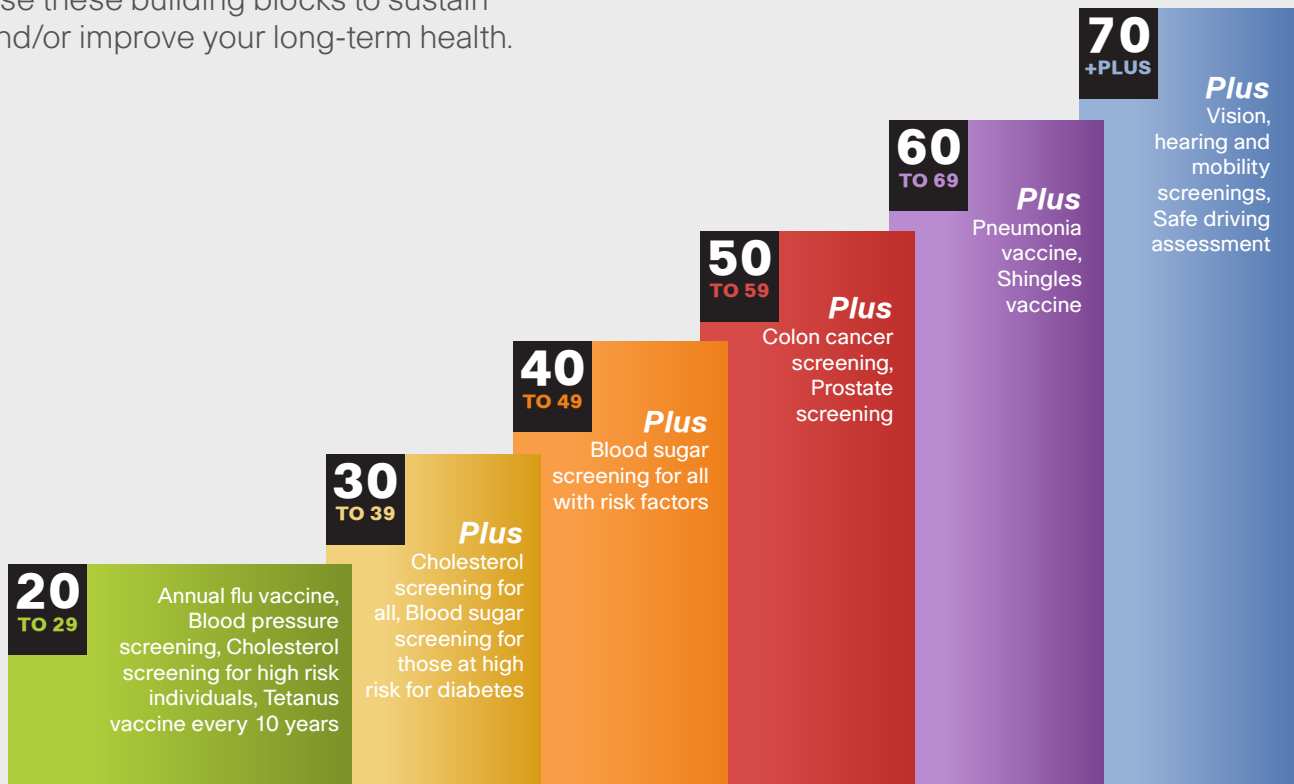


Health Advice for Guys: Ask the Experts

Step Up to Good Health

Men's Health Guidelines

Use these building blocks to sustain and/or improve your long-term health.



A Healthy Foundation for All Phases of Life

Physical activity for 30 minutes most days • Healthy diet • 7 to 8 hours of sleep



Men's Health Guidelines

Annual flu shot or Nasal spray

Flu shots or nasal sprays annually.
Note: Flu nasal spray is only recommended for those age 2 through age 49 and with recommendation from your health care provider.

Hepatitis B shot

For men age 19 to 64; three doses are recommended for: Health-care and public-safety workers who are exposed to blood or other potentially infectious fluids; International travelers to countries with high or intermediate prevalence of Hepatitis B; and Adolescents through 18 years of age who did not get Hepatitis B shot when they were younger should also be vaccinated.

Note: Adults with chronic medical conditions should consult with your health care provider on need.

Pneumonia shot

Pneumonia shot at age 65 or sooner, depending upon your health risk.

Shingles shot

For men age 60 and older: Single dose

Tetanus shot

For men age 19 to 64: Single dose every 10 years

Blood pressure screening

Beginning at age 18: Screening at least every 1 to 2 years

Blood sugar screening

Beginning at age 30: Fasting blood sugar screening — every 1 to 3 years — depending on your diabetes risk and health care provider's recommendations.

Cholesterol screening

Beginning at age 20: Periodic screenings—every 1 to 5 years, based on your heart health risk.

Colon cancer screening

For men prior to age 50: Based on risk factors, family history and recommendation of your health care provider.
For men at age 50: Colonoscopy or other type of screening.
For intervals thereafter: Consult with your health care provider.

Prostate screening

Beginning at age 50: Prostate screening every year. Consult with your health care provider.

Hearing screenings

For men prior to age 70: Based on recommendation of your health care provider. For men age 70 and older: Every 1 to 2 years

Physical exam

For healthy men without chronic conditions or risk factors in consultation with their health care provider: **Age 19 to 39** — Every 5 years; **Age 40 to 64** — Every 3 years; and **Age 65 and older** — Every year. **For men with chronic conditions or risk factors:** Every 1 to 5 years based on your health risks and as directed by your health care provider.

Note: The physical exam should include a conversation with your health care provider regarding: Depression, tobacco and alcohol use counseling and obesity screening.

Safe driving assessment – Mobility Screenings

Prior to age 65: Consult your health care provider about risk factors that may make you more susceptible to falls or compromise your ability to drive safely. **Beginning at age 65:** Start a dialogue with your health care provider to monitor reflexes, vision, flexibility, and motor skills to continue to operate a motor vehicle safely as well as prevent falls.

Vision screenings

For men age 19 to 60: An eye exam is recommended every two years for those without risk factors. **For men age 61 and older:** A comprehensive eye exam is recommended annually. If there is a risk for eye problems due to personal or family history of eye disease, diabetes, high blood pressure, taking certain medications, or wearing contact lens, more frequent exams may be recommended. Consult with your health care provider.

These charts are suggestions only. You and your health care provider should determine which health care screenings, exams and shots are appropriate for you.

Check with your health plan around how tests might be covered.

These age guidelines are based on recommendations by the U.S. Preventive Services Task Force (USPSTF), the Centers for Disease Control and Prevention (CDC) and other resources. Please note that they may differ from the graphic representation on Side 1 of this brochure.

The Affordable Care Act requires non-grandfathered health plans to cover certain preventive services with no cost-sharing. As of the time of printing, the guidelines on this page do not include these final regulations and will be updated in January 2011 to reflect such.