



Your Annual Wellness Visit Checklist

Wellness begins with understanding. This checklist helps you have a clearer picture of your health and starts the conversation with your health care provider on any changes you might need. Take a few minutes to fill this out and bring it to your Annual Wellness Visit. This checklist is also available at www.GetWellnessBlueTX.com.

Talk With Your Doctor About	Completion Date/Notes
<input type="checkbox"/> All your current conditions and treatments	
<input type="checkbox"/> Prescription and over-the-counter medications	
<input type="checkbox"/> Any pain you have and what you do for it	
<input type="checkbox"/> Difficulties with daily activities	
<input type="checkbox"/> Your level of physical exercise	
<input type="checkbox"/> Balance issues or recent falls 💰	
<input type="checkbox"/> Difficulties with bladder control	
<input type="checkbox"/> Problems with sleeping or memory loss	
<input type="checkbox"/> Tobacco, alcohol or drug use	
<input type="checkbox"/> Hospital or ER visits in the last 90 days	
Complete These Basic Exams	Completion Date/Notes
<input type="checkbox"/> Blood Pressure	
<input type="checkbox"/> Height, Weight and Body Mass Index (BMI)	
<input type="checkbox"/> Blood Sugar and Retinal Eye Exam (if applicable) 💰	
Review Your Screenings and Vaccines	Completion Date/Notes
<input type="checkbox"/> Annual Flu Vaccine 💰	
<input type="checkbox"/> Bone Density Exam 💰	
<input type="checkbox"/> Colorectal Screening 💰	
<input type="checkbox"/> Mammogram 💰	
<input type="checkbox"/> Pneumonia Vaccine	

Schedule your Annual Wellness Visit today and earn a \$25 Healthy Action Credit through the Rewards Program*!

The program gives you an easy way to earn up to \$100 in gift cards from national and local retailers for completing your Annual Wellness Visit and additional preventive screenings (as indicated with 💰).

Go to www.BlueRewardsTX.com to sign up.

