

Your care checklist


So...how's it going? Look over the items below. Check or circle any that apply to you. Then, talk about them with your doctor at your next visit.

Name: _____ Date: _____



My physical health

Over the past 4 weeks, this is how often I've had problems completing my daily activities as a result of my physical health. (Check one.)

-  ☐ Never  ☐ Several days  ☐ More than half the days  ☐ Almost every day

I'd like advice on:

- ☐ Keeping my balance ☐ Controlling my bladder



I think I might need these **vaccines**:

- ☐ COVID-19 shot/booster
☐ Flu shot
☐ Pneumonia (say "new-MOAN-yah") shot
☐ RSV shot
☐ Shingles shot

Did you know? Your Allina Health | Aetna Medicare plan covers most vaccines. That includes ones that help prevent COVID-19, the flu and pneumonia.



I think I might need these **screenings and tests**:

- ☐ Bone density test: This test will tell you if you have osteoporosis (say "ah-stee-oh-poh-ROH-sis"), or weak bones. You should have it every other year, starting at age 65 for women and age 70 for men.
☐ Breast cancer screening: This is also called a mammogram. If you're age 40-74, you should get one every 2 years, or as recommended by your doctor.
☐ Colon cancer screening: There are different types of tests that screen for colon cancer. Your doctor can tell you which one is right for you and, starting at age 50, how often you should be screened.



Do I need these **diabetes-related tests**?

- ☐ Blood sugar: This is also known as an HbA1c test.
☐ Eye exam: This should include a dilated retinal screening, too.
☐ Cholesterol (say "koh-LESS-ter-rall"): This will check your level of LDL, or "bad," cholesterol.
☐ Urine/blood test for protein: This is also known as a kidney screening.






I want to talk about my:





- ☐ X-ray or scan results
☐ Blood test results

My mental health

Over the past 4 weeks, this is how often I've had little interest or pleasure in doing things.
(Check one.)

 ☐ Never  ☐ Several days  ☐ More than half the days  ☐ Almost every day

Over the past 4 weeks, this is how often I've felt down, depressed or hopeless. (Check one.)

 ☐ Never  ☐ Several days  ☐ More than half the days  ☐ Almost every day

Over the past 4 weeks, this is how often I've gotten together with or talked to family or friends.
(Check one.)

 ☐ Never  ☐ Several days  ☐ More than half the days  ☐ Almost every day

My health goals

I'd like advice on: (Circle as many as apply to you.)



Exercising



Eating healthy



Losing weight



Coping with
stress



Reducing
unhealthy habits



Taking my
medicine



Stopping
smoking or
tobacco use



Expanding my
social circle

My medicines

I need:

- ☐ More info on how to take my medicines the right way
- ☐ More info on why I need to take my medicines
- ☐ A prescription refill
- ☐ Answers to questions I have about my medicines

These are the medicines I'm taking. They include any over-the-counter drugs, vitamins and supplements I use. (I'll bring them with me to my doctor visit, too.)

Other things I'd like to talk about or questions I have

Small steps. Big changes.

Even small steps can lead to big changes in your health. As you go through this checklist, think about what moves you to stay on top of your health goals.

Have questions? Just call us at the number on your member ID card.



See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. This material is for informational purposes only and is not medical advice. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Contact a health care professional with any questions or concerns about specific health care needs. Providers are independent contractors and are not agents of Allina Health | Aetna. Provider participation may change without notice. Allina Health | Aetna is not a provider of health care services and, therefore, cannot guarantee any results or outcomes. The availability of any particular provider cannot be guaranteed and is subject to change. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Allina Health | Aetna plans, refer to our website.