



Health Tips from HealthPerks

Your 30s are often a time spent building your career, nurturing relationships and taking care of family needs. But during this busy decade, it's important that you make your own health and wellness a priority. The habits you are developing — as well as proper preventative care — will help protect your health now and into the future. These tips and reminders are a great place to start.

New Areas of Focus and Consideration in Your 30s

- Nutrition and diet assessment, including daily supplements
- Bone and joint protection
- Cholesterol screening
- Heart health and stroke awareness
- Thyroid function evaluation
- Additional screenings based on personal and family history

Ongoing General Health Priorities

- Changes in height, weight, pulse and blood pressure
- Mental and emotional health evaluation, including stress
- Sleep habits
- Testicular exam
- Sexual health
- Skin health/evaluation
- Vision and hearing
- Oral health



Recommended Check-ups, Screenings and Immunizations for Men in Their 30s

Of course, every man is different and may have unique medical risks and concerns. It's important to develop a trusting relationship with your doctor and together determine how to best prevent, monitor or treat health issues and risks. The following important guidelines can help you manage your health with your doctor's recommendations.

Screening/Description	Starting Age	Frequency
General Check-ups and Screenings		
Complete primary care check-up	Ongoing	Yearly
Blood pressure and pulse	Ongoing	Yearly
Cholesterol panel (total, HDL, LDL, triglycerides)	Before 30	Every 2-5 years, as recommended by doctor
Blood glucose and A1C tests	When recommended if at risk	Every 1-3 years based on risk
Thyroid function (TSH; possibly T ₃ , T ₄ , free T ₄)	Baseline by age 30	As recommended by doctor
Mental and behavioral health assessment	Ongoing	Yearly
Sleep habits and issues	Ongoing	Yearly
Reproductive and Sexual Health		
Testicular exam	When recommended	As recommended based on risk
Sexual health evaluation	When sexually active	Yearly
STI screening	When needed	As recommended based on risk
Other Specialty Check-ups and Screenings		
Hearing check	When needed/symptomatic	As recommended by doctor
Vision check	When needed/symptomatic	As recommended by doctor
Skin check	Before 30	Yearly, or as recommended by doctor
Immunizations		
Flu shot	Ongoing	Yearly
Tetanus, diphtheria, pertussus (Tdap) booster	Ongoing	Every 10 years
Measles, mumps, rubella (MMR) booster	Depends on vaccination date	One time, if needed
Hepatitis A&B	When at risk	After three doses, protection lasts 25 years
Specific vaccinations required for some foreign travel	When recommended	As recommended by doctor