

# Your Proactive Health Checklist: Getting Started with Preventive Care

Health doesn't happen by accident. Use this guide to prepare for your annual check-up, talk to your doctor, and find the right hospital programs for your needs.

## Part 1: Assess Your Needs (Before You Call)

Review your personal and family health history.

- **Family History:** Have any close relatives (parents, siblings) had heart disease, cancer, or diabetes? If yes, list which ones:
- **Personal Lifestyle:** (Circle what applies) I am a current/former smoker. I drink alcohol. I exercise less than 2x/week. I feel stressed often.
- **Current Status:** List all current medications and vitamins.
- **Age-Based Needs:** (Check the guidelines from the USPSTF online for your age/gender). Based on my age (\_\_\_), I know I need to ask about:

## Part 2: Find Your Local Resources

Use your local hospital's website.

- **Search Terms:** Look for "Community Health," "Classes & Events," or "Screenings."
- **My Local Hospital:** (Write name)
- **Program Phone Number:**
- **Program(s) of Interest:** (e.g., Heart screening, Diabetes education, Smoking cessation).

## Part 3: Questions to Ask When You Call

Don't hang up until you know the answers.

- "Is this specific screening (name it) considered 'preventive care'?"
- "Do you accept my insurance plan (name it)?"
- "Will this service be 100% covered under my preventive benefits?"
- "If not, what is the out-of-pocket cost for me?"
- "Do I need a referral from my primary care doctor?"
- "Do I need to fast (not eat) or do any other prep before this screening?"

## Part 4: Your Follow-Up Plan

Your screening results are just the first step.

- **My Results:** (Date and summary)
- **Next Steps:** (e.g., Referred to a specialist, schedule follow-up in 1 year, enroll in nutrition class).
- **My Next Appointment:** (Date)