

WELLNESS ASSESSMENT PREVENTIVE EXAM CHECKLIST



Your preventive exam history is needed to complete your Wellness Assessment
Part of completing your Wellness Assessment includes reporting your preventive care history. Use this checklist to make sure you have the necessary information.

Have you had the vaccinations listed below?

A flu shot in the last 12 months?

YES NO

A pneumonia vaccination?

YES NO



NOT SURE?

Call your doctor or check your claims on myWellmark.com.

Choose the answer that applies to you for each preventive exam.

Less than 1 year ago	1 to less than 2 years ago	2 to less than 3 years ago
3 to less than 5 years ago	5 or more years ago	Never
I know the approximate date	Does not apply	

Breast exam by a physician

Cervical cancer test (Pap smear)

Colonoscopy

Mammogram

Physical exam

Prostate cancer screening

Stool blood test

Wellmark complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, los servicios de asistencia de idiomas se encuentran disponibles gratuitamente para usted. Comuníquese al 800-524-9242 o al (TTY: 888-781-4262).

注意：如果您说普通话，我们可免费为您提供语言协助服务。请拨打 800-524-9242 或（听障专线：888-781-4262）。

ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).

For county employees covered under the ISAC Group Health plan only. Retirees and COBRA members not eligible.

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