

# CalOptima Health

## Adult Health Checklist



### What to Know Before Your Annual Wellness Visit

Did you know you can lower your chances of getting a chronic disease and improve your quality of life? Take an active role in your health by scheduling your Annual Wellness Visit today!

Here is a list of common health screenings and tests your doctor might order. Review the list and ask your doctor if these are right for you.

Annual Wellness Visit	Completed? (check box)	When do I need this? (date)
<b>Physical exam and reviews:</b> <div> <div>■ Height and weight</div> <div>■ Body mass index</div> <div>■ Blood pressure</div> <div>■ Health history</div> <div>■ Medicine list</div> <div>■ Advance directive</div> </div>	<input type="checkbox"/>	
<b>Vaccines (shots):</b>	Completed? (check box)	When do I need this? (date)
Influenza (flu)	<input type="checkbox"/>	
COVID-19	<input type="checkbox"/>	
Pneumococcal	<input type="checkbox"/>	
Tetanus, diphtheria, pertussis (Tdap)	<input type="checkbox"/>	
Zoster (shingles)	<input type="checkbox"/>	
Other vaccines (Ask your doctor what other shots you may need)	<input type="checkbox"/>	

**Disclosure:** The information is for educational purposes only and does not take the place of professional medical advice. If you have questions, please contact your doctor. **You do not need to send this checklist back to CalOptima Health. Please keep it for your records.**

Screenings to help your doctor track your health:	Completed? (check box)	When do I need this? (date)
Cervical cancer (Pap smear) for adults ages 21 to 65 with a cervix	<input type="checkbox"/>	
Breast cancer (mammogram) for women ages 50 to 74 (Women under 50: talk to your doctor)	<input type="checkbox"/>	
Colon cancer for adults ages 45 to 75	<input type="checkbox"/>	
Lung cancer for adults ages 50 to 80 with a history of heavy smoking	<input type="checkbox"/>	

If you have diabetes, ask your doctor about these tests:	Completed? (check box)	When do I need this? (date)
Hemoglobin A1C (HbA1C)	<input type="checkbox"/>	
Retinal eye (to detect diabetes-related issues)	<input type="checkbox"/>	
Urine (for protein)	<input type="checkbox"/>	
LDL cholesterol	<input type="checkbox"/>	
Foot (to detect diabetes-related issues)	<input type="checkbox"/>	

Your doctor may recommend these screenings and tests:	Completed? (check box)	When do I need this? (date)
Cholesterol	<input type="checkbox"/>	
Dental	<input type="checkbox"/>	
Osteoporosis	<input type="checkbox"/>	
Hearing	<input type="checkbox"/>	
Routine eye	<input type="checkbox"/>	
Fasting blood sugar	<input type="checkbox"/>	
Lab tests specific to your health condition (Ask your doctor which ones you need)	<input type="checkbox"/>	
Sexually transmitted infections (STIs)	<input type="checkbox"/>	

For more information, call CalOptima Health Customer Service toll-free at **1-888-587-8088 (TTY 711)**, Monday through Friday, from 8 a.m. to 5:30 p.m. We have staff who speak your language. Please visit us at **[www.caloptima.org/healthandwellness](http://www.caloptima.org/healthandwellness)**.

