



Preventive Care Checklist

Diabetes & hypertension

(18 years and older)

We're here to help you make your health a priority. To get started, use our preventive care checklists highlighting some of the exams, vaccines and screenings that can help you and your loved ones avoid or minimize potential health problems.¹ No matter how healthy you are today, having a discussion with your doctor about preventive care can make a difference in the long run—for you and the people you care about.



| 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 | | |
| Flu Shot (every fall) | 18 and older | <input type="radio"/> |
| Pneumococcal (Pneumonia) | 65 and older | <input type="radio"/> |
| Screenings | | |
| Blood Pressure | 18 and older | <input type="radio"/> |
| Body Mass Index (BMI) | 18 and older | <input type="radio"/> |
| Cholesterol ² | 20 and older | <input type="radio"/> |
| Depression | 18 and older | <input type="radio"/> |
| Tobacco and Alcohol Use Counseling | 18 and older | <input type="radio"/> |
| Blood Sugar (HbA1c; Diabetes) ² | 18 and older | <input type="radio"/> |
| Visual Foot Inspection (Diabetes) | 18 and older | <input type="radio"/> |
| Dilated Eye Exam (Diabetes) ² | 18 and older | <input type="radio"/> |
| Kidney Function (Diabetes) ² | 18 and older | <input type="radio"/> |
| Program Referral | | |
| Health Coaching Program ² | 18 and older | <input type="radio"/> |
| Disease Management Program ² | 18 and older | <input type="radio"/> |

¹ The information in this guide includes recommendations adapted from the following sources as of June 2017 and is subject to change: Preventive services with a rating of A or B from the US 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.

² Based on risk factors, and as advised by your doctor.