

CHECKPOINTS FOR MEN

A schedule of age-appropriate checkups and screenings for men.

For more information visit MyCheckpoints.com

HEALTHY
HM MEN inc.

WHAT	WHEN	AGES		
		20-39	40-49	50+
Physical Exam	Every	3yrs	2yrs	Year
Blood Pressure	Every	Year	Year	Year
TB Skin Test	Every	5yrs	5yrs	5yrs
Blood Tests & Urinalysis	Every	3yrs	2yrs	Year
ECG (for heart health)	Age/Every	Age 30	2yrs	Year
Tetanus Booster	Every	10yrs	10yrs	10yrs
Rectal Exam	Every	Year	Year	Year
PSA Blood Test	Every	⊘	*	Year
Hemoccult	Every	⊘	Year	Year
Colorectal Health	Every	⊘	⊘	3-4yrs
Chest X-Ray	Discuss w/ Physician	⊘	Discuss	Discuss
Self-Exams	Every	Month	Month	Month
Bone Health	Discuss w/ Physician	⊘	⊘	Age 60
Testosterone Screening	Discuss w/ Physician	⊘	Discuss	Discuss
STDs	Physician Supervision	Discuss	Discuss	Discuss

Vaccines ————— Ask your doctor if you're up-to-date on all current vaccines

*African-American men & men with a family history of prostate cancer may wish to begin screening at age 40 or earlier

For educational and informational purposes only and does not constitute providing medical advice or professional services. Recommendations may differ due individual medical circumstances.

CHECKPOINTS FOR WOMEN

Suggested age-appropriate checkups and screenings for women

For more information visit MyCheckpoints.com



WHAT	WHEN	AGES		
		20-39	40-49	50+
Physical Exam	Every	3yrs	2yrs	2yrs
Blood Pressure	Every	Year	Year	Year
TB Skin Test	Every	5yrs	5yrs	5yrs
Blood Tests & Urinalysis	Every	3yrs	2yrs	2yrs
ECG (for heart health)	Age/Every	Age 30	2yrs	2yrs
Tetanus Booster	Every	10yrs	10yrs	10yrs
Rectal Exam	Every	Year	Year	Year
Breast Health	Every	Year	Year	Year
Reproductive Health	Age/Every	Age 18	1-3yrs	1-3yrs
Hemoccult	Every	⊘	Year	Year
Chest X-Ray	Discuss w/Physician	⊘	Discuss	Discuss
Self-Exams	Every	Month	Month	Month
Bone Health	Postmenopausal	⊘	⊘	Discuss
Estrogen	Discuss w/ Physician	⊘	⊘	Discuss
STDs	Discuss w/Physician	Discuss	Discuss	Discuss
Vaccines	Ask your doctor if you're up-to-date on all current vaccines			