



**BlueResource<sup>SM</sup> – Protecting Your Health – Annual Wellness Guidelines Checklist**

# Annual Wellness Visit Checklist

Understanding your body plays a big role in your good health and wellness. This checklist can give you a clearer picture of your overall health. Use it to start a conversation with your health care provider. Together, you can create a plan to take care of any issues you may have and make positive strides toward a happy, healthy life. Fill it out and take it with you to your **annual wellness visit**.

Discuss With Your Doctor	Visit Date/Notes
<input type="checkbox"/> Current condition(s) and treatment(s)	
<input type="checkbox"/> Pain and what you can do for it	
<input type="checkbox"/> Daily activities and fitness level	
<input type="checkbox"/> Balance issues or recent falls	
<input type="checkbox"/> Bladder control problems	
<input type="checkbox"/> Sleeplessness and memory loss	
<input type="checkbox"/> Tobacco, alcohol or drug use	
<input type="checkbox"/> Depression, anxiety, other mental health concerns	
<input type="checkbox"/> Hospital visits in the last 90 days	
Exams	Visit Date/Notes
<input type="checkbox"/> Annual wellness visit	
<input type="checkbox"/> Blood pressure check	
<input type="checkbox"/> Height, weight, body mass index (BMI)	
<input type="checkbox"/> Blood sugar, cholesterol	
<input type="checkbox"/> Eye exam and retinal exam (if needed)	
<input type="checkbox"/> Hearing	
<input type="checkbox"/> Dental	



**Check this list to keep up with your wellbeing each year.**

