

SHARP Health Plan

Diabetes & hypertension (18 years and older)¹

Preventive Care Checklist

Discuss your checklist with your doctor to develop your own personalized preventive care plan. Your doctor will help you determine which tests and health screenings are best for you based on your age, gender, health status and family history.

Exams		
Periodic Well Visit with Your PCP (schedule at least 2 months in advance)	18 and older	<input type="radio"/>
Medication Review (with an RN, pharmacist or your PCP)	18 and older	<input type="radio"/>
Vaccines		
COVID-19 (Series and Booster) ¹¹	18 and older	<input type="radio"/>
Flu Shot (every fall)	18 and older	<input type="radio"/>
Pneumonia (Pneumovax or Prevnar 20 or Prevnar 21)	19 – 64 65 and older	<input type="radio"/>
Screenings		
Blood Pressure	18 and older	<input type="radio"/>
Blood Sugar (HbA1c, Diabetes)	18 and older	<input type="radio"/>
Body Mass Index (BMI)	18 and older	<input type="radio"/>
Cholesterol	20 and older	<input type="radio"/>
Depression and Suicide Risk	18 and older	<input type="radio"/>
Dilated Eye Exam (Diabetes)	18 and older	<input type="radio"/>
Kidney Function (Diabetes)	18 and older	<input type="radio"/>
Tobacco, Drug and Alcohol Use Screening	18 and older	<input type="radio"/>
Visual Foot Inspection (Diabetes)	18 and older	<input type="radio"/>
Program Referral		
Disease Management Program	18 and older	<input type="radio"/>
Health Coaching Program	18 and older	<input type="radio"/>

¹The information in these checklists includes recommendations adapted from the following sources as of November 2024 and is subject to change: Preventive services with a rating of A or B from the U.S. Preventive Services Task Force; immunization for children, adolescents and adults recommended by the Centers for Disease Control and Prevention; and preventive care screenings for infants, children, adolescents and women supported by the Health Resources and Services Administration. Also check the age-related preventive health checklist. Other immunizations may be recommended by your provider depending on vaccine and indication. ¹¹Some COVID-19 vaccines are authorized under EUA (emergency use authorization).