



End of the Year Medical To-Do List

NOTEPAD

TASKS

- RETAIL FOLLOW UP
- INDIGO
- SAVANNAH ISSUE
- NEW WEBSITE?
- POP-UP PITCHES
- GET A SCALE
- EMAIL 2018 ORDERS
- EMAIL BM ORDERS
- YOUTUBE CHANNEL
- VACCINES
- VACCINE
- CORPORATE DECK
- LIST FOR AETHUR
- APPLICATE APP - SMILE.10
- FOR YOUR PLANNERS
- INTERVIEW

MONTHLY PLANNER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

IMPORTANT DATES AND DEADLINES:

She is YOU™



End of the Year Medical To-Do List

- 1** Get your annual physical, including basic labs: CBC, CMP, Vitamin D, TSH, HbA1c, and a lipid panel.
 - 2** Get your pelvic and breast exam done annually. Women need a pap smear every 3 years or every 5 years if done with HPV co-testing.
 - 3** Schedule any necessary screening exams – lung cancer screening, mammogram, colonoscopy, etc.
 - 4** Get your yearly eye exam and update your glasses/contacts prescription if needed.
 - 5** Schedule your bone density assessment.
 - 6** Review your medications with your doctor; make sure nothing is interacting negatively and that you still need to be taking everything prescribed.
 - 7** If you have money left in your medical flexible spending account, use it now for eligible medical expenses.
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