Annual Physical Exam Checklist

5 Ways to Prepare for an Annual Physical Exam

- ☐ List any **current symptoms**.
- ☐ Review your **personal and family health history**.
- ☐ Research what your **health insurance covers**.
- ☐ Collect the names and numbers of **your providers**.
- ☐ Prepare any **questions or health goals** to discuss with your provider.

What To Expect During a Physical Exam

- ☐ **Measuring** your height, weight, and vital signs.
- ☐ Discussing your **personal and family medical history.**
- ☐ Asking about any current **physical, mental, or emotional symptoms.**
- ☐ Administering various **preventive screenings, vaccinations, or tests** if necessary.

After the Physical Exam

If tests or screenings were conducted, **your provider will follow up** about the results via:

- ☐ Phone call
- ☐ Online portal