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Questions for my caregiver	General health
	☐ Full checkup
	Including weight and height
	□ Exercise
	Try to obtain or maintain an ideal BMI
	☐ Sleep habits Discuss at your annual exam
	☐ Thyroid (TSH) test
	Discuss with your healthcare provider
	☐ HIV screening
	Get this test if you are at risk for HIV infection (unprotected sex, sexually transmitted infection, or used drugs with needles)
	☐ Social habits
	Discuss social habits such as drugs, alcohol and tobacco usage
	with your healthcare provider
	Heart health
	☐ Blood pressure test
	Every year at annual physical exam
	☐ Cholesterol panel
	Total, LDL, HDL and triglycerides; discuss with your doctor or nurse
	Bone health
	☐ Bone density screening
	Discuss with your healthcare provider

Questions for my caregiver	Diabetes
	☐ Blood glucose or A1c test
	Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes
	Breast health Breast self-exam
	Become familiar with your breasts so you can identify any changes and discuss with your doctor or nurse
	☐ Clinical breast exam Yearly
	☐ Mammogram Every year starting at age 40
	Reproductive health Pap test Discuss HPV co-testing with your healthcare provider
	□ Pelvic exam Yearly
	Sexually transmitted infection (STI) tests Both partners should get tested for STIs, including HIV, before initiating sexual intercourse. Get a chlamydia test yearly if you have new or multiple partners. If you are sexually active, discuss contraception options with your provider
	Colorectal health Fecal occult blood test, flexible sigmoidoscopy, colonoscopy, cologuard Starting at age 45, get screened for colorectal cancer. Talk to your healthcare provider about which screening test is best for you and how often you need it
	Mental health screening Discuss with your healthcare provider
	Eye and ear health Comprehensive eye exam Baseline exam at age 40, then every 2-4 years as your doctor advises Hearing test Every 10 years
	Skin health Skin exam Monthly self-exam of skin and moles as part of a routine full checkup with your healthcare provider
	Oral health Dental cleaning and exam Every 12–24 months; discuss with your dentist
	Immunizations Seasonal influenza vaccine Yearly
	☐ Tetanus-diphtheria-pertussis booster vaccine Every 10 years