

# Checklist for a healthier you!

5 simple ways you can maintain good health throughout the year

Here are 5 steps you can take for getting up to date on preventive care and protecting the health of you and your family.



## 1. Schedule a wellness visit.

Regular checkups with a primary care doctor\* may help you stay well now — and protect your future health too. Find out [why having a primary care doctor](#) is good for you health.



## 2. Make sure your child or adolescent has a wellness visit too.

Annual wellness visits help children 3-6 years old as well as adolescents 12-21 years of age to develop a long-term, trusting relationship with a primary care doctor. At wellness visits, a primary care doctor can:

- Make sure immunizations are up to date
- Answer questions about emotional well-being
- Check on growth and development
- Ensure preventive health screenings are complete
- Talk to your adolescent about independent living and/or college life



## 3. Ask your doctor what screenings may be right for you.

Certain screenings may be recommended for you.\*\* They may help detect diseases early — and might even save your life. For example, your doctor can advise you on testing for:

- Breast cancer
- Cervical cancer
- Colorectal cancer
- High blood pressure
- High blood sugar



## 4. Get any shots you are missing.

A [flu shot and other vaccines](#) are recommended for most people. Completing your immunizations help to protect your family and friends from illness too.



## 5. Make sure you have up-to-date treatment plans.

Are you living with a [chronic disease](#), such as diabetes, asthma or high blood pressure? Talk with your doctor about your current treatment plan. Ask any questions you have. If you're having trouble with any part of your plan, don't hesitate to speak up.

**What to do next.**

Get a jump-start on 2019: Schedule a wellness visit with your PCP if you're due. Put reminders on your calendar.

[Get the latest health updates](#) for you and your family.

\*Depending on your benefit plan, selection of a primary care physician may be required. Be sure to check your plan for specific coverage details.

\*\*Check your benefit plan to see what services may be covered.

Sources: Agency for Healthcare Research and Quality; American Academy of Family Physicians; Centers for Disease Control and Prevention; National Institutes of Health

Certain preventive care services, including immunizations, are provided as specified by the Patient Protection and Affordable Care Act (PPACA), with no cost-sharing to you. Some plans may require copayments, deductibles and/or coinsurance for these benefits. Always review your plan documents to determine your specific coverage.