# Health Checkups Tracker

## Every Health Care Visit

|  |  |  |  |
| --- | --- | --- | --- |
| Checkup | Date(s) | Results | Goals and Notes |
| review self-care plan |  |  |  |
| A1C test\* |  |  |  |
| blood pressure check |  |  |  |
| weight check |  |  |  |
| foot check |  |  |  |
| review medicines |  |  |  |

**\*** The A1C test is usually done every 3 to 6 months or when recommended by your health care team.

## Every Six Months

|  |  |  |  |
| --- | --- | --- | --- |
| Checkup | Date(s) | Results | Goals and Notes |
| dental exam |  |  |  |

## Every Year

|  |  |  |  |
| --- | --- | --- | --- |
| Checkup | Date(s) | Results | Goals and Notes |
| cholesterol test |  |  |  |
| kidney function tests |  |  |  |
| eye exam or retinal photos |  |  |  |
| complete foot exam |  |  |  |
| flu vaccine |  |  |  |

## As Recommended by Your Health Care Professional

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| --- | --- | --- | --- |
| Checkup | Date(s) | Results | Goals and Notes |
| pneumonia vaccine |  |  |  |
| hepatitis B vaccine |  |  |  |
| COVID-19 vaccine |  |  |  |

## Questions for Your Health Care Team

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