

BlueResource[™] – Protecting Your Health – Annual Wellness Guidelines Checklist

Annual Wellness Visit Checklist

Understanding your body plays a big role in your good health and wellness. This checklist can give you a clearer picture of your overall health. Use it to start a conversation with your health care provider. Together, you can create a plan to take care of any issues you may have, and make positive strides toward a happy, healthy life. Fill it out and take it with you to your **annual wellness visit**.

Discuss with Your Doctor	Visit Date / Notes
Current condition(s) and treatment(s)	
Pain and what you can do for it	
Daily activities and fitness level	
☐ Balance issues or recent falls	
Bladder control problems	
Sleeplessness and memory loss	
□ Tobacco, alcohol or drug use	
Depression, anxiety, other mental health concerns	
☐ Hospital visits in the last 90 days	
Exams	Visit Date / Notes
Annual wellness visit	
□ Blood pressure check	
□ Height, weight, body mass index (BMI)	
□ Blood sugar, cholesterol	
Eye exam and retinal exam (if needed)	
□ Hearing	
Dental	



Check this list to keep up with your wellbeing each year.

Screenings	Visit Date / Notes
Breast cancer	
Cervical or prostate cancer	
Colorectal cancer	
Diabetes	
Hepatitis C (HVC)	
□ Osteoporosis	
Others recommended by your doctor	
Immunizations	Visit Date / Notes
🗆 Influenza (flu)	
Pneumococcal (pneumonia)	
□ Shingles	
Covid-19	

Prescription and Over-the-Counter Medication Tracker

Name of medication and how often you take it
Your Care Team
Specialists and providers who help your doctor coordinate your overall care

This document is for informational purposes only. Recommendations may vary. Discuss screening options with your health care provider, especially if you are at increased risk. For benefit information, please refer to your contract or certificate (Health Care Benefit Program booklet), or call the Customer Service number on the back of your ID card.