



# Health Tips from HealthPerks

For most men, good health doesn't just happen. It requires good habits, regular and preventative care, and a commitment to making health a priority. Men in their 40s face changing healthcare needs as their risks increase. These tips and reminders can help keep you healthy and well.

## New Areas of Focus and Consideration in Your 40s

- Heart health awareness, prevention and screening
- Prostate health assessment and screening
- Stroke risk assessment
- Diabetes risk assessment and baseline testing
- Thyroid function evaluation
- Vision changes, glaucoma and cataract screening

## 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
- Cholesterol screening



## Recommended Check-ups, Screenings and Immunizations for Men in Their 40s

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
<b>General Check-ups and Screenings</b>		
Complete primary care check-up	Ongoing	Yearly
Blood pressure and pulse	Ongoing	Yearly
Cholesterol panel (total, HDL, LDL, triglycerides)	Before 40	Every 2-5 years, as recommended by doctor
Blood glucose and A1C tests	By age 45; earlier if at risk	Every 1-3 years based on risk
Thyroid function (TSH; possibly T <sub>3</sub> , T <sub>4</sub> , free T <sub>4</sub> )	Before 40	As recommended by doctor
Mental and behavioral health assessment	Ongoing	Yearly
Sleep habits and issues	Ongoing	Yearly
<b>Reproductive and Sexual Health</b>		
Digital rectal exam (DRE)	By age 45 if at risk	As recommended based on risk
Prostate-specific antigen (PSA) test	By age 45 if at risk	As recommended based on risk
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
<b>Other Specialty Check-ups and Screenings</b>		
Hearing check	When needed/symptomatic	As recommended by doctor
Vision check	Baseline by 45	As recommended by doctor
Skin check	Before 40	Yearly, or as recommended by doctor
<b>Immunizations</b>		
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