

VitaMin

Vital health information in a minute



A CHECKLIST FOR YOUR NEXT CHECK-UP

With work and family activities keeping you busy, it can be tempting to put off visiting the doctor. But an annual check-up is important for your health and well-being. In addition to getting the shots or screening tests you need, you'll also learn about steps you can take to be healthy in your daily life.

The time with your health care provider goes by quickly, and you want to make it count. Here are some suggestions to help you make the most of your next check-up:

Prepare a list of questions.

Leave some room to jot down any instructions or important information your doctor gives you during your visit.

Carry a medications list.

Bring a list of the medications and dosages you currently take, including vitamins, herbs and other supplements.

Know your health history.

Doctors often ask about your personal and family health history. Preparing this information before your appointment can help you make sure you don't miss anything.

Keep a health journal.

Whether you're keeping track of changes to your diet, sleep habits or other health concerns, recording key information and dates can be helpful for your next visit.

Bring a buddy.

Ask a friend or relative to be there for support if you need it. They can be an extra set of eyes and ears to help reinforce any next steps you need to take.

Request assistance.

If you have difficulty hearing or understanding, make sure to let your doctor's office know when scheduling your appointment. You may be able to request an interpreter for your appointment if needed.

Ask about tests.

Your annual appointment is the ideal time to ask about scheduling for other exams, such as a colon cancer screening or mammogram. Your doctor will recommend screening tests and vaccines that are appropriate for you.

Are you ready?

Spend a few moments just thinking about how you feel in all aspects of your life – at home, work and in your relationships. Doing so can prepare you for a conversation with your doctor about your physical and emotional well-being.

This is general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing, and health care recommendations.

Together, all the way.®



All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Life Insurance Company of North America, Cigna Life Insurance Company of New York (New York, NY), Cigna Behavioral Health, Inc., Cigna Health Management, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.

927477 08/20 © 2020 Cigna. Some content provided under license.