

My Health Checklist

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

Talk with your Primary Care Team to decide which screenings and vaccines on this list are right for you, and when you should have them. Go to [Medicare.gov](https://www.Medicare.gov) to learn more.

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

	TO DO	DATE DONE
“Welcome to Medicare” Prevention Visit Schedule this one-time visit within the first 12 months you have Medicare Part B as your medical insurance.	✓	
Annual Wellness Visit 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 health care 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
COVID-19	✓	
Flu Shot (seasonal)	✓	
Hepatitis B		
Pneumococcal		
Shingles (Part D coverage only)		

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)		
Blood Pressure Screening		
Bone Mass Measurement (bone density test)		
Breast Cancer (mammogram)		
Cardiovascular Disease		
Cervical and Vaginal Cancer		
Colorectal Cancer		
Depression		
Diabetes		
Fall Risk		
Glaucoma		
Hearing and Balance Exams		
Hepatitis B		
Hepatitis C		
HIV		
Lung Cancer		
Obesity (screening and counseling)		
Prostate Cancer		
Retinal Eye Exam		
Sexually Transmitted Infection (STI)		
Smoking and Tobacco Use (screening and cessation counseling)		

Notes:
