## Your Annual Wellness Checklist



Preventive health visits help you identify health issues before they become more serious. Schedule your year of annual preventive care services now.

Appointment type:	Date Scheduled or Due:	Completed:
Annual Physical with Primary Care Well Woman Exam / Cervical Cancer Age 40+: Breast Cancer Screening Age 45+: Colon Cancer Screening Personal Health Assessment at DOC Skin Cancer Screening Eye Exam Dental Visit #1 Dental Visit #2		

## **PacificSource**Provider Directory



## **CORA** mammogram



## **doc** MyPremiseHealth

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Notes/Reminders:

