

Preventive Care Checklist



Your NALC HBP Yearly Guide to Better Health

Use this checklist to help every member of your household stay up to date with their recommended no-cost preventive services. For age requirements and frequency limits, please review our official [2026 Plan brochure](#).

Routine Care

- ☐ Annual wellness exam
- ☐ Blood pressure check
- ☐ Cholesterol and lipid panel
- ☐ Diabetes screening

Vaccines & Immunizations

- ☐ Annual flu vaccine
- ☐ COVID-19 booster
- ☐ Pneumococcal vaccine
- ☐ Shingles vaccine
- ☐ Shingrix vaccine
- ☐ Tdap booster

Pregnancy & Postpartum

- ☐ Blood pressure follow-up
- ☐ Gestational diabetes screening
- ☐ Pregnancy-related lab work and ultrasounds (High option plan only)
- ☐ Routine prenatal visits (High option plan only)
- ☐ Postpartum preventive visit (High option plan only)

Mental & Emotional Wellbeing

- ☐ Alcohol Abuse Counseling
- ☐ Depression Screening
- ☐ Development Surveillance & Behavioral Assessment

Screenings You Shouldn't Skip

- ☐ Breast Cancer Screening (Mammogram)
- ☐ Cervical cancer screening (Pap or HPV)
- ☐ Colorectal cancer screening
- ☐ Osteoporosis Screening

Women's Health

- ☐ Contraception counseling
- ☐ STI screenings (as recommended)

Men's Health

- ☐ Prostate Specific Antigen Test

Children & Adolescents

- ☐ Well-child visits
- ☐ Childhood and adolescent immunizations
- ☐ Vision and hearing screenings
- ☐ Depression screening
- ☐ HPV vaccination

Bring this checklist to your next visit and schedule any recommended appointments. If you need assistance along the way, the NALC Health Benefit Plan team is [here to support you](#).