





Kansas City

Annual Wellness Visit Checklist for You or Your Child

Wellness begins with understanding. This checklist helps you have a clearer picture of your health or the health of your child. It also starts the conversation with your doctor about any changes needed. Please take a few minutes to fill this out and bring it along to an annual wellness exam.

 Talk to Your Doctor About...	Completion Date / Notes
<input type="checkbox"/> Healthy eating and weight	
<input type="checkbox"/> Physical development	
<input type="checkbox"/> Mental development	
<input type="checkbox"/> Social development	
<input type="checkbox"/> Level of physical exercise	
<input type="checkbox"/> Safety measures at home and school	
<input type="checkbox"/> Puberty and becoming an adult	
<input type="checkbox"/> Drug and alcohol awareness	
<input type="checkbox"/> Dental, hearing, and eye exam	
<input type="checkbox"/> Sexual behavior	

 Complete These Basic Exams	Completion Date / Notes
<input type="checkbox"/> Blood pressure	
<input type="checkbox"/> Height, weight, and Body Mass Index (BMI)	
<input type="checkbox"/> Physical exam	

 Review Your Screenings and Vaccines	Completion Date / Notes
<input type="checkbox"/> Meningococcal	
<input type="checkbox"/> Tdap	
<input type="checkbox"/> HPV	
<input type="checkbox"/> Annual flu vaccine	