



Recommended Health Screenings for Men

US Family Health Plan strongly encourages all of its members to get regular preventive health screenings. The chart below gives some guidelines for preventive health screenings for men. Be sure to request and discuss these recommendations with your Primary Care Provider (PCP). Depending on personal risk factors and family medical history, your PCP may recommend additional or more frequent screenings.

EXAM	STARTING AGE	FREQUENCY
Routine Physical Exam (Preventive health visit)	18 40 50	Every 3 – 5 years Every 1 – 2 years Annual
CANCER SCREENING		
Colon Cancer Fecal occult blood test, Colonoscopy <i>or</i> Sigmoidoscopy	50 50 50	Annual* Every 10 years* Every 3 – 5 years*
Prostate Digital rectal exam PSA (blood test)	50 (earlier if family history or if African-American) 50 (earlier if family history or if African-American)	Annual Annual
Skin Cancer	18	Self-exam monthly Clinical exam by healthcare provider every 3 years*
Testicular	13	Self-exam monthly and Clinical exam by healthcare provider at preventive health visit
HEART HEALTH		
Abdominal Aortic Aneurysm (AAA)	65 – 75	One time screening for men with history of smoking
Blood Pressure	18	Every visit or at least every 1 – 2 years
Cholesterol (blood test)	18	Every 5 years

OTHER RECOMMENDED SCREENINGS		
Diabetes (blood test)	18	Every 3 years *
Weight/Body Mass Index	18	At preventive health visit
INFECTIOUS DISEASE SCREENINGS		
Hepatitis C	18, if high risk	Discuss with your health care provider
HIV	13, especially if high risk	Discuss with your health care provider
STD's (Sexually transmitted infections)	18 (or earlier if sexually active)	Discuss with your health care provider
Tuberculosis	18, if high risk	Annual
SENSORY SCREENINGS		
Eye Exam	18 At any age if diabetic	Every 2 years, Annual if diabetic
Hearing	18 50	Every 10 years Every 3 years
Oral and Dental Exam**	Starting in childhood	1 – 2 times a year
IMMUNIZATIONS		
	18	Discuss with your health care provider
BEHAVIORAL HEALTH		
	18	Discuss with your health care provider

Resources:

- MedlinePlus (www.nlm.nih.gov/medlineplus/)
- TRICARE (www.tricare.mil)
- US Department of Health and Human Services/Centers for Disease Control and Prevention (www.cdc.gov)

* Depending on personal risk factors and family medical history, your PCP may recommend additional or more frequent screenings.

** Dental care is not a covered benefit; however, all individuals are strongly encouraged to practice good dental health and hygiene. A complete oral cavity exam should be part of the routine preventive health performed by your PCP.