

Own your health! Nothing is more important than it.

Use this guide to map your health care activities for the year.

Schedule your annual wellness visit with your primary care provider (PCP). It's the first vital step! Bring this guide with you. Together, you and your PCP decide which tests and services are right for you.

You don't need to send this guide to us. We want you to use it to help you know and focus on the preventive care you might need.

PEOPLES HEALTH

A UnitedHealthcare Company

Keep this guide for your records and bring it with you to your next PCP visit.

At your annual wellness visit	
Physical examination Blood pressure check Medication check: <ul style="list-style-type: none"> • Verify that your maintenance medications are a 90-day or 100-day supply • Ask about mail order for long-term supplies • Discuss medication side effects • If you have diabetes or heart disease, ask your doctor about the benefits of statin medication Ask your PCP about: <ul style="list-style-type: none"> • Being active/exercise • Urine leakage • Healthy eating • Stopping smoking • Preventing falls • Advance care planning • Feelings of sadness, worry or confusion 	<input type="checkbox"/>
As recommended by your doctor	
Mammogram	<input type="checkbox"/>
Bone density test	<input type="checkbox"/>
Colon cancer screening (be sure your PCP knows the date of your last one)	<input type="checkbox"/>
For people with diabetes	
A1c test Kidney health tests (an eGFR blood test and a uACR urine test) Eye exam to detect diabetes-related issues Diabetes education	<input type="checkbox"/>
Once a year	
Labs—which do you need? Vaccines—which do you need? (flu, pneumonia, COVID-19, shingles, RSV)	<input type="checkbox"/>

In addition to your annual wellness visit, schedule a FREE Peoples Health comprehensive wellness assessment. It's another way to learn more about your health.

Meet one-on-one with a provider to discuss your health history and goals; this helps Peoples Health work with your doctors to coordinate your care. Then earn a \$50 reward for completing your assessment. You must sign up for Peoples Health Rewards. Learn more at peopleshealth.com/cwa.

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We want to help you enjoy the best health possible!