

ANNUAL WELLNESS CHECKUPS

Staying on top of your health starts with a simple step: your annual wellness checkup. Your annual wellness checkup is a simple way to protect your health. It's a chance to connect with your healthcare provider, catch problems early, and stay on track with your health goals.

CHECKUP FACTS

- All children and adults should get a wellness checkup every year.
- Even if you feel healthy, your annual wellness checkup is an important step to help prevent health issues or catch them early.
- Medicare and most insurance plans cover one free Annual Wellness Visit per year.
- If you don't have health insurance, look for local opportunities to receive free or low-cost care:
 - Visit findahealthcenter.hrsa.gov
 - Contact your public health department
 - Call 2-1-1 or visit 211.org

WHAT TO EXPECT

- Health history and vital signs (blood pressure, weight, etc.)
- Lifestyle, mental health, and risk assessments
- Immunizations and screenings based on your age, gender, and risk factors (see page 2)
- Most annual wellness visits take about 30 to 60 minutes, but plan for a little extra time in case your provider needs to discuss screenings or follow-up care.

PREPARE FOR YOUR VISIT

- Bring a list of your current medications and supplements.
- Know your family health history, especially related to heart disease, cancer, or diabetes.
- Bring your insurance card and photo ID.
- Consider bringing a friend or family member for support.
- Write down any symptoms or changes in your health, even small ones.
- Come ready with questions, and don't be afraid to ask as many as you'd like!

EXAMPLE QUESTIONS TO ASK YOUR DOCTOR

- What screenings and vaccines am I due for?
- What is this test for, and why do I need it?
- Should I make any lifestyle changes?
- What do these test results mean?
- Are there any alternatives to the treatment you've suggested?
- What are the potential side effects of this medication?
- Which hospital or specialist would you recommend if I need follow-up care?
- Have you heard of Walk with a Doc?

Walkwitha DOC.org

UCLA Health

U.S. PREVENTIVE HEALTH SCREENINGS AND VACCINES, BY AGE

VACCINATIONS AGE TO ADMINISTER DISEASE SCREENINGS									FREQUENCY	
• CANCER SCREENINGS	0	10	20	30	40	50	60	70	0 8	0
	6 MOI	NTHS OLD					80	+ YEA	RS OLD	Everyone age 6 months and older should receive one dose annually. Two doses are recommended for
HPV VACCINE		11	26							people 11 to 15 years old and three doses for people 15 to 26.
COVID-19 VACCINE	I	12							80+	One or two doses depending on the vaccine type.
HEPATITIS C SCREENING		•	18						79	Adults age 18 to 79 should have a one-time blood test.
STI + HIV SCREENING			18						80+	Regular testing for sexually transmitted infections, including HIV, is based on sexual activity and other risk factors.
CERVICAL CANCER SCREENING			21				65			Women should be screened every 3 years from 21 to 30 years old, and every 5 years from 30 to 65.
			20						80+	Lipid levels should be checked regularly with a blood test.
			20						80+	Hemoglobin A1c, which measures blood sugar control over three months, should be checked regularly.
BREAST CANCER SCREENING					40				75	Women should have their first mammogram between age 40 and 50, repeated every 1 to 2 years until 75.
COLON CANCER SCREENING					e	15			75	Normal colonoscopies should be repeated every 10 years; normal stool screenings should be repeated annually.
PROSTATE CANCER SCREENING	2					50		69		Screening includes a physical exam and PSA blood test. Frequency determined by physician based on personal risk.
						50			80+	Shingrix should be given in two doses, 2 to 6 months apart, even if the patient already received Zostavax.
						50			80+	Anyone who has smoked the equivalent of one pack a day for 20 years should have an annual chest CT scan.
OSTEOPOROSIS SCREENING								<mark>65</mark>	80+	Women should have their first DEXA bone scan at 65, repeated as determined by their physician.
ABDOMINAL AORTI ANEURISM SCREEN								<mark>65</mark>	75	Men between 65 and 75 years old who have ever smoked should have a one-time screening.

UCLAHEALTH.ORG | https://www.uclahealth.org/sites/default/files/documents/NewPatientGuide-PrevHealth_FINAL_091721.pdf