PCP Annual Wellness Visit Checklist

Talking about these topics helps your primary care provider (PCP) understand how your health affects your daily activities so they can help support your health and independence. Use this checklist and make notes to discuss what matters most to you at your next Annual Wellness Visit.

Recent Health History

- ☐ New or ongoing symptoms
- ☐ Hospital, ER, or urgent care visits
- ☐ Medication changes or difficulties
- ☐ New specialists involved

Medications & Pharmacy Needs

- ☐ Review all medications and supplements
- ☐ Ask about lower-cost options or 90-day supplies
- ☐ Report side effects or difficulty remembering doses

Physical Health

- ☐ Weight or appetite changes
- ☐ Blood pressure concerns
- ☐ Pain affecting daily tasks
- ☐ Sleep concerns
- ☐ Hearing concerns

Preventive Care & Screenings

- ☐ Vaccines needed (flu, RSV, pneumonia, COVID-19)
- ☐ Cancer screenings
- ☐ Bone density
- ☐ Routine labs

Physical Activity & Mobility

- ☐ Activity level and limitations
- ☐ Trouble with favorite activities

Silver Sneakers – 1-888-423-4632 or SilverSneakers.com

Fall Risk

- ☐ Falls in the last year
- ☐ Feeling unsteady
- ☐ Interest in balance or PT programs

Bladder & Bowel Health

- ☐ Leakage or urgency issues
- ☐ Nighttime bathroom concerns

Emotional & Mental Health

These are common concerns. It is important to share with your PCP.

- ☐ Stress, anxiety, or mood changes
- ☐ Memory concerns
- ☐ Loneliness or sadness
- ☐ Substance or alcohol concerns

Sondermind – Sondermind.com or Suicide Hotline at 988

If You Have Diabetes

- ☐ A1c value
- ☐ Foot exams
- ☐ Kidney tests
- ☐ Eye exam
- ☐ Ask about statin medication

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Other Resources Available for Medicare Advantage Members

- **Condition Management** – For members with complex medical conditions and social needs. Call 1-833-554-2335 for a referral.
- **Tobacco Cessation** – Want to kick the tobacco habit for good? Call the Ohio Quit Line at 1-800-QUIT-NOW for help.
- **Transportation** – Need help getting to a doctor's appointment or other medical needs? You have 24 one-way trips covered each year. Call 1-833-554-2335 to learn more.

Note: All phone numbers are TTY:711 for hearing impaired.

Need help finding a PCP or getting an appointment?

Call Member Services at 1-833-554-2335. We can also answer questions about all the programs and services available to manage your health — including benefits available after an inpatient hospital stay, like transportation and home meals.