



Questions for my caregiver	
questions for my careginer	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 healthcare provider
	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 healthcare provider □ Clinical breast exam Yearly □ Mammogram Yearly
	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. Discuss changes in your cycles and any hormone changes you are experiencing with your healthcare provider Hepatitis C Screening Discuss with your healthcare provider Mental health screening
	□ Discuss with your healthcare provider Colorectal health □ Fecal occult blood test, flexible sigmoidoscopy, colonoscopy, cologuard Talk to your healthcare provider about which screening test is best for you and how often you need it
	Eye and ear health Comprehensive eye exam Every 2-4 years until age 55, then every 1-2 years Eye and ear health Hearing test Every three 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