

when it comes to our own
**health
& wellness**



most men **don't know
the score**

While most of us have a good idea of what's happening in our lives, we may not pay as close attention to what we need to be doing to keep our bodies healthy and fit.

The chart on the reverse side of this card is an easy way to keep track of the steps you should be taking to ensure a lifetime of good health.

The most important things we can do to stay healthy are:

- Don't smoke
- Be physically active
- Eat a healthy diet
- Stay at a healthy weight
- Drink alcohol only in moderation
- Take preventive medicines when recommended by a healthcare provider



Get recommended screening tests

Decade	20s	30s	40s	50s	60s	70s
General Health						
Full checkup including weight & height	❖	❖	❖	✓	✓	✓
Sleep habits – discuss at annual exam	✓	✓	✓	✓	✓	✓
Thyroid screening	●	●	●	●	●	●
Immunizations						
Tetanus-Diphtheria Booster	*	*	*	*	*	*
Influenza	●	●	●	✓	✓	✓
Pneumococcal					◐	◐
Herpes zoster					◐	◐
Diabetes						
Check - fasting blood glucose	+	+	+	+	+	+
Cardiovascular Health						
Blood pressure	❖	❖	❖	❖	❖	❖
Cholesterol–total, LDL, HDL & triglycerides	●	●	●	●	●	●
Abdominal Aortic Aneurysm screening					◑	◑
Reproductive Health						
Testicular exam	▲	▲	▲	▲	▲	▲
Sexually Transmitted Infection (STI) tests	●	●	●	●	●	●
Prostate Health						
Digital Rectal Exam (DRE)			●	●	●	●
Prostate-Specific Antigen (PSA)			●	●	●	●
Eyes, Ears & Teeth						
Eye exam	♥	♥	★	★	▼	▼
Hearing test	*	*	*	●	●	●
Dental exam	◆	◆	◆	◆	◆	◆
Skin Health						
Mole exam	■	■	■	✗	✗	✗
Colorectal Health						
Fecal occult blood test, flexible sigmoidoscopy, colonoscopy				☆	☆	☆

- Discuss with your healthcare provider
- ▲ Monthly self-exam and part of general checkup
- Monthly self-exam and every 3 years by your healthcare provider
- ✗ Monthly self-exam and every year by your healthcare provider
- ◐ One time only
- ◆ Every 6 months
- ✓ Every year
- ▼ Every 1-2 years
- ❖ Every 2 years
- ★ Every 2-4 years
- * Every 10 years
- ♥ Get your eyes checked if you have problems or visual changes
- +
- Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes
- ◑ Get this onetime screening if you have ever smoked
- ☆ Talk to your healthcare provider about which screening test is best for you and how often you need it

Note: These are general guidelines appropriate for men at average risk of most disease. Sources: U.S. Department of Health and Human Services, American Thyroid Association.