

## My Wellness and Prevention Checklists

It is good to stay healthy. A checklist is one way to help you stay healthy.

It is important to share your health information with your doctor.

Use this checklist when you talk to your doctor. Make sure you write down the health information you want to talk about. This could include illnesses or reasons why you have been to the hospital. This could also include the names of other doctors you see:

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### My health screenings and tests

- My annual physical exam
- My vaccinations: Flu, Pneumonia, Zoster
- My lab work
- My diabetic eye exam/glaucoma test
- My dental exam
- My screenings (Males)
  - Colorectal
  - Prostate
- My screenings (Females)
  - Mammogram
  - Cervical screening
  - Chlamydia screening
  - Bone Density screening
  - Colorectal

### Topics discussed with my doctor today

- My fall prevention plan
- My physical activity
- My emotional well-being
- Maintaining bladder control
- My advance directive Physician Orders for Life-Sustaining Treatment (POLST)
- My medication list
- My pain management plan
- My personal habits

### My next appointment

Physician name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Date/Time: \_\_\_\_\_ Location: \_\_\_\_\_