



# Preventive Care Checklist

## Home safety

We're here to help you make your health a priority. To get started, use this preventive care checklist, which highlights some of the exams, vaccines and screenings that can help you and your loved ones avoid or minimize potential health problems.<sup>1</sup> No matter how healthy you are today, having a discussion with your doctor about preventive care can make a difference in the long run — for you and the people you care about.



Bathroom	
Install grab bars on walls, near the toilet or along bathtub / shower	<input type="checkbox"/>
Place a slip-resistant rug next to bathtub / shower	<input type="checkbox"/>
Put a sturdy plastic shower chair in bathtub / shower	<input type="checkbox"/>
Set nonskid adhesive textured strips on floor of bathtub / shower	<input type="checkbox"/>
Mount a liquid soap dispenser on wall of bathtub / shower	<input type="checkbox"/>
Bedroom	
Remove clutter off the floor to avoid walking hazards	<input type="checkbox"/>
Keep a lamp, flashlight and telephone within reach of your bed	<input type="checkbox"/>
Place night lights on path from bedroom to bathroom	<input type="checkbox"/>
Buy a raised mattress to get in and out of bed more easily	<input type="checkbox"/>
Living Room	
Arrange furniture for a clear walking path	<input type="checkbox"/>
Remove low-level coffee tables / ottomans from paths used by walkers or crutches	<input type="checkbox"/>
Install illuminating light switches	<input type="checkbox"/>
Keep electrical appliance cords out of the way	<input type="checkbox"/>
Check for loose wood floorboards	<input type="checkbox"/>
Kitchen	
Store food, dishes and cooking equipment at waist-level	<input type="checkbox"/>
Use nonskid floor wax to prevent slipping	<input type="checkbox"/>
Purchase a step stool with handrail for reaching into higher cabinets	<input type="checkbox"/>

<sup>1</sup> Some of these exams, vaccines and screenings may require a copayment or deductible. The information in these checklists includes recommendations adapted from the following sources as of December 2019: a U.S. Preventive Services Task Force; immunization for children, adolescents and adults recommended by the Centers for Disease Control and Prevention; and preventive care screenings for infants, children, adolescents and women supported by the Health Resources and Services Administration.