

Doctor Checkup Checklist

Plan to have these lab tests or exam checks done on a regular basis. Be sure to track your own results at home.

	TEST	OPTIMAL LEVELS	WHAT TO EXPECT	FREQUENCY
<input type="checkbox"/>	• Body Mass Index (BMI)	18.5 to 24.9	A formula to assess your body weight relative to height	At regular health-care visits or following recent changes in diet, exercise, or overall health
<input type="checkbox"/>	• Waist Circumference	• <35 inches for women • <40 inches for men	Measurement taken around your natural waist (just above the navel)	As needed or following recent changes in diet, exercise, or overall health
<input type="checkbox"/>	Cholesterol (lipids) • Total Cholesterol • LDL (low-density lipoprotein) • HDL (high-density lipoprotein) • Triglycerides	• Total cholesterol <200 mg/dL • LDL <100 mg/dL • HDL at or above 60 mg/dL • Triglycerides <150 mg/dL	Blood drawn after fasting overnight	Every five years starting at age 20; more frequently if you have certain risk factors, including high total cholesterol. Talk to your physician.
<input type="checkbox"/>	Blood Pressure • Systolic (top number) • Diastolic (bottom number)	120/80 mmHg <div style="border: 1px solid #0070c0; border-radius: 50%; padding: 5px; display: inline-block;">If your first reading seems too high, take a few minutes to relax and then take a second reading.</div>	Readings should be taken while sitting and relaxed; no recent smoking or caffeine use	Every two years; if >120/80 mmHg, measure at each physician visit, or more frequently if recommended or if on blood pressure medications
<input type="checkbox"/>	• Fasting Blood Sugar	<100 mg/dL	Fasting glucose test	As recommended by your physician

Other points to discuss with your physician:

- Get the influenza vaccine annually per CDC vaccine guidelines (the vaccine contains different strains each year). Ask your doctor about when to receive a pneumococcal vaccine.
- If currently smoking, ask about the many ways to help you quit. Discuss your smoking status at each visit.
- 140/90 mmHg is considered high blood pressure. If you require treatment, discuss your goal levels, typically <140/90 mmHg, or <130/80 mmHg if you have diabetes or kidney disease.
- Develop a physical activity plan that is safe and attainable for you.
- Notify your doctor of premature heart disease in your family (if your father or brother <55 or your mother or sister <65 had coronary heart disease).
- Bring a complete list of prescription and over-the-counter medications and supplements. Ask your doctor if all your current medications are necessary and at the most effective dose. Discuss any side effects and potential drug interactions.

Test Results Tracker

Use this tracking tool to keep a record of your health results.

DATE	TEST	MY RESULTS	NOTES FROM THE DOCTOR
My Health Goals:			

Example:

DATE	TEST	MY RESULTS	NOTES FROM THE DOCTOR
4/2/09	Blood pressure	120/80	Meets target levels