

General Health Checklist

Use this checklist to determine the next possible steps to improve your health and what you may want to address with a medical professional.

- I have health insurance
- I had a complete health assessment or “physical” in the last 3 years
- I receive counseling on dietary habits, exercise, substance use, and sexual practices from my health care provider periodically
- I have my blood pressure checked at least once every 2 years
- I have my cholesterol, blood sugar and hemoglobin levels checked every 5 years
- I had an eye exam in the last 3 years
- I had a dental exam in the last 6 months
- I had a gynecological exam in the last year (women only)
- Mammogram (40+) annually
- Colon cancer screening (45+)
- I am aware of my risks for prostate cancer and testicular cancer (men only)

I am up to date on the following immunizations

- Flu
- Tdap
- Meningococcal
- HPV
- COVID-19

Screenings and Resources

- [Pre-Diabetes Quiz](#)
- [Breast and cervical cancer screening programs](#)
- Blackhawk and Polk Counties- [colon cancer screenings](#)
- [Find a Federally Qualified Health Center](#) near you in Iowa