

My care checklist

We want to help you stay as healthy and independent as possible. Take advantage of your health benefits by getting the tests and services that you need, which your doctor can advise you on. Remember to keep a record of your tests and results.

Health services	Who needs it?	How often?	Last one	Next one due
<input type="checkbox"/> Routine annual physical	Everyone	Every year		
<input type="checkbox"/> Mammogram	Women age 50-74; earlier if high-risk	Every 1 or 2 years based on doctor's advice		
<input type="checkbox"/> Colonoscopy	Everyone age 50-75; earlier if high-risk	Every 10 years based on doctor's advice		
<input type="checkbox"/> Pneumonia shot	Everyone age 65 and up	Ask your doctor		
<input type="checkbox"/> Flu shot	Everyone	Every year		
<input type="checkbox"/> Cholesterol check	Ask your doctor	Based on doctor's advice		
<input type="checkbox"/> Diabetic eye exam	Everyone with diabetes	Every 1 to 2 years, depending on test results		
<input type="checkbox"/> Diabetic labs	Everyone with diabetes	At least once a year		
<input type="checkbox"/> Foot exam	Everyone with diabetes	At least once a year		
<input type="checkbox"/> Blood pressure check	Everyone	At least once a year		
<input type="checkbox"/> Body mass index (BMI)	Everyone	At least once a year		
<input type="checkbox"/> Bone mineral density	Women age 65 and older; earlier if high-risk	Based on doctor's advice		

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