



When it comes to your own health and 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 well. The chart is an easy way to keep track of the steps you should take to ensure a lifetime of good health.

Decade	20s	30s	40s	50s	60s	70s
General Health						
Full checkup including weight and 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 and 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 and Teeth						
Eye exam	♥	♥	★	★	▼	▼
Hearing test	*	*	*	•	•	•
Dental exam	◆	◆	◆	◆	◆	◆
Skin Health						
Mole exam	■	■	■	▶▶	▶▶	▶▶
Colorectal Health						
Fecal occult blood test, flexible sigmoidoscopy, colonoscopy: starting at age 45			⊛	⊛	⊛	⊛

- 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 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 one time 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

For more information, visit rwjbh.org/medgroup or call our Physician Referral Line at **888-724-7123**

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.