



# 2019 Annual Care Checklist

Preventive care screening guidelines and counseling services for women.

**Get the care you need when you need it. Take this checklist with you to your next appointment.**

A preventive health visit can help you see how healthy you are now and help find any health issues before they become more serious. You and your doctor can then work together to choose the care that may be right for you. Recommended preventive care services may include the following<sup>1</sup>:

Annual Wellness Exams	Date Done	As Needed	Date Done
<input type="checkbox"/> Blood pressure screening.		<input type="checkbox"/> Colon cancer screening for women ages 50-75 years (ask your doctor about screening methods and intervals for screening).	
<input type="checkbox"/> Skin cancer counseling and prevention for women up to age 24.		<input type="checkbox"/> Diabetes screening for women ages 40-70 years who are overweight or obese.	
<input type="checkbox"/> Alcohol screening and brief counseling (as needed).		<input type="checkbox"/> Healthy diet counseling for women with cardiovascular disease risk factors in a primary care setting.	
<input type="checkbox"/> Height, weight and body mass index (BMI).		<input type="checkbox"/> Immunizations (talk to your doctor about what shots you may be due for).	
<b>Once a Year</b>		<input type="checkbox"/> Mammogram (every year starting at age 50; starting at age 55 it can change to every other year.) <sup>3</sup>	
<b>As Recommended by Your Doctor</b>		<b>For Women Who Have Ever Smoked</b>	
<input type="checkbox"/> Dental exam.		<input type="checkbox"/> Help with quitting tobacco, screening and behavioral counseling for adults who smoke in a primary care setting.	
<input type="checkbox"/> Hearing exam.			
<input type="checkbox"/> Eye exam.			
<input type="checkbox"/> Cholesterol screening for adults over age 40. <sup>2</sup>			
<input type="checkbox"/> Osteoporosis screening for women ages 65 and older and high-risk younger women.			
<input type="checkbox"/> Cervical cancer screening (Pap smear) for women ages 21-65 years old.			

# Topics to discuss with your doctor:

## Getting Needed Care

- Concerns with getting the care, tests or treatments you need.
- Scheduling routine care appointments in advance.
- Where and how to get urgent care when you need it right away.
- Coordinating the care you get from other doctors or specialists.
- Difficulties getting appointments with a specialist, if needed.

## Prescription Drugs

- Any questions with the prescription medications you are taking.
- Issues getting the medicines your provider prescribes.

## Important Care

- Suggestions on how to improve your physical activity.
- Ways to help if you are feeling sad or blue.

## Tests and Treatments

- When you will get results from labs, X-rays or other tests.

From scheduling your next checkup appointment to finding a doctor, you can count on us to help you get care and treatment as quickly as possible. If you have questions, please call Member Services at **1-866-270-5785, TTY 711, 7 a.m. – 7 p.m., Monday–Friday.**

**[UHCCommunityPlan.com/CA](https://UHCCommunityPlan.com/CA)**



<sup>1</sup> This is a list of suggested screenings. Coverage for these screenings (including how often they are covered) may vary by plan. If you have questions about your specific benefits or coverage details, please call Member Services.

<sup>2</sup> [everydayhealth.com/heart-health/living-with/many-under-40-may-not-need-regular-cholesterol-checks-study/](https://everydayhealth.com/heart-health/living-with/many-under-40-may-not-need-regular-cholesterol-checks-study/)

<sup>3</sup> [cdc.gov](https://cdc.gov)

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premium and/or copayments/coinsurance may change annually.

UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY 711, Monday through Friday, 7:00 a.m. to 7:00 p.m.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-5785, TTY 711.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-270-5785, TTY 711。