

# Annual Wellness Checklist

## Before your visit

- Gather your insurance card and ID
- Make a list of medications and supplements you take (include dose and frequency)
  - *Helpful tip! Take pictures of your medication bottles to capture additional details.*
- Write down any symptoms, concerns or changes in your health
- Prepare a list of questions you want to ask
- Review family health history and note any updates (new diagnoses in parents/siblings)
- Have recent medical records or test results available from other providers if applicable
- Take the Health Assessment. This quick and easy assessment will give you a baseline of your health to discuss. You can access it on Strive through BlueAccess.
- If available, sign up for your providers online patient portal to receive information from your provider, view prescriptions and more.

## During your visit

- Share any new symptoms, stress, sleep issues or lifestyle changes
- Review your medications and possible side effects
  - *Helpful tip! Ask about generics or recommendations that could lower medication cost while maintaining efficacy.*
- Ask if you are up to date on preventive screenings (colonoscopy, mammogram)
- Ask which vaccines may be recommended for you.
- Discuss mental health, nutrition, exercise and sleep habits
- Ask: "What can I do this year to improve my health?"
- Confirm when your next visit or screening should be

## If this is a Well-Child visit

- Bring your child's immunization records if this is a new doctor
- Write down questions about development, sleep, nutrition or behavior
- Share any changes in school, learning or social behavior
- Ask about developmental milestones and what to expect next
- Confirm your child is up to date on vaccines and screenings
- Ask about safety topics relevant to your child's age (car seats, sports, screen time, etc.)
- If school or sport physicals are needed, bring and request any needed documentation before and after the appointment.

## After your visit

- Schedule any recommended tests, screenings or follow-up appointments, including your annual wellness visit for the following year to stay ahead
- Pick up or start any prescribed medications
- Set reminders for labs, screenings or vaccines
- Follow any lifestyle recommendations discussed with your provider

