



My Wellness Checklist



An Independent Licensee of the Blue Cross Blue Shield Association

Take control of your health—review this checklist before visiting your doctor!

When you and your doctor work as a team, you're more likely to reach your health goals. Communication is key. Talk to your doctor about all your health conditions, information from your specialists, or recent visits to the emergency room or hospital. Changes in health conditions can impact your treatment plan.

Trust your doctor to help you manage chronic conditions (such as diabetes or high blood pressure), recommend preventive screenings, manage medications, and refer you to specialists when needed. Here are a few tips to get the best help from your doctor.

Plan ahead for your annual physical exam:

- Write down any questions about your health, medications, and daily living.
- Bring a list of your prescriptions, over-the-counter medications, and supplements to your appointment (*see back panel*).

Always talk to your doctor about:

- Hospitalizations or visits to the ER
- Falls or balance changes
- Changes in weight or mood
- Concerns about new treatments
- New diagnoses or symptoms

If you have diabetes, it is essential to talk to your doctor about controlling your blood sugar, medications, and health problems related to diabetes.



During your annual physical exam, be sure to cover these four points with your doctor:

- 1 Emotional health**—We all go through things that can make us feel anxious, stressed, or depressed. Tell your doctor about your concerns so they can help you. Your mental health is as important as your physical health.
- 2 Physical activity**—Movement keeps you both physically and mentally sharp. Ask your doctor: *How much activity can I do? What exercise is right for me?*
- 3 Bladder control**—Millions of people in the United States experience urinary incontinence daily. Ask your doctor about treatments and basic lifestyle changes that can help.
- 4 Fall prevention**—As we age, the danger of a fall resulting in a fracture increases. Ask your doctor about fall prevention advice and classes.



General Screenings

Screening name	How often	Appt. date of the screening (mm/dd/yyyy)	Comments	Completed?
Osteoporosis screening for women who have had a fracture	Within six months after fracture		Ask if screening is appropriate for you	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> I'm taking medication for it
Breast cancer (mammogram)	Every two years		Ask if screening is appropriate for you	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable
Colorectal cancer screening			Ask which screening is appropriate for you	<input type="checkbox"/> Yes <input type="checkbox"/> No
Discuss fall prevention with your doctor	Once a year			<input type="checkbox"/> Yes <input type="checkbox"/> No
Discuss how to maintain/increase physical activity with your doctor	Once a year			<input type="checkbox"/> Yes <input type="checkbox"/> No



Screenings for Members with Diabetes

Screening name	How often	Appt. date of the screening (mm/dd/yyyy)	Comments	Completed?
Eye exam (retinal)	Once a year to check for damage from diabetes			<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable
Monitor for kidney disease (urine test)	Once a year			<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable
Hemoglobin A1C test for blood sugar control	Once a year (or more frequently if needed)			<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable
Taking a statin drug for cholesterol			Ask if this type of medication is appropriate for you	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable

Bring your blood glucose meter and/or blood sugar diary to your appointments.

Vaccinations



Vaccines are important in protecting against serious illness.

Vaccine name	How often	Appt. date of the screening (mm/dd/yyyy)	Comments	Completed?
COVID-19			Ask if this vaccine is appropriate for you. The vaccine and boosters are safe and the most effective way to prevent serious illness from COVID-19.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable
Pneumococcal (Pneumonia)			Ask if this vaccine is appropriate for you.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable
Shingles (Herpes zoster)			Ask if this vaccine is appropriate for you.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable
Influenza (Flu)	Once a year		Ask if this vaccine is appropriate for you.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable

List your current medications



List all prescriptions, over-the-counter medications, vitamins, and supplements you take. Keep this information handy, so you can share it with doctors or other healthcare providers. If your living status changes (home, hospital, nursing facility), your doctor/ pharmacist should review your medications.

Drug Allergies

Medication	How frequently	Why taking	Comments

If you have questions, we can help. Please call Member Services at 480-937-0409 (in Arizona) or toll-free at 1-800-446-8331, TTY: 711. Blue Cross Blue Shield of Arizona (BCBSAZ) offers BluePathwaySM HMO and BlueJourneySM PPO Medicare Advantage plans. BCBSAZ Advantage, a separate but wholly owned subsidiary of BCBSAZ, offers Blue Medicare Advantage Standard, Classic, and Plus HMO plans. Blue Cross, Blue Shield, and the Cross and Shield Symbols are registered service marks, and BluePathway and BlueJourney are service marks, of the Blue Cross Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

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