



GET READY FOR YOUR *Annual* PHYSICAL

YOUR ANNUAL PHYSICAL is a chance for you and your primary care provider to discuss changes in your health that happen over time and address your questions and concerns. Be prepared by reviewing this checklist before your next visit.

KEEP THIS CHECKLIST IN MIND AS YOU PREPARE FOR YOUR CHECKUP.



MAKE YOUR LISTS

Put together lists of the following for your provider to review:

- Current physical and mental health conditions
- Family history of physical and mental health conditions
- Immunizations
- Prescriptions and over-the-counter medications that you take
- Vitamins and herbal supplements that you take



TAKE ALONG WITH YOU

Make sure you have the following close at hand during your appointment:

- Glasses, if you need them to read
- Hearing aids, if you need them to listen
- ID
- Insurance card
- Notebook, to help you remember important details



BE PREPARED TO DISCUSS

- Changes in your health, sleep, weight or any other new issues
- Your alcohol and tobacco use
- Your top health concerns in order of priority



The best way to stay on top of annual checkups is by having a trusted primary care provider. Find a University of Maryland Medical System primary care provider at umms.org/find-a-doctor.



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