

Let's talk healthier, together.

Your conversation starter makes it easier.

You're an important part of your own health team. So, it's important to talk openly with your doctor about every aspect of your health. Check what you'd like to talk about, and share it during your next doctor's visit.



My overall health

- ☐ Balance/preventing falls
- ☐ Bladder control
- ☐ Completing daily activities
- ☐ Emotional health



My follow-ups

- ☐ Blood test results
- ☐ X-ray/scan results
- ☐ Medications I'm taking
- ☐ Visits with specialists



My vaccinations

- ☐ Flu and/or pneumonia
- ☐ COVID-19 shot/booster
- ☐ Respiratory syncytial virus (RSV)
- ☐ Shingles

Reminder: Your Cigna HealthcareSM Medicare Advantage plan covers most preventive vaccines.



My health goals

- ☐ Exercising/eating healthy/losing weight
- ☐ Taking my medicine
- ☐ Stopping smoking/tobacco use
- ☐ Reducing unhealthy habits
- ☐ Coping with stress
- ☐ Expanding my social circle



My preventive care

- ☐ Colorectal cancer screening
- ☐ Bone density (osteoporosis) screening
- ☐ Breast cancer screening (mammogram)
- ☐ Diabetes-related screenings (circle all that apply):
 - Blood sugar (HbA1c) test
 - Dilated retinal eye exam
 - Cholesterol (LDL) test
 - Urine/blood kidney test



Questions?

Call your doctor's office or the customer service number on the back of your Cigna HealthcareSM ID card.





My physical and emotional health

Over the past four weeks, how often have you had problems completing daily activities because of physical health?

- ☐ Never
- ☐ Several days
- ☐ More than half the days
- ☐ Almost every day

Over the past four weeks, how often have you had little interest or pleasure in doing things?

- ☐ Never
- ☐ Several days
- ☐ More than half the days
- ☐ Almost every day

Over the past four weeks, how often have you felt down, depressed or hopeless?

- ☐ Never
- ☐ Several days
- ☐ More than half the days
- ☐ Almost every day

Over the past four weeks, how often have you talked with family or friends?

- ☐ Never
- ☐ Several days
- ☐ More than half the days
- ☐ Almost every day



My medicines

- ☐ What do you need?
- ☐ More information on taking a medicine the correct way
- ☐ More information on why I need to take a medicine
- ☐ A prescription refill
- ☐ Answers to questions about medicines I'm taking

Write down the prescriptions, over-the-counter medicines and supplements you're taking:

Tip: You can bring your medicines to your next doctor's visit for a one-on-one review.



My other health questions
