

Annual Care Checklist

You can count on UnitedHealthcare® to help you get the care, tests and treatment you need. The following is a list of recommended preventive care services. Take this checklist to your next primary care provider (PCP) appointment and talk with your provider about which tests and services are right for you.¹

Annual physical and wellness visit	Date done
<input type="checkbox"/> Advance care planning	
<input type="checkbox"/> Blood pressure check	
<input type="checkbox"/> Head-to-toe examination	
<input type="checkbox"/> Height, weight and body mass index (BMI)	
<input type="checkbox"/> Lifestyle screening: discuss alcohol use, healthy eating habits, available support for quitting tobacco and more	

Vaccine review	Date done
<input type="checkbox"/> Flu (every flu season)	
<input type="checkbox"/> COVID-19	
<input type="checkbox"/> Pneumonia	
<input type="checkbox"/> Shingles	
<input type="checkbox"/> Hepatitis B	

As recommended by your PCP	Date done
<input type="checkbox"/> Dental exam	
<input type="checkbox"/> Hearing exam	
<input type="checkbox"/> Routine eye exam	
<input type="checkbox"/> Cholesterol screening	
<input type="checkbox"/> Bone mineral density test to screen for osteoporosis	
<input type="checkbox"/> Fasting blood sugar screening	
<input type="checkbox"/> Cervical cancer screening (Pap test) for women ages 21–65	

As needed	Date done
<input type="checkbox"/> Colon cancer screening for adults age 45 or older ²	
<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"/> Breast cancer screening (mammogram) every other year starting at age 40 ²	

For people with diabetes	Date done
<input type="checkbox"/> Exam to detect diabetes-related eye issues	
<input type="checkbox"/> Exam to detect diabetes-related foot 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 to help prevent or delay 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 important topics to prepare for your next appointment

Important topics to discuss with your PCP

Take the opportunity to address health concerns or important topics with your PCP during your visit. Prepare for your appointment by completing the information below and write down recommendations your PCP has during your visit.

Medications

List the prescription drugs, over-the-counter medications, supplements and vitamins you're taking.

Care team

List any specialists and other providers you see. This will help your PCP coordinate your care.

Tests and treatments

List the tests ordered during your appointment. Ask when you can expect results and how they'll be communicated.

Mental health

- I often feel sad, down or lonely
- I feel unmotivated or have low energy
- I have trouble sleeping
- My mental health impacts my social life or ability to do daily activities

Physical health

- My physical health impacts my social life and daily routine
- My physical health makes it difficult to complete activities like climbing stairs, pushing a vacuum or preparing meals
- I have had fractures (broken bones) in the past year

Bladder control

- I have uncomfortable urges to urinate, often with little to no warning
- I have leakage while laughing, sneezing or exercising
- I have trouble holding my urine as I hurry to the restroom
- My urinary symptoms are affecting my relationships or interfering with my daily routine and activities

Fall prevention

- I have fallen in the past year
- I have trouble with walking or balancing
- I have had changes in my vision or hearing
- I take medicine that makes me feel light-headed, unsteady or more tired than usual

Physical activity

- I want to start a new exercise routine
- I want suggestions to modify or increase my current exercise routine

We're here to help

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

¹This 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 the Customer Service number on your member ID card or check your Evidence of Coverage.

²American Cancer Society, 2025.

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