

## ANNUAL WELLNESS CHECKLIST

Your annual wellness visit is a great way to create and stay on track with your care plan. At this visit, your doctor may review your medications and your medical and family history. They will measure your height, weight and blood pressure. They may also order tests and screenings for you.

Use this checklist to guide your visit. Make notes before and during your visit.

Johns Hopkins Advantage MD (HMO/PPO) members do not have a cost share for this visit with an innetwork provider.

**Tip:** This wellness visit is covered every year. Before you leave your doctor's office, schedule your annual wellness visit for next year.

## **ADVANTAGE MD ANNUAL WELLNESS VISIT CHECKLIST**

Appointment Date:	Time:	
Doctor:		
MY TOPICS TO DISCUSS: Physical health (note any changes from last ye	ar)	DISCUSSED
Risk factors Tobacco Alcohol	Weight Depression Chronic Pain Othe	er 🗌
Diabetes care (if applicable) Blood glucose test Dilated eye exam Kidney function test		
Confusion/memory loss		
Chronic health condition(s)		
Ongoing pain (rate on a scale of 1-lowest to 5-highest)		
Vision problems		
Nutrition/appetite		
Sleep		
Physical activity		
Balance (note any falls since last year)		
Current medications/side effects		
Urine leakage		
Advanced care planning		
Other		

MY DOCTOR'S RECOMMENDATIONS:	V
	RECOMMENDE
Cholesterol (note date, if completed)	
Bone Density (note date, if completed)	
Mammogram (note date, if completed)	
Colorectal cancer screening test (note date, if completed)	
Other	
VACCINE(S):	VACCINATED
COVID-19 (note date, if completed)	
Influenza (note date, if completed)	
Pneumonia (note date, if completed)	
Shingles (note date, if completed)	
Other	
Notes	

