



Wellness and Prevention Checklist for Adults

This checklist includes 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, Nephropathy urine 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
Other Topics	<ul style="list-style-type: none"> • Bladder Control • Brain Health and Memory • Alcohol Abuse • Substance Abuse • Smoking Cessation • Fall Prevention • Hearing/Vision/Speech Impairments • Dental Health • Skin Health and Sun Safety • Stress 	Annually

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

