



BlueResourceSM – Protecting Your Health – Annual Wellness Guidelines Checklist

Annual Wellness Visit Checklist

Understanding your body plays a big role in your good health and wellness. This checklist can give you a clearer picture of your overall health. Use it to start a conversation with your health care provider. Together, you can create a plan to take care of any issues you may have and make positive strides toward a happy, healthy life. Fill it out and take it with you to your **annual wellness visit**.

Discuss With Your Doctor	Visit Date/Notes
☐ Current condition(s) and treatment(s)	
☐ Pain and what you can do for it	
☐ Daily activities and fitness level	
☐ Balance issues or recent falls	
☐ Bladder control problems	
☐ Sleeplessness and memory loss	
☐ Tobacco, alcohol or drug use	
☐ Depression, anxiety, other mental health concerns	
☐ Hospital visits in the last 90 days	
Exams	Visit Date/Notes
☐ Annual wellness visit	
☐ Blood pressure check	
☐ Height, weight, body mass index (BMI)	
☐ Blood sugar, cholesterol	
☐ Eye exam and retinal exam (if needed)	
☐ Hearing	
☐ Dental	



Check this list to keep up with your wellbeing each year.

Screenings	Visit Date/Notes
☐ Breast cancer	
☐ Cervical or prostate cancer	
☐ Colorectal cancer	
☐ Diabetes	
☐ Hepatitis C (HVC)	
☐ Osteoporosis	
☐ Others recommended by your doctor	
Immunizations	Visit Date/Notes
☐ Influenza (flu)	
☐ Pneumococcal (pneumonia)	
☐ Shingles	
☐ COVID-19	

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Visit Date/Notes

Prescription and Over-the-Counter Medication Tracker

Your Care Team