

What to Do After Your Medicare Wellness Visit

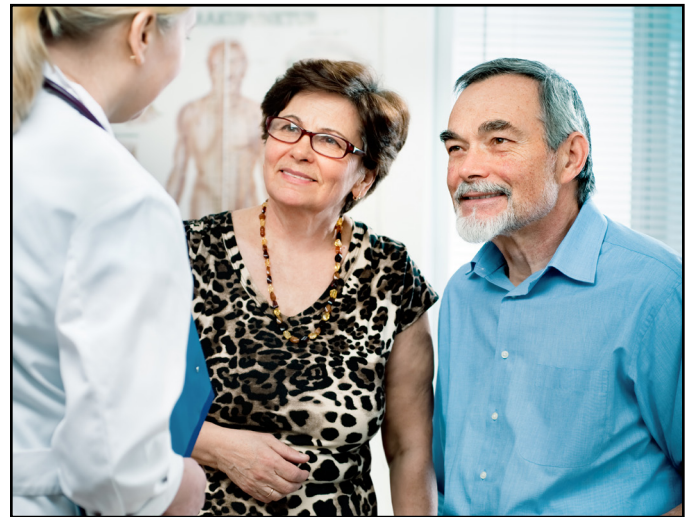
Medicare Wellness Visit

This is a specific visit with your primary care provider once a year to create or update a personalized plan to help keep you healthy or prevent disease.

What to Do After Your Visit

- Make appointments for any vaccine (shot) you need such as influenza or shingles.
- Set up and keep:
 - routine visits with a dentist and eye doctor
 - any follow-up visit your primary care provider recommends.
- Follow your primary care provider's advice for preventive screenings such as:
 - mammogram
 - colorectal cancer screening
 - cervical cancer
 - diabetes.
- Make an appointment with your primary care provider if you have any changes or new health concerns such as urine leakage, feeling dizzy, or balance problems.
- Get 30 minutes of physical activity each day. This will help your mind stay sharp, maintain flexibility, prevent falls and improve your sleep.

You can split up the time into 10-minute chunks. Walking, gardening or playing with a dog are good options.



- Be careful to prevent falls. Check each room of your house for and fix any tripping hazards such as throw rugs, slippery surfaces, and stairs with no railings.
 - Read the "[Fall Prevention Checklist](https://allinafiles.com/17377.pdf)" at <https://allinafiles.com/17377.pdf> to learn how to look for fall hazards in your home.
- If you take several medicines and supplements, it may be a good idea to make sure they are working well together. Talk with your primary care provider about a referral to schedule a medicine review with a pharmacist.
- Create or update a health care directive. Go to account.allinahealth.org/services/888 to learn more.
- Create a free Allina Health account on allinahealth.org > My account if you do not have one. This is a secure, easy way to keep track of your medical record.