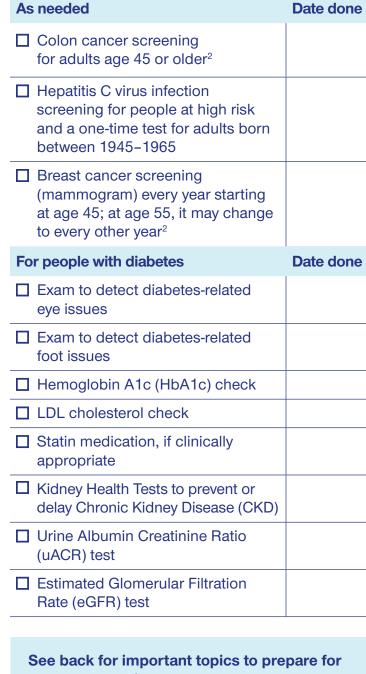
2023 Annual Care Checklist

You can count on UnitedHealthcare® to help you get the care, tests and treatment you need. The following is a list of recommended preventive care services. Take this checklist to your next primary care provider (PCP) appointment and talk with your provider about which tests and services are right for you.1

Annual wellness visit/	Date done	As needed
routine physical Advance care planning		Colon cancer screening
Advance care planning		for adults age 45 or older ²
☐ Blood pressure check		 ☐ Hepatitis C virus infection screening for people at high risk and a one-time test for adults born between 1945–1965 ☐ Breast cancer screening (mammogram) every year starting at age 45; at age 55, it may change to every other year²
☐ Head-to-toe examination		
☐ Height, weight and body mass index (BMI)		
☐ Lifestyle screening check such as alcohol use, quitting tobacco support and healthy eating, if applicable		
Vaccine review	Date done	For people with diabetes
☐ Flu (every flu season)		Exam to detect diabetes-related eye issues
COVID		
☐ COVID - Booster		Exam to detect diabetes-related foot issues
☐ Pneumonia		☐ Hemoglobin A1c (HbA1c) check
Shingles		☐ LDL cholesterol check
☐ Hepatitis B		☐ Statin medication, if clinically
As recommended by your PCP	Date done	appropriate
☐ Cervical cancer screening (Pap test) for women ages 21–65		☐ Kidney Health Tests to prevent or delay Chronic Kidney Disease (CKD
☐ Cholesterol screening		☐ Urine Albumin Creatinine Ratio (uACR) test
☐ Dental exam		☐ Estimated Glomerular Filtration
☐ Bone mineral density test to screen for osteoporosis		Rate (eGFR) test
☐ Routine eye exam		
☐ Fasting blood sugar screening		See back for important topics to p your next appointment
☐ Hearing exam		





Important topics to discuss with your PCP

Take the opportunity to address health concerns or important topics with your PCP during your visit. Prepare for your appointment by completing the information below and write down recommendations your PCP has during your visit.

Medications	Mental health
☐ List the prescription drugs, over-the-counter medications, supplements and vitamins you're taking. Consider asking if there are lower-cost options available and be sure to let your PCP know if you're having trouble getting your medications.	☐ Let your PCP know if you're feeling sad or blue, or are having difficulty sleeping.
	Or, any challenges you're experiencing in planning, or memory loss that disrupts daily life.
	Physical health
	☐ Discuss your physical health with your PCP, including if you're experiencing pain that interferes with your regular activities, work or social life.
Care team	Bladder control
List any specialists and other providers you see. This will help your PCP coordinate your care.	☐ I have problems with bladder control
	☐ I have problems with leaking of urine
	☐ I don't have bladder control or urine leakage problems
	Risk of falls
	☐ I have had a fall
Tests and treatments	☐ I have problems with balancing or walking
List the tests ordered during your appointment. Ask when you can expect results and how they'll be communicated.	☐ I don't have problems with balancing or falling
	Physical activity
	☐ Start exercising
	☐ Modify exercise
	☐ Maintain current exercise level
Other health concerns	

We can help schedule your next appointment

If you need help scheduling an appointment, finding a pharmacy or understanding your plan, just call Customer Service at the number on your member ID card.

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¹ This is a list of suggested screenings. Coverage for these screenings (including how often they are covered) may vary by plan. If you have questions about your specific benefits or coverage details, please call Customer Service at the number on your member ID card or check your Evidence of Coverage.

² American Cancer Society, 2022.

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