

Your wellness visit checklist

Stay on top of your health with this easy-to-follow guide



Regular wellness visits can help catch health issues early and keep you feeling your best. Use this checklist to prepare for your next exam so you can make the most of your time with your doctor.



Before your visit:

- **Confirm appointment:** Double-check the date, time, and location. Fill out any necessary forms ahead of time.
- **Check insurance coverage:** Know what's covered under your plan. Don't forget to bring your insurance ID card with you to your appointment. You can check your coverage on myCigna.com.
- **Write down questions:** Bring a list of any health concerns or symptoms.
- **Review your family history:** Let your doctor know about any major health conditions in your family.
- **Track your health changes:** Note any changes in weight, sleep, mood, or energy levels.
- **Create a digital record:** Include prescriptions, over-the-counter medications, and supplements. Keep this list updated and readily available for every appointment.



During your visit:

- **Discuss preventive screenings:** Ask what tests are right for you based on age, gender, race/ethnicity, and risk factors.
- **Record routine measurements:** Expect the doctor or nurse to take measurements such as blood pressure, height, and weight.
- **Talk about your lifestyle:** Share details about your diet, exercise, stress levels, and sleep habits.
- **Review vaccines and boosters:** Make sure you're up to date.
- **Ask:** "Is there anything I haven't asked that I should be aware of?"



After your visit:

- **Schedule any follow-ups:** Book any necessary screenings, tests, or specialist visits, and commit to the plan and next steps discussed with your doctor. If you have a chronic condition such as diabetes or high blood pressure, a separate visit may be needed to review your management plan and home records, including blood pressure and blood glucose measurements.
- **Update your health records:** Keep track of test results, doctor's appointments, and recommendations by signing up for patient online platforms, if available.
- **Fill prescriptions:** Pick up your medications at the pharmacy or ask about home delivery. Take them as directed, and talk to the pharmacist if you have any questions.
- **Monitor your symptoms:** Follow your doctor's advice on any ongoing health concerns.
- **Set a health goal:** Choose one small, realistic step to improve your well-being.



Prepare for your next wellness visit:

Date and time: _____

Doctor's name: _____

Office address: _____

Phone number: _____

Reason for visit: _____

Notes and questions: _____

Taking charge of your health starts with small steps. By preparing for your visit, asking questions, and following up, you can make a big difference in your well-being.



Get the most from your health plan. Log in to myCigna.com to find doctors, check coverage, and manage your care.

Not all preventive care services are covered. See your plan materials for a complete list of covered preventive care services.

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