

Annual Physical Checklist

A checklist to prepare for your yearly physical and know what to expect, ask about, and follow up on.

Before the Visit

- Confirm whether any tests require fasting or preparation
 - Update your list of medicines, vitamins, and supplements
 - Note any symptoms or health changes since last year
 - Gather recent test results and records to bring
 - Bring your insurance card and photo ID
- Call ahead if you are unsure how to prepare

Your History to Review

- Personal medical history and past conditions
- Family history of major health conditions
- Recent surgeries, hospital stays, or treatments
- Allergies to medicines or other things
- Lifestyle factors like activity, sleep, and diet

Screenings to Ask About

- Blood pressure measurement
 - Cholesterol and blood sugar testing
 - Age-appropriate cancer screenings
 - Bone, vision, or hearing checks if relevant
 - Vaccines that may be due
- Ask your doctor which screenings are right for your age and risk

Questions for Your Doctor

- Ask about any symptoms or concerns you noted
- Discuss healthy weight, diet, and activity goals
- Ask about sleep, stress, and mental wellbeing
- Confirm whether any medicines should be reviewed
- Ask how often you should have future check-ups

After the Visit

- Write down the doctor's recommendations
- Schedule any ordered tests or follow-up visits
- Note how and when you will get results
- Add any new or changed medicines to your list
- Set reminders for next year's check-up

Important

- This checklist is general information only and is not medical advice; the right screenings and care depend on your situation, so follow your doctor's recommendations
- Ask your doctor which tests and follow-ups are appropriate for you