

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 with your primary care provider (PCP) are recommended every 1–3 years and should include the following based on age.

Ages 19–39	Ages 40–49	Ages 50–64	Ages 65+
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Health History and Lifestyle Assessment

Complete or update assessment, including family history; physical activity; tobacco, alcohol, and drug use; and sexual practices

Physical Exam

Ages 19–39	Ages 40–49	Ages 50–64	Ages 65+
Height and weight (Body Mass Index[BMI])	Height and weight (Body Mass Index[BMI])	Height and weight (Body Mass Index[BMI])	Height and weight (Body Mass Index[BMI])
Blood pressure	Blood pressure	Blood pressure	Blood pressure
	Vision screening	Vision screening	Hearing and vision screening (glaucoma screening if family history)

Tests

Ages 19–39	Ages 40–49	Ages 50–64	Ages 65+
Screen for lipid disorders based on 10-year cardiovascular risk	Screening for colorectal cancer beginning at age 45 using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard [®]), sigmoidoscopy, or colonoscopy	Screening for colorectal cancer using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard [®]), sigmoidoscopy, or colonoscopy	Screening for colorectal cancer using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard [®]), sigmoidoscopy, or colonoscopy, until age 75
One time screening for Hepatitis C for ages 18–79. Periodic screening for those at increased risk	Screen for lipid disorders based on 10-year cardiovascular risk	Screen for lipid disorders based on 10-year cardiovascular risk	Screen for lipid disorders based on 10-year cardiovascular risk
	Screen for prediabetes and diabetes if overweight or obese	Screen for prediabetes and diabetes if overweight or obese	Screen for prediabetes and diabetes until age 70 if overweight or obese
	One time screening for Hepatitis C for ages 18–79. Periodic screening for those at increased risk	Talk with your doctor about risk and need for prostate cancer screening by prostate-specific antigen and digital rectal exam	Talk with your doctor about risk and need for prostate cancer screening by prostate-specific antigen and digital rectal exam, until age 69
		One time screening for Hepatitis C for ages 18–79. Periodic screening for those at increased risk	One time screening for Hepatitis C for ages 18–79. Periodic screening for those at increased risk

Ages 19–39**Ages 40–49****Ages 50–64****Ages 65+****Immunizations/Vaccines**

One-time dose Tetanus/
Diphtheria/Pertussis; Tetanus/
Diphtheria booster every 10 years

Annual flu vaccine

Human Papillomovirus (HPV) ages
19–26 if not previously vaccinated;
catch-up for those at risk

Varicella for those without
evidence of prior vaccination,
disease, or immunity

Measles, Mumps, Rubella (MMR)
for those without evidence of
prior vaccination or immunity

One-time dose Tetanus/
Diphtheria/Pertussis; Tetanus/
Diphtheria booster every 10 years

Annual flu vaccine

Varicella for those without
evidence of prior vaccination,
disease, or immunity

MMR for those without evidence
of prior vaccination or immunity

HPV catch-up (to age 45)
for those at risk

One-time dose Tetanus/
Diphtheria/Pertussis; Tetanus/
Diphtheria booster every 10 years

Annual flu vaccine

Shingles unless contraindicated

MMR for those without evidence
of prior vaccination or immunity

One-time dose Tetanus/
Diphtheria/Pertussis; Tetanus/
Diphtheria booster every 10 years

Annual flu vaccine

Pneumococcal conjugate and
pneumococcal polysaccharide

Shingles unless contraindicated

Counseling/Screening

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

Screen for HIV infection

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

Screen for HIV infection

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-grief, loss

Depression

Health Care Proxy/
Advance Directives

Screen for HIV infection

Diet and exercise

Smoking cessation

Alcohol/substance
abuse prevention

Sexually transmitted diseases/
HIV/sexual behavior

Dental health

Sun exposure

Injury prevention (including
driving safety, falls)

Life stage issues-grief, loss

Depression

Health Care Proxy/Advance
Directives/end-of-life planning

Bladder control problems

Screen for HIV infection

One time screening for Hepatitis C
infection to adults born 1945–1965

High Risk Individuals

Low-dose aspirin therapy recommended for ages 50–59 when 10-year cardiovascular disease risk is high ($\geq 10\%$)

Screen for syphilis infection in individuals at risk

Screen for latent tuberculosis infection in asymptomatic adults at increased risk

Lung cancer screening for ages 50–80, if 20-year history of smoking one pack per day, and currently smoking, or quit within the past 15 years

Hepatitis B screening for high risk individuals

HIV pre-exposure prophylaxis in high risk individuals

Adults with a BMI of 30 or higher should consider intensive weight loss interventions

One time screening for abdominal aortic aneurysm for men ages 65–75 who are smokers or who once smoked

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.