

Annual Wellness Visit checklist

Answer questions about your health

Here are questions you can review before your appointment. Check any that may apply to you and tell your doctor about any changes since your last visit.



Your physical health

Have you been in the:

- hospital emergency room or
- urgent care center?

Have you fallen or lost your balance?

Do you have:

- Joint pain or stiffness
- Bowel problems or bladder/urinary problems
- Shortness of breath or chest pain
- Headaches or dizziness
- Vision or hearing loss
- Skin changes
- Memory concerns



Your medications

Are you:

- Taking your medications as prescribed
- Taking any new medications
- Skipping medications because you don't have transportation, can't afford them or forget to take them
- Taking any supplements (vitamins, minerals, etc.)
- Taking any over-the-counter medications (used to treat pain, coughs, colds, flu, etc.)
- Not taking any medications because of the side effects

Do you have any side effects with your current medications?



Your lifestyle

Are you:

- Walking more or walking less
- Exercising more or exercising less
- Gaining or losing weight
- Eating more or eating less
- Drinking more alcohol
- Smoking more or smoking less
- Using marijuana or CBD
- Sleeping more than usual or unable to get a good night's sleep consistently



Your emotional health

Are you:

- Lonely or isolated
- Sad or depressed
- Moody
- Out of touch with family or friends
- Worried about your finances or the future
- Having regular mental health check-ins with programs and/or professionals



Your notes

Prioritize your health

Annual preventive care checklist

Maintaining your health ensures your independence, security and productivity.¹ Keeping up with preventive health screenings and exams are an important part of your future care strategy and can help you manage small issues before they become bigger health concerns. Plus, you may earn Go365 by Humana® rewards when you complete eligible preventive activities.*

Ask your doctor which of these preventive screenings are recommended for you and plan to schedule your appointments. **Be sure to check with your healthcare plan to see what screenings are covered.**

| Activity | Schedule by |
|---|-------------|
| Once a year: | |
| Flu shot | |
| COVID-19 booster | |
| Annual Wellness Visit (includes review of health history, creating a health plan, prescription review and measurements of blood pressure, height, weight and body mass index) | |
| For women: | |
| Cervical cancer screening | |
| Breast cancer screening | |
| For men: | |
| Prostate cancer screening | |
| For everyone: | |
| Bone density screening | |
| Cholesterol screening | |
| Colorectal cancer screening | |
| Home test kit | |
| Colonoscopy screening | |
| Dental exam | |
| Eye exam | |
| Hearing exam | |
| For diabetics: | |
| Diabetic eye exam | |
| Diabetic kidney function test | |
| Diabetic HbA1c test | |
| Diabetic foot check | |

1. "Physical Activity Guidelines for Americans," 2nd edition, U.S. Department of Health and Human Services, last accessed November 2024, https://odphp.health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

* Not all preventive activities shown are eligible to earn Go365 rewards.