

# YOUR MEDICARE ANNUAL WELLNESS VISIT CHECKLIST



BLUE MEDICARE  
ADVANTAGE

**Wellness begins with you.** This checklist helps you have a clearer picture of your health. Take a few minutes to fill this out and bring it to your doctor's office for your wellness visit.

## Medical Care

Are you having any health problems? Do you need to discuss current medical conditions with your doctor?  Yes  No  Discuss with Doctor

Do you have questions about your current medications or any over-the-counter medicines you're taking? *(Be sure to bring your medications or a list of your medications to your appointment.)*  Yes  No  Discuss with Doctor

Do you have any issues bathing, dressing, eating, walking, or toileting?  Yes  No  Discuss with Doctor

## Medicare Recommended Preventive Screenings

**Mammogram** *(Every 2 years)*  Yes  No  Discuss with Doctor

**Bone Density Screening** *(Every 2 years)*  Yes  No  Discuss with Doctor

**Colorectal Screening** *(As recommended by doctor)*  Yes  No  Discuss with Doctor

**Prostate Cancer Screening** *(Yearly)*  Yes  No  Discuss with Doctor

**Diabetes Screening** *(As recommended by doctor)*  Yes  No  Discuss with Doctor

**Retinal Eye Exam** *(As recommended by doctor)*  Yes  No  Discuss with Doctor

## Recommended Vaccines

**Flu Vaccine** *(Yearly)*  Yes  No  Discuss with Doctor

**Pneumonia Vaccine** *(One-time vaccine, two-shot series)*  Yes  No  Discuss with Doctor

**Shingles Vaccine** *(One-time vaccine, two-shot series)*  Yes  No  Discuss with Doctor

**Covid-19 Vaccine/Booster**  Yes  No  Discuss with Doctor

**Tetanus Booster** *(Every 10 years)*  Yes  No  Discuss with Doctor

### Risk Factors

Have you fallen this year? Are you afraid of falling? Do you have balance issues?

Yes     No

Discuss with Doctor

Have you had any hospital or emergency room visits in the last 90 days?

Yes     No

Discuss with Doctor

### Other Topics of Concern

**Please list any other concerns or questions for your doctor here:**

---

**Call your doctor to schedule your Medicare Annual Wellness Visit today!**

Appointment date: \_\_\_\_\_