

Annual Health Guide

Use this checklist to help guide you on your health journey.

1 Call your doctor to schedule your Annual Wellness Visit!

It includes a detailed review of your current health status. Complete it every year!

Prepare for your visit by bringing:











- A list of your medications, including prescription, over-the-counter, and supplements
- Lab reports and paperwork. Include anything that happened since your last visit with your doctor.
- Records, including blood pressure or blood sugar logs

Talk to your doctor about:

- Any visits to urgent care, the hospital, or specialists
- Difficulties with bladder control
- Problems with sleep, changes in appetite, feelings of sadness or loneliness, or issues with memory
- Recent falls, balance issues or fear of falling
- New or recurring pain
- Lifestyle habits such as eating, exercise, drinking, smoking, or vaping

2 Schedule your recommended screenings, exams, and vaccinations

Please talk to your doctor about which screenings you may need. They will let you know when and how often to complete them.

General Screenings		Dates
 Flu shot		
 Vaccination Review (shingles, pneumococcal, hepatitis B, COVID, and others you may need)		
 Breast Cancer Screening		
 Colorectal Cancer Screening		
 Bone Density Scan		
 Controlling High Blood Pressure		
For People with Diabetes		Dates
 Retinal Eye Exam		
 Blood Test to check Hemoglobin A1c		
 Kidney Health Evaluation—Urine Protein Test & eGFR Blood Test		
 Blood Pressure Control		

