

Annual Wellness Exam Checklist

This annual wellness examination is a surface-level evaluation of your overall health. While it ensures that your essential healthcare needs are addressed, please note that it is not a comprehensive physical examination. For a more detailed health assessment, a thorough physical checkup may be necessary, which may include the following tests, assessments, and health evaluations:

Standard Annual Wellness Visit:

- Body Mass Index (BMI) measurement
- Basic head and neck examination
- Review of medical history
- Discussion of current medications and dosage
- Assessment of family health history

Health Assessments:

- Depression screening
- Cognitive function assessment
- Lifestyle and behavioral risk assessments (e.g., smoking, alcohol, physical activity)
- Review of nutrition and dietary habits
- Evaluation of sleep patterns and quality
- Mental health and stress assessment
- Evaluation of social and support systems
- Fall risk assessment (especially for older adults)

Comprehensive Physical Checkup (Additional Tests and Examinations):

- In-depth head and neck examination
- Lung examination
- Abdominal examination
- Neurological assessment
- Reflex examination
- Urine and blood tests
- Vision and hearing tests
- Bone density scan (if recommended for your age or risk factors)
- Skin examination (for early detection of skin issues, such as melanoma)
- Comprehensive blood panel, including cholesterol, glucose, and other key markers
- EKG or other cardiovascular tests (if deemed necessary)
- Bone or joint assessments
- Dental and oral health evaluation
- Gynecological exam (for women)
- Prostate exam (for men)

Preparation:

To make the most of your healthcare experience, follow these tips as part of your annual physical examination checklist:

- **Organize Your Medical Records:** Gather all your medical records, including any treatments or health issues you've experienced since your last visit.
- **Take Necessary Tests:** Ensure you have completed any required blood tests or other diagnostic tests before the examination. Bring the results with you.
- **List Your Medications:** Document all medications you currently take, including prescription, over-the-counter, and alternative medicines or supplements. Include dosage information.

- **Review Family History:** Familiarize yourself with your family's health history, which can help identify potential risk areas and hereditary conditions.

- **List All Healthcare Providers:** Inform your physician about all your healthcare providers and specialists, including dentists and other practitioners you've visited.
- **Document Recent Health Issues:** List any recent health concerns or problems you've encountered since your last appointment. This information will guide the examination and provide insights into your current condition.

- **Prepare Questions:** Write down any questions or concerns you have. This ensures that you pay attention to important medical advice during the examination.

- **Clarify Preparations:** Contact your doctor's office to confirm if there are additional items to bring or specific pre-test preparations to follow. This may include fasting for specific tests or providing samples like urine.

Additional Notes: