

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 in-network 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 year)*
- Risk factors Tobacco Alcohol Weight Depression Chronic Pain Other
- 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

