

# Your wellness checklist.

You don't have to be sick to see the doctor. In fact, yearly checkups are an important part of your health plan. Covered at 100%, these doctor office visits help to detect a variety of diseases including cancer, diabetes, heart disease and more. Bring this checklist with you to the doctor and check off the boxes as you complete each item.

## Each doctor visit.

Check each box when complete.

Bring your health journal with you:

- Write down your questions.
- Make a list of all medicines you take including prescriptions, over-the-counter medications, supplements, vitamins, minerals or herbs.

Your doctor will perform and discuss the following screenings:

- Height and weight (BMI).
- Blood pressure.
- Medications.
- Immunizations.
- Diabetes.
- Cholesterol.
- Pain.
- Bladder control.
- Physical activity.
- Activities of daily living.
- Risk for falling.
- Mental health (including depression).



Make sure your results are noted in your medical record.

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## Once a year.

Check each box when complete.

- Blood test to measure total cholesterol levels (HDL "good" and LDL "bad").
- Blood test to measure triglycerides.
- Diabetes screening (blood glucose test).
- Pain screening.
- Bladder control screening.
- Flu shot.
- Urine test.
- Osteoporosis screening.** Men and women can be affected by osteoporosis. Women should be screened between the ages of 60 and 64 and if their weight is below 154 pounds. Ask your doctor what screening is right for you based on your age, health and medical history.
- Rheumatoid arthritis screening.** Rheumatoid arthritis may cause discomfort or pain in joints like your hips, knees and elbows. Your doctor can tell you how to keep your arthritis from getting worse.
- Kidney disease screening.** Kidney problems can be detected with a urine test.
- See your eye doctor.** Your eye doctor will place drops in your eyes that make your pupils bigger. This allows the eye doctor to see into the retina at the back of your eye.
- See your dentist.** Dental cleanings and exam.\*

\*Verify your dental plan coverage before scheduling an appointment. Healthy teeth are an overall part of general health.

## As needed.

Check each box when complete.

Talk to your doctor about when you should have these tests or vaccines:

- Pneumonia vaccine.
  - Td or Tdap vaccine.
  - Shingles vaccine.
  - Colorectal cancer screening.** Have a test for colorectal cancer starting at age 50. Check with your doctor about which test is right for you and how often you should be tested.
  - Glaucoma test.** Eye diseases like cataracts and glaucoma are common with age. Talk to your doctor about screening or treatment that is right for you.
- For Women Only:
- Mammogram.** Have a test for breast cancer starting at age 40. You may need to be screened every two years between the ages of 40 and 69. Check with your doctor about what type of screening is right for you.
  - Pap test.** If you are under age 65 or have ever been sexually active, you may need to be screened every one to three years. Check with your doctor about what type of screening is right for you.

Checklist items retrieved from HEDIS 2012.  
National Committee for Quality Assurance.  
[www.ncqa.org/pcs](http://www.ncqa.org/pcs).



You may find it helpful to use this space to take notes about your health. Take a minute to look at your current health, set wellness goals, and then get started on meeting them.

## Notes:

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# Keep track of your health.

Health conditions may be impacted by lifestyle. Which means that when it comes to your health, you really are in control. Take a minute to look at your current health, set wellness goals and then get started on meeting them.

How do I feel about my overall health? Have I experienced any recent changes in my health?

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If I could change one thing about my health, what would it be?

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What steps can I take to reach my goals?

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My list of current medications, supplements, vitamins, minerals, herbs and any over-the-counter medications (including how much I take and when):

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What questions do I have for my doctor?

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Is my doctor concerned about anything? Has my doctor suggested I make any lifestyle changes?

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If so, what steps have I taken? What steps can I take?

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What are my doctor's recommendations to better my health?

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What resources can help me?

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# Ways to add healthy activities.

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## Know your numbers.\*

Because many health conditions are “silent” before they become serious, it is important to “know your numbers.” These screenings let you know your risk for serious health problems.

### Blood Pressure

High blood pressure can mean your heart is working too hard. If it's not treated, it can lead to heart disease, heart attack, kidney failure and stroke.

### Cholesterol

Cholesterol is a waxy substance found in cells in the body. Too much cholesterol can lead to heart disease, which may cause a heart attack or stroke.

- Total cholesterol
- LDL (“bad” cholesterol)
- HDL (“good” cholesterol)
- Triglycerides

### Glucose

A glucose screening measures the amount of sugar your body uses for energy. Unhealthy levels can lead to diabetes.

### BMI

Body mass index (BMI) is a screening tool to see if you are at a healthy weight. It is calculated by your height and weight. A healthy BMI is between 18.5 and 24.9. To calculate your own BMI go to:

[www.cdc.gov/bmi](http://www.cdc.gov/bmi)

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## Eat well.\*\*

From fast food to super foods, what goes into your body affects the performance you get out of your body. Because, after all, food is fuel. In addition to eating well, it's important to keep your weight in a healthy range. Being overweight can lead to serious health problems like heart disease, diabetes and some types of cancer. While losing weight can seem hard, many people find success simply by moving more and eating less.

Here are a few items called “super foods” because of their nutritional value. Plan meals around them:

- Blueberries
- Strawberries
- Broccoli
- Carrots
- Oatmeal
- Brown rice
- Nuts
- Beans
- Salmon
- Pumpkin



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## Be active.\*\*\*

Staying active is one of the best things you can do for your health. When it comes to getting more exercise, the first step is often the hardest step. The good news is that there are many easy ways to get exercise. You don't have to go to the gym or have special shoes. You just have to move your body. In fact, walking just 10 minutes a day can have a positive impact on your health. And for many, as you move your body you also lift your mood. Win-win.

- Talk to your doctor about exercises that are right for you and how much you should exercise.
- Choose something you enjoy.
- Set goals that you will reach. For example, if you set a goal to exercise 30 minutes a day, start by breaking it up into three 10-minute sessions during the day.

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## Get rest.\*\*\*\*

A lack of sleep can make us tired. But it can also make us sick. The body needs time to recharge. When you don't get enough sleep, your body isn't at its strongest. In fact, not getting enough sleep has been linked to heart problems, diabetes, obesity, depression and memory loss. What good reasons to sleep in when you can!

- Go to bed at the same time every night.
- Set a bedtime routine.
- Wake at the same time every morning.
- Get as much sunlight during the day as possible.
- Drink plenty of water.
- Do not sleep with the television on.
- Sleep in a dark room.
- Keep your bedroom cool.

\*American Heart Association, 2012, Centers for Disease Control and Prevention (CDC) Division of Activity and Obesity, 2012

\*\*Centers for Disease Control and Prevention (CDC) Division of Nutrition, 2012, United States Department of Agriculture, 2012

\*\*\*Centers for Disease Control and Prevention (CDC) Division of Physical Activity and Obesity, 2012

\*\*\*\*Centers for Disease Control and Prevention (CDC) Division of Sleep and Sleep Disorders, 2012



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