

Preventive care checklist for men

Preventive care is about staying ahead of illness, not just avoiding it. Regular checkups, screenings, and healthy habits can help you feel your best today and catch issues early, when they're easier to treat. Use this checklist to make sure you're staying on top of your health and taking steps to prevent problems before they start.

EVERY YEAR:

- ☐ Annual well visit
- ☐ Blood pressure check
- ☐ Weight
- ☐ Skin check for unusual moles or spots
- ☐ Flu shot (and other seasonal vaccines as needed)
- ☐ Annual screening lab work

EVERY 1–3 YEARS (OR AS RECOMMENDED):

- ☐ Cholesterol screening (starting at age 35, or earlier if at risk)
- ☐ Diabetes screening (especially if overweight or over age 35)
- ☐ Eye exam

STARTING AT AGE 45 (OR EARLIER IF AT RISK):

- ☐ Colorectal cancer screening (colonoscopy or other approved tests)

STARTING AT AGE 50:

- ☐ Prostate cancer discussion with your doctor (based on personal risk)
- ☐ Hearing test if there are concerns

OTHER IMPORTANT SCREENINGS:

- ☐ Depression screening
- ☐ Sexually transmitted infections screening (if sexually active and at risk)
- ☐ Hepatitis B and C testing (depending on risk factors)
- ☐ Tetanus booster (every 10 years)
- ☐ Shingles vaccine (starting at age 50)
- ☐ Pneumonia vaccine (starting at age 65 or earlier if at risk)

HEALTHY HABITS TO MAINTAIN:

- ☐ Don't smoke. If you do, talk to your doctor about quitting.
- ☐ Limit alcohol
- ☐ Eat a balanced diet
- ☐ Exercise regularly
- ☐ Manage stress



Not sure where to start?

Need help with checkups, screenings, or have questions about your health? We're just a click away!



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