



Use this checklist as a guide to keep your health in check

These screenings are recommended for Medicare Advantage members

Talk to your primary care doctor to see which screenings might be relevant to you. If you don't have a doctor or specialist, visit [Humana.com/Find-Care](https://www.humana.com/Find-Care).



Preventive screenings

- Annual Wellness Visit**
A yearly no-cost planning and prevention-focused visit with your doctor
- Annual physical exam**
A yearly visit that can help identify potential issues early, when they are easier to treat
- Colorectal cancer screening**
Looks for signs of cancer or polyps



Diabetes-specific annual screenings

- Diabetic retinal eye exam**
A screening that checks for potential vision health problems
- A1C test**
Measures your blood sugar levels
- Kidney health screening**
A blood test and a urine test that check to see if the kidneys are working properly



Women's health screenings

- Mammogram**
A screening that looks for early signs of breast cancer
- Bone mineral density test**
Checks bone strength and signs of osteoporosis



Things to talk to your doctor about

- Physical health**
- Fall prevention**
- Bladder control**
- Emotional health and well-being**