



Primary Care Provider Medical Appointment Checklist

This checklist can help the person you care for get the preventive health care they need. Take it to their next primary care provider (PCP) appointment and talk about which services are right for them.¹

Annual wellness visit/ routine physical	Completion date	Vaccine review	Completion date
<input type="checkbox"/> Blood pressure check		<input type="checkbox"/> Flu (every flu season)	
<input type="checkbox"/> Head-to-toe examination		<input type="checkbox"/> COVID-19	
<input type="checkbox"/> Height, weight and body mass index (BMI)		<input type="checkbox"/> Pneumonia	
<input type="checkbox"/> Lifestyle screening check such as alcohol use, quitting tobacco support		<input type="checkbox"/> Shingles	
Screenings	Completion date	<input type="checkbox"/> Hepatitis B	
<input type="checkbox"/> Colon cancer screening for adults age 45 or older ²		<input type="checkbox"/> Tetanus	
<input type="checkbox"/> Hepatitis C virus infection screening for people at high risk and a one-time test for adults born between 1945–1965		<input type="checkbox"/> Other (including boosters) _____	
<input type="checkbox"/> Breast cancer screening (mammogram) every other year age 55-74 ²			
<input type="checkbox"/> Cervical cancer screening (Pap test) for women ages 21–65		As recommended by your PCP	Completion date
<input type="checkbox"/> Cholesterol screening		<input type="checkbox"/> Dental exam	
<input type="checkbox"/> Bone mineral density test to screen for osteoporosis		<input type="checkbox"/> Routine eye exam	
<input type="checkbox"/> Fasting blood sugar screening		<input type="checkbox"/> Hearing exam	
<input type="checkbox"/> Sexually transmitted infections screening		For people with diabetes	Completion date
		<input type="checkbox"/> Eye exam to detect diabetes-related issues	
		<input type="checkbox"/> Foot exam to detect diabetes-related issues	
		<input type="checkbox"/> Hemoglobin A1c (HbA1c) check	
		<input type="checkbox"/> LDL cholesterol check	
		<input type="checkbox"/> Statin medication, if clinically appropriate	
		<input type="checkbox"/> Kidney health tests for chronic kidney disease (CKD)	
		<input type="checkbox"/> Urine albumin creatinine ratio (uACR) test	
		<input type="checkbox"/> Estimated glomerular filtration rate (eGFR) test	

See back for more

Discussion topics

Prepare for the appointment by reviewing the suggestions below and marking important items.

Physical health

- I need to know if any of my medications increase my risk for falling
- I have had a fall in the last 6 months
- I have problems with balancing or walking
- I have problems with bladder leaking or bladder control
- I'd like to know if I should increase, maintain, or decrease my exercise levels including sexual activity
- I'd like to discuss my advance care planning and do an advance directive review

Living situation

- I'd like to discuss whether I need a personal emergency response system or other changes, support, or resources to make my home safer for me to navigate
- I don't feel safe and secure in my home, building, or neighborhood
- I want to make sure it is safe for me to continue driving
- It is hard for me to eat consistent, nutritious meals
- Getting around outside of my home, including to appointments, is challenging
- I need more assistance in my home than is available and want to discuss alternative living situations

Notes and other concerns

Emotional well-being and social life

- I'm feeling sad or blue
- I'm having difficulty sleeping
- I'm having trouble remembering things and it is disrupting my daily life
- I'm having feelings of loneliness and need resources for social opportunities
- I'm not seeing friends or family or leaving my home on a regular basis

Care team, tests and treatments

- I need to know what tests you are ordering this visit and how results will be shared
- I'd like to review my specialists and other providers
- Do I need to make an appointment with any specialists?

Medications

- I'd like to review my medications
- I want to know if there are lower-cost options available
- I need help getting my medications



We can help schedule your next appointment

If you need help scheduling an appointment, finding a pharmacy or understanding your plan, just call Customer Service at the number on your member ID card.

¹ This is a list of suggested screenings to help you prepare for your medical appointment and not comprehensive nor a substitute for medical advice. 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 your member ID card or check your Evidence of Coverage.

² American Cancer Society, 2022.

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