



Diabetes & hypertension (18 years and older)<sup>1</sup>

# Preventive Care Checklist

We're here to help you make your health a priority. To get started, use this preventive care checklist highlighting 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.

Exams		
Periodic Well Visit with your PCP (schedule at least 2 months in advance)	18 and older	<input type="radio"/>
Medication Review (with an RN, pharmacist or your PCP)	18 and older	<input type="radio"/>
Vaccines		
Flu Shot (every fall)	18 and older	<input type="radio"/>
Pneumonia (Pneumococcal and Prevnar)	19 – 64 <sup>2</sup> 65 and older	<input type="radio"/>
Screenings		
Blood Pressure	18 and older	<input type="radio"/>
Body Mass Index (BMI)	18 and older	<input type="radio"/>
Cholesterol <sup>2</sup>	20 and older	<input type="radio"/>
Depression	18 and older	<input type="radio"/>
Tobacco, Drug and Alcohol Use Screening	18 and older	<input type="radio"/>
Blood Sugar (HbA1c; Diabetes) <sup>2</sup>	18 and older	<input type="radio"/>
Visual Foot Inspection (Diabetes)	18 and older	<input type="radio"/>
Dilated Eye Exam (Diabetes) <sup>2</sup>	18 and older	<input type="radio"/>
Kidney Function (Diabetes) <sup>2</sup>	18 and older	<input type="radio"/>
Program Referral		
Health Coaching Program <sup>2</sup>	18 and older	<input type="radio"/>
Disease Management Program <sup>2</sup>	18 and older	<input type="radio"/>

<sup>1</sup>The information in these checklists includes recommendations adapted from the following sources as of June 2021 and is subject to change: Preventive services with a rating of A or B from the 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. <sup>2</sup> Based on risk factors, and as advised by your doctor.