

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:

My health screenings and tests

- | | |
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| <input type="checkbox"/> My annual physical exam | <input type="checkbox"/> My screenings (Males) |
| <input type="checkbox"/> My vaccinations: Flu, Pneumonia, Zoster | <ul style="list-style-type: none">• Colorectal• Prostate |
| <input type="checkbox"/> My lab work | <input type="checkbox"/> My screenings (Females) |
| <input type="checkbox"/> My diabetic eye exam/glaucoma test | <ul style="list-style-type: none">• Mammogram• Cervical screening• Chlamydia screening• Bone Density screening• Colorectal |
| <input type="checkbox"/> My dental exam | |

Topics discussed with my doctor today

- | | |
|--|--|
| <input type="checkbox"/> My fall prevention plan | <input type="checkbox"/> My advance directive Physician Orders for Life-Sustaining Treatment (POLST) |
| <input type="checkbox"/> My physical activity | <input type="checkbox"/> My medication list |
| <input type="checkbox"/> My emotional well-being | <input type="checkbox"/> My pain management plan |
| <input type="checkbox"/> Maintaining bladder control | <input type="checkbox"/> My personal habits |

My next appointment

Physician name: _____ Phone Number: _____

Date/Time: _____ Location: _____