

Adult Wellness & Preventive Care Checklist

Primary Care Services, S.C. | Lombard & Glendale Heights, Illinois • (630) 429-9000 • my-primarycare.com

Use this checklist to prepare for your annual wellness visit and to guide the conversation with your provider. It summarizes preventive services that are commonly recommended for adults. **It is a general guide, not medical advice** — the right screenings and vaccines for you depend on your age, sex, personal and family history, and risk factors. Your provider will personalize these recommendations.

Before your visit

- Bring a photo ID and your current insurance card.
- Bring a list of all medications, vitamins, and supplements (with doses).
- Bring records or results from other providers (specialists, hospital stays, recent labs or imaging).
- Know your family history — heart disease, cancer, diabetes, and at what ages.
- Write down your top 2–3 questions or concerns so nothing is missed.
- Note the dates of your last screenings (mammogram, colonoscopy, Pap, bloodwork) and vaccines.

What to expect at a wellness visit

- Blood pressure, height, weight, and body mass index (BMI).
- Review and update your medical history, medications, and allergies.
- Lifestyle review — tobacco and alcohol use, physical activity, nutrition, sleep, stress, and safety.
- A brief check of mood, memory, and emotional well-being.
- Review of which screenings and immunizations are due.
- A plan for any follow-up labs, imaging, referrals, or return visits.

Recommended screenings for adults

Ages and intervals below reflect general U.S. Preventive Services Task Force guidance for average-risk adults. Your provider may start earlier or screen more often based on your history.

Screening	Who / when it is usually considered	Typical interval
Blood pressure	All adults 18+	Every visit; at least yearly
Cholesterol / lipids	Adults ~40–75; earlier with heart-disease risk factors	Every 4–6 years, or as advised
Type 2 diabetes / prediabetes	Adults 35–70 with overweight or obesity; earlier with risk factors	Every 3 years if normal
Colorectal cancer	Adults 45–75 (stool test or colonoscopy)	Stool test yearly / colonoscopy every 10 years
Cervical cancer (Pap / HPV)	Women 21–65	Every 3–5 years depending on test
Breast cancer (mammogram)	Women 40–74	Every 1–2 years
Lung cancer (low-dose CT)	Adults 50–80 with a 20 pack-year smoking history who smoke now or quit within 15 years	Yearly while eligible
Osteoporosis (bone density)	Women 65+; younger post-menopausal women with risk factors	As advised

Screening	Who / when it is usually considered	Typical interval
Abdominal aortic aneurysm	Men 65–75 who have ever smoked	One-time ultrasound
Depression & anxiety	All adults	Yearly / as needed
HIV	All adults 15–65 at least once; more often with risk factors	Once, then risk-based
Hepatitis C	All adults 18+ at least once	Once, then risk-based
Other STIs (chlamydia, gonorrhea, syphilis)	Based on age, pregnancy, and risk factors	As advised

Adult immunizations

Based on the CDC adult immunization schedule. Your provider will confirm what you are due for.

Vaccine	Who it is recommended for
Influenza (flu)	Every adult, every year
Td / Tdap (tetanus, diphtheria, pertussis)	Booster every 10 years; Tdap once as an adult and in each pregnancy
COVID-19	Stay up to date per current CDC guidance
Zoster (shingles, RZV)	All adults 50 and older (2 doses)
Pneumococcal	All adults 65+; adults 19–64 with certain chronic conditions or smoking
RSV	Adults 75+; adults 60–74 at increased risk
HPV	Through age 26 (some adults 27–45 after discussion)
Hepatitis B	All adults 19–59; 60+ with risk factors
MMR / Varicella	Adults without evidence of immunity

Questions to ask your provider

- Which screenings am I due for this year, and which can wait?
- Are my blood pressure, cholesterol, and blood sugar in a healthy range?
- Which vaccines do I need now?
- Given my family history, should I start any screening earlier?
- What one or two changes would most improve my health this year?
- How and when will I get my results, and what is the follow-up plan?

Disclaimer. This checklist is for general educational purposes and does not replace care from a qualified health professional or create a physician–patient relationship. For medical emergencies, call 911. Talk with your provider before making changes to your care. Sources: U.S. Preventive Services Task Force (uspreventiveservicestaskforce.org) and the CDC Recommended Adult Immunization Schedule (cdc.gov/vaccines); guidelines are updated periodically. Primary Care Services, S.C. • (630) 429-9000 • Reviewed September 2026.