

# 2019 Annual Care Checklist

Please complete this list and bring it to your next appointment.<sup>1</sup> From scheduling your next checkup appointment to finding a specialist, you can count on us to help you get care and treatment as quickly as possible. Call the Customer Service number on the back of your member ID Card, 8 a.m. – 8 p.m. local time, 7 days a week.

Once a Year	Date Done	As Needed	Date Done
<input type="checkbox"/> Flu shot		<input type="checkbox"/> Pneumococcal pneumonia shot (Talk to your primary care provider about the 2 vaccines available)	
<input type="checkbox"/> Ask your pharmacist about completing a Comprehensive Medication Review		<input type="checkbox"/> Shingles shot (Talk to your primary care provider about the vaccines available)	
<b>Annual Wellness Visit</b>		<input type="checkbox"/> Screening lipids for cardiovascular disease (Based on your doctor's recommendation)	
<input type="checkbox"/> Blood pressure check		<input type="checkbox"/> Tetanus (Td), diphtheria, pertussis (Tdap) vaccine (Tdap once, then Td every 10 years)	
<input type="checkbox"/> Height, weight and body mass index (BMI)		<input type="checkbox"/> Colon cancer screenings (ages 50-75) One of these four: • Colonoscopy (Every 10 years) OR • Sigmoidoscopy (Every 5 years) OR • Cologuard (Every 3 years) OR • Fecal occult blood testing (FOBT) (Yearly)	
<b>Annual Routine Physical Exam</b>		<input type="checkbox"/> Mammogram screening (Every year starting at age 45; starting at age 55 it can change to every other year <sup>2</sup> )	
<input type="checkbox"/> Head-to-toe examination			
<input type="checkbox"/> Fasting blood sugar			
<b>As Recommended by Your Doctor</b>			
<input type="checkbox"/> Discuss screening and prevention of osteoporosis			
<input type="checkbox"/> Dental exam			
<input type="checkbox"/> Hearing exam			
<input type="checkbox"/> Eye exam			
<b>For People with Diabetes</b>			
<input type="checkbox"/> Hemoglobin A1c (HbA1c)			
<input type="checkbox"/> LDL cholesterol			
<input type="checkbox"/> Urine test for protein			
<input type="checkbox"/> Eye exam to detect diabetes-related eye problems			
<input type="checkbox"/> Foot exam to check for diabetes-related issues			

See other side for important topics you should discuss with your doctor or care provider.

# Talking with your doctor or care provider is important to your health.

Use this checklist as a helpful guide on topics to discuss with your doctor or care provider at your next appointment. It can help you get the answers you need right away.

## 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 are receiving from other doctors or specialists
- ☐ Difficulties getting appointments with a specialist, if needed

## TESTS AND TREATMENTS

- ☐ When you will get results from labs, X-rays or other tests
- ☐ You can also discuss the screenings mentioned on the front or any other health concerns.

## PRESCRIPTION DRUGS

- ☐ Any questions with the prescription medications you are taking
- ☐ Issues getting the medicines your provider prescribes
- ☐ Ask your pharmacist/doctor if a 3-month supply of your maintenance medications would be right for you.

## IMPORTANT CARE

- ☐ How to reduce the risk of falls
- ☐ Issues related to bladder control and potential treatment options
- ☐ Suggestions on how to improve your physical activity
- ☐ Ways to improve feeling sad or blue
- ☐ If you smoke or use tobacco, suggestions on how to quit smoking

<sup>1</sup>This 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 Customer Service at the number on the back of your member ID card or check your Evidence of Coverage.

<sup>2</sup>American Cancer Society, 2018.

All recommendations except mammogram are from the U.S. Preventive Services Task Force. Screenings may be more frequent depending on risk factors. Check with your doctor.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premium and/or copayments/coinsurance may change on January 1 of each year.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan's contract renewal with Medicare.