

# Recommended Annual Preventative Checklist



## Medical:

- Well-Being Questionnaire | [www.LIiveWell.com](http://www.LIiveWell.com) | **Date:** \_\_\_\_\_
- Annual dental exam | **Date:** \_\_\_\_\_
- Annual vision exam | **Date:** \_\_\_\_\_
- Flu and COVID-19 vaccines | **Date:** \_\_\_\_\_
- Check in with a mental health provider | **Date:** \_\_\_\_\_

## For Men:

- Prostate cancer screening (*age 50 and older*) | **Date:** \_\_\_\_\_

## For Women:

- Cervical cancer exam (*age 21 and older*) | **Date:** \_\_\_\_\_
- Mammogram breast cancer exam (*age 40 and older*) | **Date:** \_\_\_\_\_

## Age Related:

- Colonoscopy cancer screening (*age 45 and older*) | **Date:** \_\_\_\_\_
- Pneumonia vaccination (*age 65 and older*) | **Date:** \_\_\_\_\_
- Shingles vaccination (*age 50 and older*) | **Date:** \_\_\_\_\_

\*At high risk or have a family history of cancer? Talk with your physician about preventative screenings at an earlier age.

## Financial Review:

- Retirement investments | **Date:** \_\_\_\_\_
- Will and/or trust | **Date:** \_\_\_\_\_
- Power of attorney | **Date:** \_\_\_\_\_
- Emergency savings | **Date:** \_\_\_\_\_
- College savings | **Date:** \_\_\_\_\_
- Update beneficiaries | **Date:** \_\_\_\_\_

## Home Safety:

- Check home safety devices (*fire and carbon monoxide detectors*) | **Date:** \_\_\_\_\_
- Check batteries (*thermostat*) | **Date:** \_\_\_\_\_
- Check air/water filters | **Date:** \_\_\_\_\_