



Your yearly health checklist



Use this checklist to stay up to date on the care you need to reach your best health in the year ahead.

Health Checklist

Preventive care

- Complete your annual wellness visit
- Catch up on recommended screenings and tests
- Schedule your follow-up appointments

Medications

- Review your medications with a provider or pharmacist
- Refill your medications before the year ends
- Take your medications as prescribed

Health management

- Discuss any new symptoms or concerns with your provider
- Review your care plan and health goals
- Ask about any additional questions or health concerns

Planning ahead

- Schedule your next primary care visit
- Review your benefits for the upcoming year

Call your primary care provider if you need to complete any of the above. Need to find a provider? Use our [provider directory](#) or connect with a health navigator at **(844) 843-9033 (TTY: 711)**.

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Free interpretation services are available to you. Additional services and resources necessary to provide information on accessible formats are also available at no cost. Call (877) 509-4979 (TTY: 711) or speak with your healthcare provider. Spanish: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al (877) 509-4979 (TTY: 711) o hable con su proveedor. Oromo: Yoo afaan Oromoo dubbattu ta'e, tajaajilli gargaarsa afaanii bilisaa siniif ni argama. Gargaarsi gargaaraa fi tajaajilli sirrii ta'ee fi odeeffannoo bifa dhaqqabamaa ta'een kennuunis bilisaan ni argama. Bilbilaa (877) 509-4979 (TTY: 711) yookiin dhiyeessaa kee waliin haasa'aa.

If you require large-print materials, please call (877) 509-4979 (TTY: 711).