



PREVENTIVE CARE GUIDELINES FOR MEN

Visits recommended every 1-3 years and should include:

	MEN AGES 19 TO 39	MEN AGES 40 TO 49	MEN AGES 50 TO 64	MEN AGES 65 AND OLDER
HEALTH HISTORY & LIFESTYLE ASSESSMENT	Complete or update assessment, including family history, activity, tobacco, alcohol, drug use and sexual practices			
PHYSICAL EXAM	<ul style="list-style-type: none"> Height and weight (Body Mass Index) Blood pressure 	<ul style="list-style-type: none"> Height and weight (Body Mass Index) Blood pressure Vision screening 	<ul style="list-style-type: none"> Height and weight (Body Mass Index) Blood pressure Vision screening 	<ul style="list-style-type: none"> Height and weight (Body Mass Index) Blood pressure Hearing and vision screening¹
TESTS	<ul style="list-style-type: none"> 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 Tuberculosis screening by PPD test as indicated Screen for Type 2 diabetes if blood pressure >135/80 	<ul style="list-style-type: none"> Screen for lipid disorders every 5 years Tuberculosis screening by PPD test as indicated Screen for Type 2 diabetes if blood pressure >135/80 	<ul style="list-style-type: none"> Screen for lipid disorders every 5 years Screening for colorectal cancer (CRC) using fecal occult blood testing, sigmoidoscopy, or colonoscopy, beginning at age 50 years and continuing until age 75 years; if you are over age 50, talk with your doctor regarding the frequency of screening needed Tuberculosis screening by PPD test as indicated Screen for Type 2 diabetes if blood pressure >135/80 	<ul style="list-style-type: none"> Screen for lipid disorders every 5 years Screening for colorectal cancer (CRC) using fecal occult blood testing, sigmoidoscopy, or colonoscopy, beginning at age 50 years and continuing until age 75 years; if you are over age 50, talk with your doctor regarding the frequency of screening needed Tuberculosis screening by PPD test as indicated Screen for Type 2 diabetes if blood pressure >135/80
IMMUNIZATIONS	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years Flu vaccine annually 	<ul style="list-style-type: none"> One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years Flu vaccine annually Shingles (Herpes Zoster) vaccine for ages 60 and up unless contraindicated 	<ul style="list-style-type: none"> One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years Flu vaccine annually Pneumococcal vaccine once in a lifetime from age 65; booster as recommended Shingles (Herpes Zoster) vaccine for ages 60 and up unless contraindicated
COUNSELING/ SCREENING	<ul style="list-style-type: none"> Diet and exercise Smoking cessation Alcohol/substance abuse prevention Sexually transmitted diseases/HIV/sexual behavior Family planning Dental health Sun exposure Injury prevention (including seat belt, helmet use) Life stage issues (family, child) Depression Health Care Proxy/Advance Directives 	<ul style="list-style-type: none"> Diet and exercise Smoking cessation Alcohol/substance abuse prevention Sexually transmitted diseases/HIV/sexual behavior Family planning Dental health Sun exposure Injury prevention (including seat belt, helmet use) Life stage issues (family, child) Depression Health Care Proxy/Advance Directives 	<ul style="list-style-type: none"> Diet and exercise Smoking cessation Alcohol/substance abuse prevention Sexually transmitted diseases/HIV/sexual behavior Dental health Sun exposure Injury prevention (including seat belt, helmet use) Life stage issues (bereavement) Depression Health Care Proxy/Advance Directives 	<ul style="list-style-type: none"> Diet and exercise Smoking cessation Alcohol/substance abuse prevention Sexually transmitted diseases/HIV/sexual behavior Dental health Sun exposure Injury prevention (including seat belt, helmet use and falls) Life stage issues (bereavement) Depression Health Care Proxy/Advance Directives Bladder control problems
HIGH RISK INDIVIDUALS	<ul style="list-style-type: none"> Aspirin therapy recommended for ages 45-79 years when benefit outweighs risks Menigococcal, Varicella, Hep B, Measles/Mumps/Rubella and Hep A immunizations for those at risk Screen for Abdominal Aortic Aneurysm (AAA) x 1 in men ages 65 to 75 who are smokers or who ever smoked Pneumococcal vaccine recommended for those at risk; booster as needed 			

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