

Use this checklist and talk to your doctor about the screenings and exams that are right for you.

WELLNESS EXAMS

- Establish care with your personal care provider between the ages of 18 & 21
- Every 1-3 years until age 50 (frequency determined by PCP based on your personal risk factors)
- Yearly exams after age 50

All wellness exams should include appropriate lab tests, screenings and vaccines, as determined by PCP based on your personal risk factors

PROSTATE CANCER SCREENINGS

- Get screened at the age of 40
If multiple family members have ever been diagnosed with the disease
- Get screened at the age of 45
If you are an African American male
If one family member has ever been diagnosed with the disease
- Get screened at the age of 50
If your doctor has determined you have an average risk

COLON CANCER SCREENINGS

- Beginning at age 45 if your doctor has determined you have an **average risk**
- Start earlier if your doctor has determined you have an **above average risk**

LUNG CANCER SCREENINGS

- Beginning at age 55 if you are a former or current smoker of 30 packs per year
- Past smokers should get screened for Abdominal Aortic Aneurysms at age 65

MENTAL HEALTH EXAMS

- Every year at your annual exam regardless of age

BONE DENSITY SCREENING

- Not generally recommended for men but your PCP may recommend one based on your personal risk factors

HEPATITIS C TEST

- If you were born between 1945 and 1965