

Use this checklist to keep track of the dates of completion for your preventative exams, screenings, and vaccinations. Fill in the date of completion below.

Required exams/screenings/vaccinations	Description / Timing	Completion Date
Flu Shot	All adults 65 and over, yearly .	
Pneumonia Vaccine	Adults 65 and older should receive one pneumococcal shot . Vaccination must be within five years, if received before age 65.	
Dental Exam	Oral exam and cleaning, twice a year .	
Vision Exam	Exam by an optometrist or ophthalmologist (eye doctor), every 2 years .	
Hearing Exam	After age 50, hearing screenings every 2 years .	
Breast Exam	Women aged 50 – 74, every 2 years . Breast exam or mammogram as recommended by your doctor.	
COVID-19 Vaccine (including booster shots)	As regularly recommended by your doctor.	

Be sure to schedule your preventative screenings if you have not completed them already. Call us if you need help scheduling your appointments or have questions. We're here to help!

VNS Health MLTC 1-888-867-6555 (TTY: 711)

Monday – Friday, 9 am – 5 pm