

Men's Health

Preventive care is important for maintaining your health. Discuss this checklist and personal risk factors with your health care provider. They may recommend you start screenings earlier or with more frequency.

A Preventive Care Guide By Age



AGE 21 -39

- ✓ Annual primary care physical exam

AGE 40-69

- ✓ Annual primary care physical exam
- ✓ Colorectal cancer screening (age 45-75)
- ✓ Prostate cancer screening (talk with your doctor about the need for testing)

AGE 70+

- ✓ Annual primary care physical exam
- ✓ Cancer screenings as recommended

- ✓ Sexually transmitted infection screening throughout your life (if sexually active)
- ✓ Cholesterol screening

No matter your gender identity, preventive care is recommended in the presence of associated body parts, for example prostate.

