

My health checklist

See your primary care team at least once a year, even if you aren't sick, and ask if it's time for you to have these recommended preventive health screenings and vaccinations. *Start checking off your list today!* It's a great way to help you put the ME back in Medicaid so you can live your healthiest, happiest life.

Preventive Screenings	To Do	Date Done
Alcohol and Other Drug Misuse		
Blood Pressure		
Breast Cancer (mammogram)		
Coronary Artery Disease (heart)		
Cholesterol		
Colorectal Cancer		
Depression		
Diabetes		
Family Planning		
Hearing		
Hepatitis B		
Hepatitis C		
HIV		
Lung Cancer		
Memory Loss		
Obesity (weight management)		
OB/GYN exam and annual Pap test		
Oral Cancer (dental exam)		
Prostate Cancer		
Sexually Transmitted Infection		
Skin Cancer		
Smoking and Tobacco Use		
Testicular Cancer		
Vision (eye exam)		

Getting screened helps you know your risk and start a prevention or treatment plan right away.

Getting vaccinated helps protect you from catching dangerous viruses.

Vaccines	To Do	Date Done
COVID-19		
Flu shot (seasonal)		
Hepatitis B		
Human papillomavirus – HPV		
Meningococcal		
Pneumococcal (65 or older)		
Shingles a (50 or older)		
Tetanus, diphtheria and pertussis – Tdap		

Source: Centers for Disease Control