood test and a uACR urine test)	
Eye exam to detect diabetes-related issues	
Diabetes education	
Once a year	
Labs—which do you need?	
Vaccines—which do you need? (flu, pneumonia, COVID-19, shingles, RSV)	

In addition to your annual wellness visit, schedule a FREE Peoples Health comprehensive wellness assessment. It's another way to learn more about your health.

- Meet one-on-one with a provider to discuss your health history and goals; this helps Peoples Health work with your doctors to coordinate your care. Learn more: peopleshealth.com/cwa.
- Earn a \$50 reward for completing your assessment!*

*You must sign up for Peoples Health Rewards.

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We want to help you enjoy the best health possible!