

2025 Healthcare Education Series



Reminders

✓ **Schedule and complete** your follow up appointments with your provider at least once every 3 months.

• Follow up appointment dates:

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✓ **While at your provider appointment**, don't forget to ask about the following:

- Prescription medications needed.
- Any refills needed.
- For maintenance medications – switch to mail order pharmacy and 90-day prescriptions.
- Be prepared to discuss the following at your visits:
- Issues related to balance, walking or fall prevention.
- Urinary issues such as bladder leakage.
- Advice on starting or increasing physical activity.
- Concerns with mood or emotional health.
- Advice on staying hydrated.

✓ **Referral Information:**

If a referral is ordered by your provider, you will receive a call from a member of our team within 5 business days with information regarding your referral, specialist and appointment scheduling details.

Annually - All Seniors

✓ Stay up to date with your recommended cancer screenings, exams, and vaccinations in 2025!

- ☐ Annual wellness visit: ____ / ____ / ____
- ☐ Dental exam (twice a year): ____ / ____ / ____ and ____ / ____ / ____
- ☐ Eye exam: ____ / ____ / ____
- ☐ Colorectal screening: colonoscopy ____ / ____ / ____ or FOBT ____ / ____ / ____
- ☐ Mammogram (women only): ____ / ____ / ____
- ☐ Flu shot: ____ / ____ / ____
- ☐ RSV shot (70 years and older or 60-74 years with increased risk): ____ / ____ / ____

Annually - For Diabetes Care

✓ Diabetes can be a complex condition. Be sure to stay on schedule with additional exams, lab screenings and appointments throughout the year!

- ☐ Foot exam: ____ / ____ / ____
- ☐ Dilated retinal eye exam: ____ / ____ / ____
- ☐ A1C blood test (up to four times a year):
 - ☐ ____ / ____ / ____
 - ☐ ____ / ____ / ____
 - ☐ ____ / ____ / ____
 - ☐ ____ / ____ / ____
- ☐ Urine for albumin/creatinine ratio: ____ / ____ / ____
- ☐ Kidney Glomerular Filtration Rate (GFR): ____ / ____ / ____

