

# Annual Care Checklist

You can count on UnitedHealthcare® to help you get the care, tests and treatment you need. The following is a list of recommended preventive care services. Take this checklist to your next primary care provider (PCP) appointment and talk with your provider about which tests and services are right for you.<sup>1</sup>

Annual wellness visit/ routine physical	Date done
<input type="checkbox"/> Advance care planning	
<input type="checkbox"/> Blood pressure check	
<input type="checkbox"/> Head-to-toe examination	
<input type="checkbox"/> Height, weight and body mass index (BMI)	
<input type="checkbox"/> Lifestyle screening: discuss alcohol use, healthy eating habits, available support for quitting tobacco, and more	

  

Vaccine review	Date done
<input type="checkbox"/> Flu (every flu season)	
<input type="checkbox"/> COVID-19	
<input type="checkbox"/> Pneumonia	
<input type="checkbox"/> Shingles	
<input type="checkbox"/> Hepatitis B	

  

As recommended by your PCP	Date done
<input type="checkbox"/> Dental exam	
<input type="checkbox"/> Hearing exam	
<input type="checkbox"/> Routine eye exam	
<input type="checkbox"/> Cholesterol screening	
<input type="checkbox"/> Bone mineral density test to screen for osteoporosis	
<input type="checkbox"/> Fasting blood sugar screening	
<input type="checkbox"/> Cervical cancer screening (Pap test) for women ages 21–65	

As needed	Date done
<input type="checkbox"/> Colon cancer screening for adults age 45 or older <sup>2</sup>	
<input type="checkbox"/> Hepatitis C virus infection screening for people at high risk and a one-time test for adults born between 1945–1965	
<input type="checkbox"/> Breast cancer screening (mammogram) every year starting at age 45; at age 55, it may change to every other year <sup>2</sup>	

  

For people with diabetes	Date done
<input type="checkbox"/> Exam to detect diabetes-related eye issues	
<input type="checkbox"/> Exam to detect diabetes-related foot issues	
<input type="checkbox"/> Hemoglobin A1c (HbA1c) check	
<input type="checkbox"/> LDL cholesterol check	
<input type="checkbox"/> Statin medication, if clinically appropriate	

  

Kidney Health Tests to help prevent or delay Chronic Kidney Disease (CKD)	
<input type="checkbox"/> Urine Albumin Creatinine Ratio (uACR) test	
<input type="checkbox"/> Estimated Glomerular Filtration Rate (eGFR) test	

**See back for important topics to prepare for your next appointment**

# Important topics to discuss with your PCP

Take the opportunity to address health concerns or important topics with your PCP during your visit. Prepare for your appointment by completing the information below and write down recommendations your PCP has during your visit.

## Medications

- ☐ List the prescription drugs, over-the-counter medications, supplements and vitamins you're taking. Consider asking if there are lower-cost options available and be sure to let your PCP know if you're having trouble getting your medications.

## Care team

- ☐ List any specialists and other providers you see. This will help your PCP coordinate your care.

## Tests and treatments

- ☐ List the tests ordered during your appointment. Ask when you can expect results and how they'll be communicated.

## Other health concerns

## Mental health

- ☐ Let your PCP know if you're feeling sad or blue, or are having difficulty sleeping.
- ☐ Or, any challenges you're experiencing in planning, or memory loss that disrupts daily life.

## Physical health

- ☐ Discuss your physical health with your PCP, including if you're experiencing pain that interferes with your regular activities, work or social life.

## Bladder control

- ☐ I have problems with bladder control
- ☐ I have problems with leaking of urine
- ☐ I don't have bladder control or urine leakage problems

## Risk of falls

- ☐ I have had one or more falls
- ☐ I have problems with balancing or walking
- ☐ I don't have problems with balancing or falling

## Physical activity

- ☐ Start exercising
- ☐ Modify exercise
- ☐ Maintain current exercise level

### We can help schedule your next appointment

If you need help scheduling an appointment, finding a pharmacy or understanding your plan, just call the Customer Service number on your member ID card.

<sup>1</sup> This is a list of suggested screenings. Coverage for these screenings (including how often they are covered) may vary by plan. If you have questions about your specific benefits or coverage details, please call the Customer Service number on your member ID card or check your Evidence of Coverage.

<sup>2</sup> American Cancer Society, 2023.

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