

## Your Preventive Care Checklist | Men 40 and Over

### NEW YEAR, NEW YOU: MAKE THE MOST OUT OF YOUR HEALTH PLAN AND BENEFITS

Are you getting the preventive care you need? When it comes to regular checkups and screenings, many men are missing out. Check out the recommendations we've compiled for men in different age groups, then log in to Castlight to see what's covered by your plan.

These suggestions are based on recommendations from a number of preventive health task forces and expert organizations. But everyone's health is different. The most important part of preventive care is a regular visit to a primary care doctor, who can make recommendations tailored just for you.

#### FOR EVERY ONE

<input type="checkbox"/>	<b>Physical exam</b>	Annually
<input type="checkbox"/>	<b>Flu shot</b>	Annually, in fall
<input type="checkbox"/>	<b>Other immunizations</b>	Ask your doctor which ones are right for you
<input type="checkbox"/>	<b>Dental exam and cleaning</b>	Every six months or annually
<input type="checkbox"/>	<b>Cholesterol screening</b>	Every 5 years

#### DEPENDING ON YOUR HEALTH HISTORY AND NEEDS

<input type="checkbox"/>	<b>Colon cancer screening</b>	Starting at age 50, either colonoscopy every 10 years or FIT test annually
<input type="checkbox"/>	<b>Diabetes/blood glucose screening</b>	If you are overweight, have high blood pressure, or have risk factors for diabetes
<input type="checkbox"/>	<b>STD screening</b>	If you have risk factors for sexually transmitted diseases
<input type="checkbox"/>	<b>Skin exam</b>	Periodically, if you have risk factors for skin cancer
<input type="checkbox"/>	<b>Baseline eye disease screening</b>	At age 50