ADULT ANNUAL WELLNESS VISIT CHECKLIST

WELLNESS VISIT/PHYSICAL EXAM
☐ Check/record vital signs with BP <140/90 by the end of the year
☐ Height, weight, and body mass index (BMI)
☐ Patient medical/surgical history documented
☐ Current medication review
☐ Physical examination
☐ Physical activity assessment/recommendations
☐ Fall risk assessment
☐ Mental health assessment/recommendations for improvement
☐ Screening for alcohol or substance abuse
☐ Medicare specific: Advanced Directive, functional status assessment (ADLs including bladder control), and pain assessment

PREVENTIVE SCREENINGS

Annual Screenings:
☐ Breast cancer screening for women ages 50 – 74
☐ Chlamydia screening for women ages 16 – 24 (via UA if not time for pap)
☐ Osteoporosis screening for women ages 65 – 75
☐ Diabetes screening (HbA1c testing, dilated retinal eye exam, kidney function)
☐ Lab testing as applicable (STI, serum cholesterol, etc.)

Other Screenings:
☐ Cervical cancer screening for women ages 21 – 64 (every 3 yrs. or every 5 if hrHPV completed)
☐ Colon cancer screening for adults ages 50 – 75 (one of the following):
  ✓ Fecal Occult Blood Test (annually)
  ✓ FIT-DNA Test (every 3 years)
  ✓ Flexible Sigmoidoscopy (every 5 years)
  ✓ CT Colongraphy (every 5 years)
  ✓ Colonoscopy (every 10 years)
☐ Spirometry testing for newly diagnosed COPD (within 6 months of diagnosis)
☐ Bone mineral density test for women ages 67 – 85 (within 6 months of fracture)

VACCINATIONS
☐ Flu shot annually
☐ Vaccine review and administration as applicable for age

HELPFUL TIPS
☐ Utilize 90-day prescriptions
☐ Schedule next wellness visit prior to patient departure from clinic
☐ Schedule any preventive screenings prior to patient departure from clinic
☐ Complete and accurate coding/billing
☐ Timely filing of claims