

Annual Care Checklist

Preventive care screening guidelines and counseling services for women



Get the care you need when you need it. Take this checklist with you to your next appointment.

A preventive health visit can help you see how healthy you are now and help find any health issues before they become more serious. You and your primary care provider can then work together to choose the care that may be right for you. Recommended preventive care services may include some of the following¹:

Annual wellness exams	Date
<input type="checkbox"/> Blood pressure screening	
<input type="checkbox"/> Alcohol screening and brief counseling (as needed)	
<input type="checkbox"/> Height, weight and body mass index (BMI)	
Once a year	
<input type="checkbox"/> Flu shot	
As recommended by your provider	
<input type="checkbox"/> Dental exam	
<input type="checkbox"/> Hearing exam	
<input type="checkbox"/> Eye exam	
<input type="checkbox"/> Cholesterol screening	
<input type="checkbox"/> Osteoporosis screening	
<input type="checkbox"/> Cervical cancer screening (Pap smear)	

As needed	Date
<input type="checkbox"/> Colon cancer screening for women age 45 or older (ask your provider about screening methods and intervals for screening; earlier screening may be recommended based on risk assessment) ²	
<input type="checkbox"/> Diabetes screening for women ages 40-70 years who are overweight or obese	
<input type="checkbox"/> Immunizations (talk to your provider about what shots you may be due for)	
<input type="checkbox"/> Mammogram (every year starting at age 40; starting at age 55 it can change to every other year) ²	
For women who have ever smoked	
<input type="checkbox"/> Visit your provider to get advice and medicines that can help you quit	

Topics to discuss with your provider:

Getting needed care

- Concerns with getting the care, tests or treatments you need
- Scheduling routine care appointments in advance
- Where and how to get urgent care when you need it right away
- Coordinating the care you get from other doctors or specialists
- Difficulties getting appointments with a specialist, if needed

Prescription drugs

- Any questions with the prescription medications you are taking
- Issues getting the medicines your provider prescribes

Important care

- Suggestions on how to improve your physical activity
- Ways to help if you are feeling sad or blue

Tests and treatments

- When you will get results from labs, X-rays or other tests

From scheduling your next checkup appointment to finding a provider, you can count on us to help you get care and treatment as quickly as possible. If you have questions, call Member Services toll-free at **1-800-962-8074**, TTY **711**, Monday through Friday, 8 a.m. to 6 p.m.

¹This is a list of suggested screenings. Coverage for these screenings (including how often they are covered) may vary by plan. If you have questions about your specific benefits or coverage details, please call Member Services.

²[cdc.gov](https://www.cdc.gov)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-962-8074 (TTY: 711).

Health plan coverage provided by Health Plan of Nevada.