

# Guy's Care Checklist

18-44    45-65    66+

## Get Started

<b>Establish with a Primary Care Provider</b>	<i>Go online or contact Joe for a referral</i>	●	●	●	
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## Annual Physical Check Visit

					APPT. DATE
<b>Health Assessment</b>	<i>Physical and vital measurements, BMI tracking, personal / family health review</i>	●	●	●	
<b>Care Management</b>	<i>Medication review and analysis of heart risk, arthritis, diabetes, acid reflux and other chronic conditions</i>	●	●	●	
<b>Standard Physical Exam</b>	<i>Vision, ears, nose, respiration and pulmonary, cardiovascular, gastrointestinal, musculoskeletal, skin health and neurological evaluation</i>	●	●	●	
<b>Immunizations / Vaccines</b>	<i>Flu and other age- and climate-related vaccinations</i>	●	●	●	
<b>Prostate Evaluation</b>	<i>PSA for prostate cancer screening</i>		●	●	
<b>Social Habit Review</b>	<i>Behavioral health, sleep habits, relationships, life goals</i>	●	●	●	
<b>As Needed Testing</b>	<i>Cholesterol check, STI screen, liver test, etc.</i>	●	●	●	

## Recommended Periodic Screenings

					APPT. DATE
<b>Dentistry</b>	<i>Dental cleaning and evaluation</i>	●	●	●	
<b>Ophthalmology</b>	<i>Vision exam</i>	●	●	●	
	<i>Glaucoma test</i>		●	●	
<b>Dermatology</b>	<i>Mole evaluations and skin cancer screening</i>	●	●	●	
<b>Digestive Health</b>	<i>Colonoscopy (every 10 years or as ordered by your PCP)</i>		●	●	

## Other Health Needs

<b>Allergy</b>	<i>Checkup and medication renewal</i>
<b>Dermatology</b>	<i>Hair loss evaluation</i>
<b>ENT</b>	<i>Hearing exam</i>
<b>Urology</b>	<i>Fertility evaluation</i>

*Our Joe Team can help you navigate your annual appointment and screening needs.*

**Ask Joe<sup>SM</sup>**

