



Your yearly health checklist



Use this checklist to stay up to date on the care you need to reach your best health in the year ahead.

Health Checklist

Preventive care

- Complete your annual wellness visit
- Catch up on recommended screenings and tests
- Schedule your follow-up appointments

Medications

- Review your medications with a provider or pharmacist
- Refill your medications before the year ends
- Take your medications as prescribed

Health management

- Discuss any new symptoms or concerns with your provider
- Review your care plan and health goals
- Ask about any additional questions or health concerns

Planning ahead

- Schedule your next primary care visit
- Review your benefits for the upcoming year

Call your primary care provider if you need to complete any of the above.
Need to find a provider? Use our **provider directory** or connect with a health navigator at **(855) 384-2614 (TTY: 711)**.

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If you require large-print materials, please call (888) 298-4650 (TTY: 711).