

Preventative Care CHECKLIST.



PREVENTATIVE CARE is important because it helps you stay healthy, allows access to prompt treatment when necessary, and it helps reduce your overall medical expenses. **STAYING WELL** is more than just visiting your provider when you are feeling sick to “get better.”



Check off the exam that you have completed and write the date it occurred. Keep this list so you know when to schedule the next exam.

Last Exam	Next Exam
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COMPREHENSIVE VISIT/ ANNUAL WELLNESS VISIT

Who: Everyone

Why: Review of your plan of care helps you stay on track toward your health goals

When: Every 12 months

___/___/___	___/___/___
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COLORECTAL CANCER SCREENING

Who: Everyone 45+ years old

Why: Early stage cancers are easier to treat and the chances of survival are much higher

When: Every 10 years for a colonoscopy (recommended)

Alternative tests - sigmoidoscopy (5 yrs), cologuard (3 yrs) & FIT/FOBT (1 yr)

___/___/___	___/___/___
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BREAST CANCER SCREENING

Who: Women 40+ years old

Why: Early stage cancers are easier to treat, and the chances of survival are much higher

When: Every 27 months

___/___/___	___/___/___
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OSTEOPOROSIS SCREENING

Who: 65+ years old

Why: Determines bone health to reduce risk of fracture and prevents worsening osteoporosis

When: Every 2 years or within 6 months of a bone fracture

___/___/___	___/___/___
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ADHERENCE TO MEDICATIONS

Who: Everyone

Why: Taking your medications as prescribed can help control chronic conditions, treat temporary conditions, maintain overall health, and prevent hospitalization

When: As prescribed by your provider

___/___/___	___/___/___
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Last Exam	Next Exam
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DIABETES CARE

Who: Everyone 18+ years old diagnosed with diabetes

Why: Uncontrolled diabetes can lead to serious complications

Annual Tests Include:

- > **A1C TESTING** - Goal is less than 9
- > **KIDNEY MONITORING** - Urine sample and blood work help detect kidney function
- > **DIABETIC EYE EXAM** - Diabetics are more prone to retinopathy (complications in the back of the eye that can cause vision loss)

____ / ____ / ____ | ____ / ____ / ____



BLOOD PRESSURE

Who: Everyone 18+ years old

Goal: Less than 140/90

Why: Uncontrolled, high blood pressure can lead to heart attack or stroke

____ / ____ / ____ | ____ / ____ / ____



TRANSITION OF CARE & EMERGENCY ROOM FOLLOW-UP BY PROVIDER/CARE MANAGER

Who: Anyone recently discharged from a hospital or post-acute facility (i.e., ER, nursing, rehab, long-term acute care, etc.)

Why: Better care coordination can improve health outcomes and prevent readmission

When: Within 1 day of discharge (care management contact),
within 5 days (provider follow up appointment),
within 30 days (medication reconciliation - review of current medications and medications prescribed at discharge)

____ / ____ / ____ | ____ / ____ / ____

Did you know?



You can stay on track with your medications by converting to a 90-100 day supply and switching to a mail order pharmacy.



Colorectal cancer is the 2nd leading cause of death in the U.S. for men and women combined.



1 in 8 women in the U.S. will be diagnosed with breast cancer in her lifetime.

LOOK OUT FOR SURVEYS!

- ♥ CONSUMER ASSESSMENT OF HEALTHCARE PROVIDERS AND SYSTEMS (CAHPS) IN THE SPRING
- ♥ HEALTH OUTCOMES SURVEY (HOS) IN THE FALL

Your provider and health plan should **ALWAYS** be a “10!” If not, **LET US KNOW AT ARIZONA: (520) 526-9868 | CALIFORNIA: (209) 320-2650 | FLORIDA: (702) 488-8696 | NEVADA: (702) 800-5120 | OREGON: (503) 765-9045.**
Your feedback will improve the quality of healthcare.