



2020 Annual Care Checklist

Nothing is more important than your health. That's why you can count on UnitedHealthcare® to help you get the care you need, when you need it.

Take this checklist with you to your next doctor's appointment.

Good preventive care helps catch health issues early when they may be easier to treat. Bring this checklist to your next doctor's appointment. Together, you and your doctor can decide which tests and care services are right for you. Recommended preventive care services may include the following¹:

Once a Year Date Done

- | | |
|--|--|
| <input type="checkbox"/> Flu shot (every flu season) | |
| <input type="checkbox"/> Vaccine review (See what shots you may be due for.) | |

Annual Wellness Visit/ Routine Physical Date Done

- | | |
|--|--|
| <input type="checkbox"/> Blood pressure check | |
| <input type="checkbox"/> Head-to-toe examination | |
| <input type="checkbox"/> Height, weight and body mass index (BMI) | |
| <input type="checkbox"/> Lifestyle screening check such as alcohol use, help quitting tobacco and healthy eating, if applicable. | |

As Recommended by Your Doctor Date Done

- | | |
|---|--|
| <input type="checkbox"/> Cervical cancer screening (Pap smear) for women ages 21–65 years old | |
| <input type="checkbox"/> Cholesterol screening | |
| <input type="checkbox"/> Dental exam | |
| <input type="checkbox"/> Discuss screening and prevention of osteoporosis | |
| <input type="checkbox"/> Eye exam | |
| <input type="checkbox"/> Fasting blood sugar screening | |
| <input type="checkbox"/> Hearing exam | |

As Needed Date Done

- | | |
|--|--|
| <input type="checkbox"/> Colon cancer screening (for adults age 50 or older) | |
| <input type="checkbox"/> Hepatitis C virus infection screening (For people at high risk and a one-time test for adults born between 1945–1965) | |
| <input type="checkbox"/> Mammogram screening (Every year starting at age 45; starting at age 55 it can change to every other year ²) | |

For People with Diabetes Date Done

- | | |
|--|--|
| <input type="checkbox"/> Exam to detect diabetes-related issues for eyes | |
| <input type="checkbox"/> Exam to detect diabetes-related issues for feet | |
| <input type="checkbox"/> Hemoglobin A1c (HbA1c) | |
| <input type="checkbox"/> LDL cholesterol | |
| <input type="checkbox"/> Urine test for protein | |

Important topics to discuss with your doctor.



Getting Needed Care

- Concerns with getting the care, tests or treatments you need.
- Scheduling routine care appointments in advance.
- Learning where and how to get urgent care.
- Coordinating your care from other doctors or specialists.
- Difficulties getting appointments with a specialist, if needed.



Living Happy and Healthy

- Look at ways to lower your risk of falling or get help with walking and balance.
- Ask about issues with leaking of urine or urinary incontinence.
- Ideas for maintaining or increasing physical activity.
- Feeling sad or blue? Explore options for improving your mental health outlook.



Prescription Drugs

- Ask your pharmacist/doctor if a 3-month supply of your maintenance medications would be right for you.
- Discuss any questions about your prescriptions or if you have any issues getting them filled.
- Annual medication review



Tests and Treatments

- When you will get results from labs, X-rays or other tests.

If you have questions, please call the Customer Service number on the back of your member ID card.

From scheduling your next checkup appointment to finding a doctor, you can always count on us to help you get the care you need, when you need it.

¹This 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 the back of your member ID card or check your Evidence of Coverage.

²American Cancer Society, 2019.

Coverage depends on your plan. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or copayments/coinsurance may change on January 1 of each year.

©2019 United HealthCare Services, Inc. All rights reserved.