



Your annual care checklist

A guide to preventive care screenings and counseling services for women

Get the care you need when you need it. Take this checklist with you to your next appointment.

A preventive health visit can help you learn how healthy you are now and help find any health issues before they become more serious. You and your primary care provider (PCP) can then work together to choose the care that may be right for you. Recommended preventive care services may include the following¹:

Annual wellness exams	Date	As needed	Date
<input type="checkbox"/> Blood pressure screening		<input type="checkbox"/> Mammogram (every year starting at age 45; starting at age 55 it can change to every other year)	
<input type="checkbox"/> Alcohol screening and brief counseling (as needed)		<input type="checkbox"/> Colon cancer screening for people age 50 or older (ask your PCP about screening methods and intervals for screening; earlier screening may be recommended based on risk assessment) ²	
<input type="checkbox"/> Height, weight and body mass index (BMI)		<input type="checkbox"/> Diabetes screening for people ages 40-70 years who are overweight or obese	
Once a year		<input type="checkbox"/> Healthy diet counseling for people with cardiovascular disease risk factors in a primary care setting	
<input type="checkbox"/> Flu shot		<input type="checkbox"/> Immunizations (talk to your PCP about what shots you may be due for, including the COVID-19 vaccine)	
As recommended by your PCP			
<input type="checkbox"/> Dental exam			
<input type="checkbox"/> Hearing exam			
<input type="checkbox"/> Eye exam			
<input type="checkbox"/> Cholesterol screening			
<input type="checkbox"/> Osteoporosis screening			
<input type="checkbox"/> Cervical cancer screening (Pap smear)			
For people who have ever smoked			
<input type="checkbox"/> Visit your PCP to get advice and medicines that can help you quit			

Topics to discuss with your PCP:

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 get from other doctors or specialists
- Difficulties getting appointments with a specialist, if needed

Prescription drugs

- Any questions with the prescription medications you are taking
- Issues getting the medicines your provider prescribes

Important care

- Suggestions on how to improve your physical activity
- Ways to help if you are feeling sad or blue

Tests and treatments

- When you will get results from labs, X-rays or other tests



We're here to help

From scheduling your next checkup appointment to finding a PCP, you can count on us to help you get care and treatment as quickly as possible. If you have questions, please chat with Member Services through myuhc.com/communityplan or the UnitedHealthcare® app.

¹ This is a list of suggested screenings. Coverage for these screenings (including how often they are covered) may vary by plan. Please note: UnitedHealthcare provides these services – and other supportive resources – for all eligible individuals, regardless of gender identity. If you have questions about your specific benefits or coverage details, please call Member Services.

² [cdc.gov](https://www.cdc.gov)

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 annually.

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ATENCIÓN: si habla español, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

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