

Yearly Wellness Check for Men: Your Plan

Screenings:

Call clinic within 7 to 10 days if screening is not scheduled.

Colon Cancer (ages 45 to 75)

- Up to date (FIT or Colonoscopy)
 Due: _____

Prostate Cancer (ages 55 to 69)

- Up to Date Due: _____

Skin Cancer

- Home check Doctor Check

Lung Cancer (current or past smokers age 50 to 80)

- Up to date Not needed
 Due: _____

Infections (Hep B, Hep C, HIV)

- Up to Date Due: _____

Aortic Aneurysm

(current or past smoker, age 65 to 75 years)

- Up to date Not needed
 Due: _____

Wellness Checks:

Blood Pressure _____

- At target
 Schedule follow up

Cholesterol _____

- At target
 Schedule follow up

Immunizations:

Influenza

- Up to Date Due: _____

COVID

- Up to Date Due: _____

Hepatitis B (2- or 3-dose series for ages 19 to 59)

- Up to Date Due: _____

Pneumococcal vaccine (for ages 65 and older)

- Up to Date Due: _____

RSV (for ages 60 and older, if recommended)

- Up to Date Due: _____

Td booster or Tdap (Every 10 years)

- Up to Date Due: _____

Zoster (2 doses after age 50)

- Up to Date Due: _____

Other immunizations

- Varicella
 Hepatitis A
 Other: _____

Advance Care Directive:

- Up to date
 Due

Suggested age ranges, test and vaccination timing may vary depending on your health circumstances. Check with your insurance provider to verify coverage and location.

Health advice discussed at your visit:	Doing well	Need to do better
Physical activity: Get at least 150 minutes per week (30 minutes per day)		
Depression: Share any concerns with your doctor.		
Fall prevention: Stay active. Take steps to make your home safe. Share any concerns with your doctor.		
Bladder or urine problems: Share any concerns with your doctor.		
Tobacco use: Do not use in any form (smoking, chewing, or vaping).		
Alcohol use: Limit alcohol to 2 drinks a day or less.		
Nutrition: Eat 2 to 3 cups of vegetables and 2 cups of fruit daily.		

