

2021 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 with you to your next doctor's appointment.

Good preventive care helps catch health issues early when they may be easier to treat. Have this checklist handy at your next doctor's appointment. Together, you and your doctor can decide which tests and care services are right for you. Recommended preventive care services may include the following¹:

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/ 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 Doctor	Date Done
<input type="checkbox"/> Cervical cancer screening (Pap smear) for women ages 21–65 years old	
<input type="checkbox"/> Cholesterol screening	
<input type="checkbox"/> Dental exam	
<input type="checkbox"/> Discuss screening and prevention of 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 ²)	
For People with Diabetes	Date Done
<input type="checkbox"/> Exam to detect diabetes-related issues for eyes	
<input type="checkbox"/> Exam to detect diabetes-related issues for feet	
<input type="checkbox"/> Hemoglobin A1c (HbA1c)	
<input type="checkbox"/> LDL cholesterol	
<input type="checkbox"/> Statin medication, if clinically appropriate	
<input type="checkbox"/> Urine test for protein	

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

Important topics to discuss with your doctor

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

Medications

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

Physical Activity

- Discuss your level of physical activity with your doctor. Ask if you should start, increase or maintain your current exercise level.

Care Team

- List any specialists or other doctors you're seeing. This will help your doctor coordinate your overall care.

Tests and Treatments

- Discuss any 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?

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

Mental Health

- I feel calm and peaceful
- I have a lot of energy
- I feel sad or blue
- I am having difficulty sleeping
- I don't experience any of the above

Bladder Control

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

Physical Health

- I have limitations with my regular daily activities
- I have pain that interferes with my normal work
- I have limitations with my social activities
- I don't experience any of the above

If you have questions, please call the Customer Service number on the back of your member ID card. From scheduling your next checkup appointment to finding a doctor, you can always count on us to help you get the care you need, when you need it.

¹This 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 the back of your member ID card or check your Evidence of Coverage.

²American Cancer Society, 2020.

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