

THE MAINTENANCE MANUAL FOR MEN

ROUTINE PREVENTATIVE SCREENINGS

IN YOUR 20S-30S

- ☐ **Annual Physical Exam** – Every year
- ☐ **Blood Pressure Screening** – At least every 2 years
- ☐ **Cholesterol Check** – Every 4-6 years
- ☐ **Mental Health Check-In** – as needed
- ☐ **Skin Check** (Self or Dermatologist) – Annually

IN YOUR 40S

- ☐ **Continue everything** from your 20s/30s
- ☐ **Blood Glucose Test** (Diabetes Risk) – Every 3 years
- ☐ **Prostate Health Discussion** – Talk to your doctor
- ☐ **Get first Colonoscopy** ~45

IN YOUR 50S

- ☐ **Continue everything** from your 20s/30s/40s
- ☐ **Prostate Exam / PSA Test** – If recommended
- ☐ **Hearing Test** – Every 3 years
- ☐ **Bone Density** (if at risk) – Talk to your doctor

IN YOUR 60S

- ☐ **Continue everything** from your 20s/30s/40s/50s
- ☐ **Shingles Vaccine**
- ☐ **Pneumonia Vaccine**
- ☐ **Fall Risk & Balance Assessment**