



## **FIRST RESPONSE SYSTEM.COM**

Live Customer Assistance: (866) 930-1130

### **Annual Wellness Appointment Checklist**

*Share this Form with Your Doctor!*

Schedule an Annual Wellness Appointment with your primary physician or local health care provider. Be sure to bring this handy checklist form with you. Work together to discuss, review, screen, identify and manage your specific health and medical conditions. Note: Bring your Fall Risk Self-Test form to review and manage your risk for falling!

#### **MY CHECKLIST:**

- Medical History
- Chronic Ailments
- Review & Manage Medications (dosage; frequency; duration)
- Customary Medical Exam
- Gait, Strength & Balance Tests
- Fall Risk Screening (review Fall Risk Self-Test form)
- Vitamin D Supplement
- Regular Exercise Program (Individual or Group; light to moderate levels)
- Proper Footwear & Clothing
- Vision Test & Update/Modify Eyewear
- Referrals to Specialists & Community Agency Programs
- Review Medical Devices & Personal Emergency Response System (PERS)