

Annual Wellness Visit Checklist

It's good to visit the doctor every year, even if you feel well. At your yearly wellness visit, your primary care provider can offer you screenings, vaccines and tests to keep you healthy. Before you leave for your appointment, make sure you have the following:

- Identification
 - Your valid driver's license or passport
- FowardHealth insurance card
- Medications
 - List of current medications (you can even bring medication bottles), including vitamins and dietary supplements

Your **annual wellness visit** gives you a picture of your overall health by reviewing past health history and current health status. Take this checklist with you to record dates and medical results.

Annual wellness exam and annual screenings:

Service	Date	Results
Blood pressure screening		
Height, weight and body mass index (BMI)		
Flu shot		
COVID-19 booster		

Recommended exams and screenings:

Service	Date
Cholesterol screening	
Colorectal cancer screening (age 45+)	
Cervical cancer screening (pelvic exam/PAP smear)*	
Breast cancer screening (mammogram)*	

*Indicates this screening may be most appropriate for individuals born female

As needed:

Service	Date
Diabetes screening or A1c test	
Tobacco use and cessation	
Alcohol use and counseling	
HIV infection screening	
Diabetic eye exam (with pupil dilation)	

In addition to an annual wellness visit, it is recommended you receive the following check-ups regularly:

Service	Date
Yearly dental exam and cleaning	
Routine eye exam	
Hearing exam	



Notes:
