


## HEALTH CHECK: PREVENTIVE GUIDELINES FOR ADULT MEN

<b>Age 20-29</b>	<b>Age 30-39</b>	<b>Age 40-49</b>	<b>Age 50-59</b>	<b>Age 60+</b>
<b>Health = Energy</b>	<b>Start healthy habits today!</b>	<b>Being fit and healthy is a priority!</b>	<b>As active and healthy as can be!</b>	<b>It's never too late for your health!</b>
Get your <b>blood pressure</b> checked	Get your <b>blood pressure</b> checked	Get your <b>blood pressure</b> checked	Get your <b>blood pressure</b> checked. If it's high, you may need to check for diabetes.	Get your <b>blood pressure</b> checked. If it's high, you may need to check for diabetes.
Get <b>screened for sexually transmitted infections</b> such as gonorrhea and HIV	Get <b>screened for sexually transmitted infections</b> such as gonorrhea and HIV		Get <b>screened for sexually transmitted infections</b> such as gonorrhea and HIV	Get <b>screened for sexually transmitted infections</b> such as gonorrhea and HIV
<b>Shots are not just for kids!</b> Get adult booster shots and seasonal flu shots as needed	Check your <b>cholesterol</b> every 5 years starting at age 35	Check your <b>cholesterol</b> every 5 years	Check your <b>cholesterol</b> every 5 years	Check your <b>cholesterol</b> every 5 years
<b>Enjoy your alcohol in moderate amounts</b>	<b>Shots are not just for kids!</b> Get adult booster shots and seasonal flu shots as needed	<b>Shots are not just for kids!</b> Get adult booster shots and seasonal flu shots as needed	Ask your doctor about <b>colorectal cancer screening</b>	Ask your doctor about <b>colorectal cancer screening</b>
Get help to <b>quit smoking!</b>	Get help to <b>quit smoking!</b>	Get <b>screened for sexually transmitted infections</b> such as gonorrhea and HIV	<b>Shots are not just for kids!</b> Get adult booster shots and seasonal flu shots as needed	<b>Shots are not just for kids!</b> Get adult booster shots and seasonal flu shots as needed
		Talk to your doctor about how aspirin can <b>keep heart attacks away!</b>	Talk to your doctor about how aspirin can <b>keep heart attacks away!</b>	Talk to your doctor about how aspirin can <b>keep heart attacks away!</b>