

# Wellness & Prevention Checklist for Men

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Take this checklist with you to your doctor's office. Write down when you have any of the tests below. Talk to your doctor about your test results and write them down here. Ask when you should have the test next. Write down the month and year. If you think of questions for the doctor, write them down and bring them to your next visit.

| Screening Test   | Last Test Date | Results  | Next Test Due Date | Questions For The Doctor |
|--|----------------|--|--------------------|--------------------------|
| <b>Abdominal Aortic Aneurysm (One-Time Test):</b> If you are between the ages of 65 and 75 and have ever been a smoker, talk to your doctor or nurse about being screened. Abdominal aortic aneurysm (AAA), is an abnormally large or swollen blood vessel in your abdomen.  |                |  |                    |                          |
| <b>Blood Pressure:</b> Starting at age 18, have your blood pressure checked at least every two years. High blood pressure is 140/90 or higher. Your doctor may recommend that you have your blood pressure checked more often.   |                |  |                    |                          |
| <b>Cholesterol:</b> Have your cholesterol checked regularly starting at age 35. If you are younger than 35, talk to your doctor about whether to have your cholesterol checked if: you use tobacco, are obese; have diabetes or high blood pressure; have a personal history of heart disease or blocked arteries; or a man in your family had a heart attack before age 50 or a woman, before age 60.             |                | Total: _____<br>HDL (Good): _____<br>LDL (Bad): _____<br>Triglyceride: _____ |                    |                          |
| <b>Colorectal Cancer:</b> Begin regular screening for colorectal cancer starting at age 50. If you have a family history of colorectal cancer, you may need to be screened earlier. Your doctor can help you decide which test is right for you.   |                |  |                    |                          |
| <b>Depression:</b> If you've felt "down," sad or hopeless, or felt little interest or pleasure in doing things for two weeks straight, talk to your doctor about whether you should be screened for depression.  |                |  |                    |                          |
| <b>Diabetes:</b> Have a test to screen for diabetes if your blood pressure is higher than 135/80 or if you take medication for high blood pressure.  |                |  |                    |                          |
| <b>HIV:</b> Talk with your health care team about HIV screening if any of these apply to you: you have had unprotected sex with multiple partners; have sex with men; use or have used injection drugs; have or had a sex partner who is HIV-infected, is bisexual or injects drugs; are being treated for a sexually transmitted disease; had a blood transfusion between 1978 and 1985; have any other concerns. |                |  |                    |                          |
| <b>Overweight and Obesity:</b> Have your body mass index (BMI) calculated to screen for obesity. (BMI is a measure of body fat based on height and weight.) You can also find your own BMI with the BMI calculator from the National Heart, Lung, and Blood Institute at: <a href="http://nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm">nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm</a>   |                | Height: _____<br>Weight: _____<br>BMI: _____                                 |                    |                          |

| Medicines To Prevent Disease   |
|--|
| <b>Aspirin Therapy:</b> Ask your doctor about taking aspirin to prevent heart disease if you are: 45 or older.   |
| <b>Immunizations:</b> Stay up to date with your immunizations. Get a flu shot every year. If you are 65 or older, get a pneumonia shot. If you are younger, ask your doctor whether you need a pneumonia shot. Talk with your doctor or nurse about whether you need other vaccinations. You can also find which ones you may need by going to: <a href="http://2.cdc.gov/nip/adultimmsched/">2.cdc.gov/nip/adultimmsched/</a> . |

*Guidelines adopted from the U.S. Department of Health and Human Services Agency for Healthcare Research and Quality*

**Please note:** In general, these services are fully covered. Please refer to your Member Benefits Guide to determine the exact co-payment for your plan.