



# Wellness Visit Checklist



## Recommended preventive visits:

### Annual wellness visit or physical

A comprehensive physical exam to catch health issues early when they are often easiest to treat.

### Annual Medicare wellness visit

A no-cost visit focused on prevention, planning and understanding your health risks.

### Topics to discuss with your doctor:



**Overall physical health**



**Bladder health**



**Emotional health and well-being**



**Fall prevention and safety**

### Common preventive screenings:

**Colorectal cancer screening** to check for signs of cancer or precancerous growth.

#### Diabetes screenings:

- Eye exam to monitor vision health
- A1C test to track blood sugar levels
- Kidney screening using blood and urine tests

#### Women's health screenings:

- Mammograms to check for early signs of breast cancer
- Bone density tests to evaluate bone strength and risk for osteoporosis

Talk to your provider about other health concerns or additional screenings you may need.

**Reminder:** Ask for a copy of your after-visit summary.

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