

# My Health Checklist

Start checking off your list today. It's a great way to help you **Be Well. Stay Well.**

**When it comes to staying healthy, active and independent, prevention is key!**

Talk with your Primary Care Practice to decide which screenings and vaccines on this list are right for you, and when you should have them.

➔ Good news! Everything on this list is a FREE covered benefit of Medicare Part B, so there is no out-of-pocket cost to you! Go to [medicare.gov](http://medicare.gov) to learn more.

**1 First things first. Schedule a Wellness Visit every year with your Primary Care Practice.**

	TO DO	DATE DONE
<b>“Welcome to Medicare” Prevention Visit</b> Schedule this one-time visit within the first 12 months you have Medicare Part B as your medical insurance.	✓	
<b>Annual Wellness Visit</b> Schedule one of these visits every year after you have been with Medicare Part B for at least 12 months.	✓	

Your Annual Wellness Visit is a great time to talk with your healthcare team about:

- Your prescriptions – especially if the cost of a medicine keeps you from taking it as prescribed.
- Support you may need, such as food, housing, transportation or mental health services, to help you *Be Well. Stay Well.*
- Feelings of sadness or feeling “down.”
- The names of all of your specialists.

**2 Keep up-to-date with vaccines**

	TO DO	DATE DONE
Flu Shot (Seasonal)	✓	
Hepatitis B		
Pneumococcal		

**3 Getting screened helps you know your risk and start a prevention or treatment plan right away**

	TO DO	DATE DONE
Abdominal Aortic Aneurysm		
Alcohol Misuse (screening and counseling)		
Bone Mass Measurement (Bone Density Test)		
Breast Cancer (Mammogram)		
Cardiovascular Disease		
Cervical and Vaginal Cancer		
Colorectal Cancer		
Depression		
Diabetes		
Fall Risk		
Glaucoma		
Hepatitis B		
Hepatitis C		
HIV		
Lung Cancer		
Obesity (screening and counseling)		
Prostate Cancer		
Retinal Eye Exam		
Smoking and Tobacco Use (screening and cessation counseling)		

Notes:

---



---



---



---