

Advantage MD

ANNUAL WELLNESS VISIT CHECKLIST

Your annual wellness visit is a great way to create a care plan and stay on track with your health. During this visit, your doctor may review your medications and your medical and family history. They will measure your height, weight and blood pressure. They may also order tests and screenings for you.

Use this checklist to help guide your visit. Make notes before and during your visit. Your doctor is there to help you, so ask them about any health concerns you may have. Johns Hopkins Advantage MD (HMO) and Advantage MD (PPO) members do not have a cost share for this visit with an in-network provider.

Tip: This wellness visit is covered every year. Before you leave your doctor's office, schedule your annual wellness visit for next year.

Appointment Date: Time:

Doctor:



MY TOPICS TO DISCUSS:

Physical health *(note any changes from last year)*

Risk factors Tobacco Alcohol Weight Depression Chronic Pain Other

Diabetes care *(if applicable)* Blood glucose test Dilated eye exam Kidney function test

Confusion/memory loss

Chronic health condition(s)

Ongoing pain *(rate on a scale of 1 - lowest to 5 - highest)*

Vision problems

Nutrition/appetite

Sleep

Physical activity

Falls *(note the last time you had a fall)*

Current medications/side effects

Urine leakage

Advanced care planning

Mental well-being *(ongoing depression or anxiety)*

Other

