

PREVENTIVE SERVICES CHECKLIST

Getting regular preventive care is a great way to create a care plan and stay on track with your health. During this visit, your Primary Care Manager may review your medications and your medical and family history. They will measure your height, weight and blood pressure. They may also order tests and screenings for you.

Use this checklist to help guide your visit. Johns Hopkins USFHP members do not have a cost share for this visit with an in-network provider.

Tip: One Health Promotion and Disease Prevention (HP&DP) exam is covered annually. Before you leave your doctor's office, schedule your HP&DP exam for next year.

Preventive Services Checklist

Appointment Date: Time:

Doctor:

MY TOPICS TO DISCUSS:



- Accident and injury prevention
- Depression, stress, bereavement and suicide risk assessment
- Dietary assessment and nutrition
- Physical activity and exercise
- Promoting dental health
- Tobacco, alcohol, and substance use

MY DOCTOR'S RECOMMENDATIONS:

- Cholesterol screening
- Screenings for certain cancers based on your age, family history, and other risk factors
- Type 2 diabetes screening
- Infectious diseases screening

VACCINE(S):

- COVID-19 (note date, if completed)
- Influenza (note date, if completed)
- Pneumonia (note date, if completed)
- Shingles (both doses received? Date of last dose, if completed)

To find or update your Primary Care Manager (PCM), please use your member portal or contact the Enrollment Department



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