

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 or use tobacco
- Be physically active
- Eat a healthy diet
- Stay at a healthy weight
- Drink alcohol only in moderation
- Follow what your healthcare provider recommends including taking medication and lifestyle modification



## Get recommended screening tests

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

- Discuss with your healthcare provider
- 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 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: US Department of Health and Human Services, American Thyroid Association.