

# 2022 Annual Care Checklist

Nothing is more important than your health. That's why you can count on UnitedHealthcare® to help you get the care you need, when you need it. Take this checklist to your next appointment.

Good preventive care helps catch health issues early when they may be easier to treat. Have this checklist handy at your next appointment. Together, you and your primary care provider (PCP) can decide which tests and health care services are right for you. Recommended preventive care services may include the following<sup>1</sup>:

| Once a year  | Date done |
|--|-----------|
| <input type="checkbox"/> Flu shot (every flu season)   |           |
| <input type="checkbox"/> Vaccine review (see what shots you may be due for)  |           |
| Annual wellness visit/<br>routine physical   | Date done |
| <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 check such as alcohol use, help quitting tobacco and healthy eating, if applicable. |           |
| As recommended by your PCP   | Date done |
| <input type="checkbox"/> Cervical cancer screening (Pap smear) for women ages 21–65  |           |
| <input type="checkbox"/> Cholesterol screening   |           |
| <input type="checkbox"/> Dental exam   |           |
| <input type="checkbox"/> Bone mineral density test to screen for osteoporosis  |           |
| <input type="checkbox"/> Eye exam  |           |
| <input type="checkbox"/> Fasting blood sugar screening   |           |
| <input type="checkbox"/> Hearing exam  |           |

| As needed   | Date done |
|---|-----------|
| <input type="checkbox"/> Colon cancer screening (for adults age 50 or older)  |           |
| <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"/> Mammogram screening (every year starting at age 45; starting at age 55, it can 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)   |           |
| <input type="checkbox"/> LDL cholesterol  |           |
| <input type="checkbox"/> Statin medication, if clinically appropriate   |           |
| <input type="checkbox"/> Tests to monitor for kidney disease  |           |

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

# Important topics to discuss with your PCP

Prepare for your appointment by filling in the information below. Then, write down recommendations your PCP has about these topics and treatment options during your visit.

## Medications

- Write down your prescriptions, over-the-counter medications, supplements and vitamins you're taking, or having difficulty taking. Ask:
- Am I taking them correctly?
  - Are there any side effects?
  - Is there a lower-cost option?

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## Care team

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

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## Health evaluations

### Risk of falls

- I have had a fall
- I have problems with balancing or walking
- I don't have problems with balancing or falling

### 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

### Physical activity

- Start exercising
- Increase exercise
- Maintain current exercise level

## Other health concerns

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## Tests and treatments

- Discuss tests ordered during your appointment. Ask:
- When can I expect results?
  - Will I receive a follow-up call?
  - Do I need a follow-up appointment?

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## Mental health

- Discuss your mental health with your PCP. Let them know if you're feeling sad or blue, or are having difficulty sleeping.

Or, discuss 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.

**If you have questions, please call the Customer Service number on your member ID card.**

From scheduling your next checkup appointment to finding a provider, you can count on us to help you get the care you need, when you need it.

<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 Customer Service at the number on your member ID card or check your Evidence of Coverage.

<sup>2</sup> American Cancer Society, 2021.

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