

Nothing is more important than your health. So own your health!

Use this checklist to map your health care activities for the year.

Schedule your annual wellness visit and talk with your primary care provider (PCP) about the recommended activities below. Bring the checklist with you to your appointment. Together, you and your PCP decide which tests and services are right for you.



A UnitedHealthcare Company

	Date Completed
Once a year	
Vaccines—which do you need? (flu, pneumonia, COVID-19, shingles, RSV)	
Labs—which do you need?	
At your annual wellness visit	
Physical examination	
Blood pressure check Result:	
Height, weight and body mass index (BMI) check	
Ask your PCP about: <input type="checkbox"/> A 90-day or 100-day medication supply and mail order <input type="checkbox"/> Healthy eating <input type="checkbox"/> Medication side effects <input type="checkbox"/> Stopping smoking <input type="checkbox"/> Being active/exercise <input type="checkbox"/> Preventing falls <input type="checkbox"/> Urine leakage <input type="checkbox"/> Feelings of sadness, worry or confusion <input type="checkbox"/> <input type="checkbox"/> Advance care planning	
As recommended by your doctor	
Mammogram	
Bone density test	
Colon cancer screening (be sure your PCP knows the date of your last one)	
For people with diabetes	
A1c test Result:	
LDL cholesterol test Result:	
Kidney health tests (an eGFR blood test and a uACR urine test)	
Eye exam to detect diabetes-related issues	
Diabetes education	
Ask your doctor about diabetes medication, including the benefits of a statin	

A FREE Peoples Health comprehensive wellness assessment for Peoples Health members is another way to learn more about your health.

- Meet one-on-one with a nurse practitioner to discuss your health history and goals; this helps Peoples Health work with your doctors to coordinate your care. Learn more: peopleshealth.com/cwa.
- Earn a reward for completing the assessment!*

*You must be a Peoples Health member and sign up for Peoples Health Rewards.

We want to help you enjoy the best health possible!