



Annual Wellness Visit

When it comes to your health, you hear about eating a balanced diet, getting plenty of exercise, etc. But do you see your doctor each year? An annual wellness visit is a great time to establish a partnership with your doctor to maintain or improve your health. Making time to see your doctor at least once yearly can keep you healthy and identify early warning signs of serious health conditions.

Depending on your age, sex and family medical history, a checkup with your doctor may include:

- Blood, urine, vision and hearing tests to evaluate your overall health
- Blood pressure, cholesterol level and weight assessments
- A discussion about your diet and exercise habits including tobacco, drug and alcohol use
- Immunizations and booster shots
- Screenings to assess your risk of developing certain diseases (including diabetes)
- Testing for STDs and possibly HIV (depending on your age and sexual lifestyle)
- Colorectal cancer screening (starting at age 50, or younger if you have a family history)
- A discussion about depression and stress to evaluate your mental health
- Assessment of your current medications and/or necessary medication refills
- A discussion about your advance care planning and future medical wishes



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My Preventive Medicine Visit Checklist

Take this with you to your doctor's visit.

You can prepare for your visit by completing this information from your records and/or your medical group's website.

Name	
PCP (primary care physician)	
PCP phone number	

Know Your Numbers

Blood pressure	
BMI (body mass index)	
<i>If applicable</i>	
Blood sugar (HbA1c)	
Cholesterol (LDL value)	



Discuss these topics with your doctor at your next visit.

- How I can prevent falls?
- What I can do about bladder control issues (*if a problem*)?
- What level of exercise/physical activity should I do?
- Current medications
- My emotional health (*if I feel down or depressed*)
- What help can I get to stop smoking or tobacco use?
- What treatment can I get for alcohol or drug use?
- Learn about healthy food options

Appointments	Last date completed	Next date scheduled
Annual wellness visit		
Annual routine eye exam		
Screenings		
Colorectal cancer (<i>like a colonoscopy/FIT kit</i>)		
Cholesterol		
Diabetes (<i>if applicable</i>)		
HbA1c		
Diabetic foot exam		
Annual retinal or dilated eye exam		
Kidney health		
ACR (albumin-to-creatinine ratio) urine test		
eGFR (estimated glomerular filtration rate) blood test		
Women		
Breast cancer		
Bone mass measurement		
Vaccines		
Flu (<i>every flu season</i>)		
Pneumonia		