



Men's Health Maintenance

Your Body's Scheduled Tune-Up

SCREENING RECOMMENDATIONS*



Cholesterol—at least every five years



Blood Pressure—every year



Type 2 Diabetes—at least every 3 years



Eye—yearly examination



Depression—at all routine visits with your primary care provider (PCP)



Immunizations—discuss with your PCP



Obesity—at all routine visits with your PCP



Colorectal Cancer and Prostate Cancer—screening begins at 50**

Every Day



Get adequate **sleep**



Create good habits to address **stress**



Eat a **diet** full of vegetables, fruit, grains, and lean proteins.

- 1|Learn about **serving sizes**
- 2|See **My Plate** for an example of a healthy dinner



Stay **physically active** most days of the week
1|**Lift weights** or perform a series of **calisthenics**

2|See **Physical activity toolkit** for helpful tips



Skin Cancer screening—at least every 3 years, more frequently if needed. Always use **sunscreen**

* **Key Takeaway:** Create a relationship with your PCP. You may need to screen earlier if you have chronic conditions or family history.

** Discuss screening option pros and cons with your PCP.