# PREVENTIVE CARE GUIDELINES FOR MEN

Recommendations apply to most men of normal risk. Additional tests and immunizations may be recommended based on specific risk factors. Visits recommended every 1-3 years and should include:

<table>
<thead>
<tr>
<th>HEALTH HISTORY &amp; LIFESTYLE ASSESSMENT</th>
<th>MEN AGES 19–39</th>
<th>MEN AGES 40–49</th>
<th>MEN AGES 50–64</th>
<th>MEN AGES 65 &amp; OVER</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Height and weight</td>
<td>Complete or update assessment, including family history; activity; tobacco, alcohol, and drug use; and sexual practices</td>
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<tr>
<td>• Blood pressure</td>
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</tbody>
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## PHYSICAL EXAM

- • Height and weight (Body Mass Index)
- • Blood pressure
- • Vision screening

## TESTS

- • All men aged 35 and older should be screened for lipid disorders; younger men aged 20 and older should be screened if they are at increased risk for heart disease
- • Screen for Type 2 diabetes if blood pressure > 135/80
- • Screen for Type 2 diabetes if blood pressure > 135/80
- • Screen for abnormal blood glucose and Type 2 diabetes, ages 40–70 who are overweight or obese

## IMMUNIZATIONS

- • One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years
- • Flu vaccine annually
- • HPV Vaccination of men ages 19–21 if not previously vaccinated
- • Varicella vaccine for those without evidence of prior infection
- • MMR vaccine for adults born after 1957 without evidence of prior MMR vaccine
- • One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years
- • Flu vaccine annually
- • Varicella vaccine for those without evidence of prior infection
- • MMR vaccine for adults born after 1957 without evidence of prior MMR vaccine
- • One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years
- • Flu vaccine annually
- • Varicella vaccine for those without evidence of prior infection
- • MMR vaccine for adults born after 1957 without evidence of prior MMR vaccine
- • One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years
- • Flu vaccine annually
- • Pneumococcal vaccine once in a lifetime for age 65; booster as recommended
- • Shingles (Herpes Zoster) vaccine for ages 60 and up unless contraindicated
- • Varicella vaccine for those without evidence of prior infection
- • MMR vaccine for adults born after 1957 without evidence of prior MMR vaccine

## COUNSELING/SCREENING

- • Diet and exercise
- • Smoking cessation
- • Alcohol/substance abuse prevention
- • Sexually transmitted diseases/HIV/sexual behavior
- • Depression
- • Health Care Proxy/Advance Directives
- • Screen for HIV infection ages 15–65
- • Diet and exercise
- • Smoking cessation
- • Alcohol/substance abuse prevention
- • Sexually transmitted diseases/HIV/sexual behavior
- • Depression
- • Health Care Proxy/Advance Directives
- • Screen for HIV infection ages 15–65
- • Diet and exercise
- • Smoking cessation
- • Alcohol/substance abuse prevention
- • Sexually transmitted diseases/HIV/sexual behavior
- • Depression
- • Health Care Proxy/Advance Directives
- • Screen for HIV infection ages 15–65
- • One time screening for HIV infection to adults born 1945–1965
- • Diet and exercise
- • Smoking cessation
- • Alcohol/substance abuse prevention
- • Sexually transmitted diseases/HIV/sexual behavior
- • Depression
- • Health Care Proxy/Advance Directives
- • Bladder control problems
- • Screen for HIV infection age 15–65
- • One time screening for HIV infection to adults born 1945–1965

## HIGH RISK INDIVIDUALS

- • Aspirin therapy recommended for ages 45–79 when benefit outweighs risks
- • Screen for Abdominal Aortic Aneurysm (AAA) 1x in men ages 65–75 who are smokers or who ever smoked
- • For additional vaccine recommendations, refer to the CDC Adult Immunization Schedule at [www.cdc.gov/vaccines/schedules/hcp/adult.html](http://www.cdc.gov/vaccines/schedules/hcp/adult.html)

1If you have a family history of glaucoma talk with your doctor about whether screening may be right for you.

Guidelines adapted from the U.S. Preventive Services Task Force. Talk to your doctor about which preventive services are right for you.

Your Plan benefits may allow for services more frequently than what is listed here.

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