

A Checklist to Keep You Healthier

Your health insurance may now cover more than ever. Talk with your doctor or health care provider to find out what tests or other services you or your family member may need.

✓	<i>Preventive service</i>	<i>Date</i>	<i>Notes</i>
	Abdominal aortic aneurysm one-time screening for men of specified ages who have ever smoked		
	Alcohol misuse screening and counseling		
	Aspirin use to prevent cardiovascular disease for men and women of certain ages		
	Blood pressure screening for all adults		
	Cholesterol screening for adults of certain ages or at higher risk		
	Colorectal cancer screening for adults over 50		
	Depression screening for adults		
	Diabetes (Type 2) screening for adults with high blood pressure		
	Diet counseling for adults at higher risk for chronic disease		
	HIV screening for all adults at higher risk		
	Immunization vaccines for adults		
	Obesity screening and counseling for all adults		
	Sexually transmitted infection (STI) prevention counseling for adults at higher risk		
	Syphilis screening for all adults at higher risk		
	Tobacco use screening for all adults and help to stop smoking for tobacco users		

Visit HealthCare.gov to learn more about affordable health coverage for you and your family.

