

# Good Health for Men



No matter what your age, it's always good to know what makes you feel happy, healthy and strong! The most important things you can do to stay healthy: **don't smoke, be physically active, maintain a healthy diet and weight**, and follow what your health care provider recommends.

For a list of programs and services, and to find a provider, visit [TrinityHealthMichigan.org](http://TrinityHealthMichigan.org).



## CHART KEY

- Discuss with your health care provider
- Monthly self-exam and every 3 years by your provider
- 🔥 Monthly self-exam and every year by your provider
- 🟢 One time only
- ▲ Two doses
- ◆ 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 are overweight or risk factors are present
- 🟠 Get this once if you've ever smoked
- ☆ Talk to your health care provider about which screening test is best for you

Note: These are general guidelines appropriate for men at average risk of most disease

Source: Based on United States Preventive Task Force (USPTF) 2022 Recommendations

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This chart is an easy way to keep track of the steps you should be taking to ensure a lifetime of good health.

	20s	30s	40s	50s	60s	70s
<b>Good Health</b>						
Annual preventative care visit	◻	◻	◻	◻	◻	◻
Chronic health conditions	◻	◻	◻	◻	◻	◻
Sleep habits	◻	◻	◻	◻	◻	◻
Thyroid screening	●	●	●	●	●	●
Hepatitis C (HCV) screening	🟢	🟢	🟢	🟢	🟢	🟢
HIV screening	●	●	●	●	●	●
Mental health screening	◻	◻	◻	◻	◻	◻
<b>Immunizations</b>						
Influenza	◻	◻	◻	◻	◻	◻
Tetanus-diphtheria booster	*	*	*	*	*	*
Human papillomavirus (HPV)	●	●	●			
Herpes zoster				▲	▲	▲
Hepatitis A, hepatitis B and meningococcal	●	●	●	●	●	●
Pneumococcal	●	●	●	●	●	●
<b>Prediabetes/Diabetes</b>						
Blood glucose/A1c test	✚	✚	✚	✚	✚	✚
<b>Lung Health</b>						
Low-dose CT				🟠	🟠	🟠
<b>Cardiovascular Health</b>						
Blood pressure	●	●	◻	◻	◻	◻
Cholesterol — total, LDL, HDL and triglycerides	●	●	●	●	●	●
Abdominal aortic aneurysm screening					🟠	🟠
<b>Reproductive Health</b>						
Testicular exam	●	●	●	●	●	●
Sexually transmitted infection (STI) tests	●	●	●	●	●	●
<b>Prostate Health</b>						
Digital rectal exam (DRE)			●	●	●	●
Prostate-specific antigen (PSA)			●	●	●	●
<b>Eyes, Ears &amp; Teeth</b>						
Eye exam	♥	♥	★	★	▼	▼
Hearing test	*	*	*	●	●	●
Dental exam	◆	◆	◆	◆	◆	◆
<b>Skin Health</b>						
Mole exam	■	■	■	🔥	🔥	🔥
<b>Colorectal Health</b>						
Fecal immunoassay test, FIT-DNA test, flexible sigmoidoscopy, colonoscopy				☆	☆	☆