

Guy's Care Checklist

18-44 45-65 65+

Get Started

Establish with a Primary Care Provider	<i>Go online or contact Joe for a referral</i>	●	●	●	
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Annual Physical Check Visit

					APPT. DATES
Health Assessment	<i>Physical and vital measurements, BMI tracking, personal/family health review</i>	●	●	●	
Care Management	<i>Medication review and analysis of heart risk, arthritis, diabetes, acid reflux and other chronic conditions</i>	●	●	●	
Standard Physical Exam	<i>Vision, ears, nose, respiration and pulmonary, cardiovascular, gastrointestinal, musculoskeletal, skin health and neurological evaluation</i>	●	●	●	
Immunizations / Vaccines	<i>Flu and other age and climate-related vaccinations</i>	●	●	●	
Prostate Evaluation	<i>PSA for prostate cancer screening</i>		●	●	
Social Habit Review	<i>Behavioral health, sleep habits, relationships, life goals</i>	●	●	●	
As Needed Testing	<i>Cholesterol check, STI screen, liver test, etc.</i>	●	●	●	

Recommended Periodic Screenings

					APPT. DATES
Dentistry	<i>Dental cleaning and evaluation</i>	●	●	●	
Ophthalmology	<i>Vision exam Glaucoma test</i>	●	●	●	
Dermatology	<i>Mole evaluations and skin cancer screening</i>	●	●	●	
Digestive Health	<i>Colonoscopy (every 10 years or as ordered by your PCP)</i>		●	●	

Other Health Needs

Allergy	<i>Checkup and medication renewal</i>
Dermatology	<i>Hair loss evaluation</i>
ENT	<i>Hearing exam</i>
Urology	<i>Fertility evaluation</i>

Our Joe Team can help you navigate your annual appointment and screening needs.

Ask Joe™

