



Better Life Checklist

Patient Name: _____ Date of Birth: ____/____/____

1. Have you received your yearly flu shot?

Yes Date received: ____/____/____

Location: _____

No

2. Have you ever had a pneumonia shot?

Yes Date received: ____/____/____

Location: _____

No

3. Have you had a colonoscopy?

Yes Date received: ____/____/____

Location: _____

No

4. Females: Have you had a mammogram in the past 12 months?

Yes Date received: ____/____/____

Location: _____

No

Read the other side of this handout for tips for good health.



Prevent the Flu

The flu can be **very dangerous** for seniors. Annual flu shots are recommended for all people aged 50 and older. Flu shots are safe, and they are effective in protecting you and those around you from infection. Talk to your healthcare provider about when you should get a flu shot.



Prevent Pneumonia

Pneumococcal disease is another infection that poses a serious danger to seniors. The good news is that there is a shot that can help prevent one of the most common types of pneumonia. Like the flu shot, the pneumonia shot is safe and effective in preventing infection. You can get a pneumonia shot at any time of the year, and most people need only **one shot** in a lifetime. Ask your doctor if you need a pneumonia shot.



Get a Colonoscopy

A colonoscopy is an important test for colon cancer, which is especially important for seniors. It allows more colon cancers to be found earlier, when the disease is easier to cure. During the test, the doctor can remove polyps that may develop into cancer if left alone. Talk to your doctor about the best screening for you.



Get a Mammogram

Mammograms are an important preventive measure for good health, especially as you get older, when your chances of getting breast cancer become higher. A mammogram can find breast cancer that is too small for you or your doctor to feel. If you are over age 40 and have not had a mammogram this year, talk with your doctor today.



Medicare Pays

Medicare pays for many important health tests and treatments that can help keep you healthy. Having these tests done early can detect problems when they are more treatable.

This handout was created by Ohio KePRO, the Medicare Quality Improvement Organization for Ohio. Visit www.ohiokepro.com for more information, including your Medicare rights and Medicare-covered services.