

My care checklist

We want to help you stay as healthy and independent as possible. Take advantage of your health benefits by scheduling the tests and services that you need, which your doctor can advise you on. This checklist provides some of the most common tests and services you should consider on a regular basis.

Health services	Who needs it?	How often?	Last one	Next one due
<input type="checkbox"/> Wellness visit/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+	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"/> Medicine review	Everyone	At least once a year		
<input type="checkbox"/> Bone mineral density	Women age 65+; earlier if high-risk	Based on doctor's advice		

Health questions to consider:

- Are my doctors providing me the support I need?
- Am I exercising regularly?
- Am I taking my medication as prescribed?
- Have I ordered 60- or 90-day prescriptions when possible?
- Have I used the extra benefits my plan provides?

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