



# Wellness and Prevention Checklist for Adults

This checklist includes recommended guidelines for exams and tests you may need. These recommended services are meant for the general population. Speak with your healthcare provider about what screenings are right for you.

| Recommended Guidelines      |   |                                 |
|-----------------------------|---|---------------------------------|
| Screening                   | Description   | Frequency                       |
| Advance Care Planning       | Ask your provider about choosing a Power of Attorney or writing a Living Will. Writing down your wishes can help determine what you want for future care  | Annually                        |
| Annual Wellness Visit       | This visit with your Primary Care Provider (PCP) should be used to create a personalized care plan, review medical history and complete preventive screenings   | Annually                        |
| Body Mass Index (BMI)       | This screening tool can indicate if your weight is healthy for your height  | Annually                        |
| Blood Pressure Check        | Regular blood pressure checks can help your provider determine the best treatment option(s) for you to maintain a healthy blood pressure  | As recommended by your provider |
| Colorectal Cancer Screening | This screening can detect if polyps or colon cancer is present. Colon cancer can be curable if caught early. Screening options include <b>Fecal Occult Blood Test, Sigmoidoscopy, FIT-DNA Test, CT Colonography and Colonoscopy</b> | As recommended by your provider |
| Depression Screening        | Taking care of your mental health is important. Speak with your provider if you have noticed a change in the way you think or feel  | As recommended by your provider |
| Diabetic Health             | Regular diabetic screenings can help you keep your health on track. Recommended screenings include <b>Hemoglobin A1c (HbA1c) testing, Nephropathy urine screening and Retinal Eye Exam</b>  | As recommended by your provider |

|                              |  |               |
|------------------------------|--|---------------|
| Functional Status Assessment | Discuss how well you complete daily activities on your own. Your provider can help you get the care you need to improve your abilities   | Annually      |
| Flu Vaccine                  | This vaccination protects your body against the flu. It's important to get vaccinated every year since the flu virus is always changing  | Annually      |
| Mammogram (Women Only)       | Having a regular mammogram can detect breast cancer in its early stages when treatments are much more successful   | Every 2 Years |
| Medication Review            | Review all medications with your provider regularly. Discuss any side effects you may be experiencing, and <b><i>always</i></b> talk to your provider before you start or stop taking a medication   | Annually      |
| Pain Assessment              | Let your provider know if you are experiencing pain on a regular basis. Controlling pain can help you better complete daily activities   | Annually      |
| Physical Activity Counseling | Ask your provider if you should change or maintain your current level of exercise. Regular exercise can help with weight control and improving your overall physical health  | Annually      |
| Other Topics                 | <ul style="list-style-type: none"> <li>• Bladder Control</li> <li>• Brain Health and Memory</li> <li>• Alcohol Abuse</li> <li>• Substance Abuse</li> <li>• Smoking Cessation</li> <li>• Fall Prevention</li> <li>• Hearing/Vision/Speech Impairments</li> <li>• Dental Health</li> <li>• Skin Health and Sun Safety</li> <li>• Stress</li> </ul> | Annually      |

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).

