



## 2020 Annual Care Checklist

*Here at Optimize Health, your health and wellness are our #1 priority! Annual physical exams and screenings help with prevention, diagnosis, and managing health*

*related conditions. Enjoy good health and may all go well with you- even as your soul prospers! 3 John 1:2*

**Take this form with you on your next doctor's visit!**

VACCINES	DATE DONE
<input type="checkbox"/> Flu Shot (once a year)	
<input type="checkbox"/> Vaccines (ask your PCP about what additional vaccines are needed for you)	



ANNUAL EXAM	DATE DONE
<input type="checkbox"/> Complete Head-to-toe Physical Exam	
<input type="checkbox"/> Blood pressure check	
<input type="checkbox"/> Height/weight screen (BMI)- body mass index	
<input type="checkbox"/> Lab (blood) work to include CMP, CBC, glucose levels, cholesterol levels, A1c, STDs; HIV, Gonorrhea, Chlamydia, Syphilis, Herpes, Hepatis, and urinalysis	
<input type="checkbox"/> Behavioral Screening: Mental health, alcohol, drug use, smoking, prescription drug abuse, nutrition, and exercise	



HEALTH SCREENINGS	DATE DONE
<input type="checkbox"/> Cervical Cancer Screening (PAP Smear) Ages 21-65 years- Women Only	
<input type="checkbox"/> Colon Cancer Screening; starting age 50 years or earlier if high risk	
<input type="checkbox"/> Prostate Test (digital or lab); starting age 50 years or earlier if high risk – Men Only	
<input type="checkbox"/> Osteoporosis Screening; starting age 65 years, earlier if high risk	
<input type="checkbox"/> Mammogram Screening; starting age 40 years, earlier if high risk	



ANNUAL SCREENINGS	DATE DONE
<input type="checkbox"/> Eye Exam	
<input type="checkbox"/> Dental Exam	
*Additional urine tests for protein with Diabetes	

ADDITIONAL INFO	DATE DONE
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<input type="checkbox"/> Prescription Medication Refills	
<input type="checkbox"/> Coordination of care with specialists	
<input type="checkbox"/> Discuss Family and Financial concerns	
<input type="checkbox"/> Transportation, housing, spiritual, and food/clothing assistance	

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\*\*\*Do you have questions about health insurance coverage for health maintenance and annual exams? Check the back of your insurance card and contact the 1-800 number (customer service) for information about your specific coverage and costs.

\*\*\* No health insurance? No problem! There are FREE services available with Medicaid, local state and city clinics, and hospitals. Check online using your phone for free services near you!

References:

- 1) American Cancer Society, 2019.  
[www.cancer.org](http://www.cancer.org)
- 2) The U.S. Preventative Task Force  
<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics>
- 3) Centers of Disease Control  
([www.cdc.gov](http://www.cdc.gov))

