

Wellness and Prevention Checklist for Adults

As your health plan, MeridianComplete (Medicare-Medicaid Plan) cares about your health. The checklist below includes the recommended guidelines for exams and tests you may need. These recommended services are meant for the general population. Speak with your healthcare provider about what screenings are right for you.

Recommended Guidelines

Screening	Description	Frequency
Advance Care Planning	Ask your provider about choosing a Power of Attorney or writing a Living Will. Writing down your wishes can help determine what you want for future care.	Annually
Annual Wellness Visit	This visit with your primary care provider (PCP) should be used to create a personalized care plan, review medical history and complete preventive screenings.	Annually
Body Mass Index (BMI)	This screening tool can indicate if your weight is healthy for your height.	Annually
Blood Pressure Check	Regular blood pressure checks can help your provider determine the best treatment option(s) for you to maintain a healthy blood pressure.	As recommended by your provider
Colorectal Cancer Screening	This screening can detect if polyps or colon cancer is present. Colon cancer can be curable if caught early. Screening options include Fecal Occult Blood Test, Sigmoidoscopy, FIT-DNA Test, CT Colonography and Colonoscopy .	As recommended by your provider
Depression Screening	Taking care of your mental health is important. Speak with your provider if you have noticed a change in the way you think or feel.	As recommended by your provider
Diabetic Health	Regular diabetic screenings can help you keep your health on track. Recommended screenings include Hemoglobin A1c (HbA1c) testing, Kidney Evaluation (urine and blood screening), and Retinal Eye Exam .	As recommended by your provider
Functional Status Assessment	Discuss how well you complete daily activities on your own. Your provider can help you get the care you need to improve your abilities.	Annually

Flu Vaccine	This vaccination protects your body against the flu. It's important to get vaccinated every year since the flu virus is always changing.	Annually
Mammogram (Women Only)	Having a regular mammogram can detect breast cancer in its early stages when treatments are much more successful.	Every 2 Years
Medication Review	Review all medications with your provider regularly. Discuss any side effects you may be experiencing, and <i>always</i> talk to your provider before you start or stop taking a medication.	Annually
Pain Assessment	Let your provider know if you are experiencing pain on a regular basis. Controlling pain can help you better complete daily activities.	Annually
Physical Activity Counseling	Ask your provider if you should change or maintain your current level of exercise. Regular exercise can help with weight control and improving your overall physical health.	Annually
Dental Visit	Taking care of your oral health is important. Visit a dental provider at least once a year for routine care of natural teeth and/or dentures.	Annually
Other Topics	✓ Bladder Control ✓ Brain Health and Memory ✓ Alcohol Abuse ✓ Substance Abuse ✓ Smoking Cessation ✓ Fall Prevention ✓ Hearing/Vision/Speech Impairments ✓ Skin Health and Sun Safety ✓ Stress	Annually



Questions?

You can call your Care Coordinator at **1-855-323-4578** (TTY: **711**) Monday through Friday, from 8 a.m. - 5 p.m. After hours, on weekends, and on state or federal holidays, you may be asked to leave a message. Your call will be returned within the next business day. Or you can call Member Services at **1-855-323-4578** (TTY: **711**), from 8 a.m. to 8 p.m., seven days a week. On weekends and on state or federal holidays, you may be asked to leave a message. Your call will be returned within the next business day. The call is free.

MeridianComplete (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs to enrollees.

You can get this document for free in other formats, such as large print, Braille, or audio. Call 1-855-323-4578 (TTY: 711), 8 a.m. to 8 p.m., seven days a week. On weekends and on state or federal holidays, you may be asked to leave a message. Your call will be returned within the next business day. The call is free.