



Health Tips from HealthPerks

Your 60s are a time for enjoying life to the fullest — not slowing down! Good health is more important than ever, but men in their 60s and beyond are proving that managing their health and staying well is possible at any age. Your health should be one of your top priorities, so make sure you're doing all you can to protect it with these tips and reminders.

New Areas of Focus and Consideration in Your 60s

- Osteoporosis screening and bone density testing
- Memory and dementia evaluation
- Balance and strength preservation
- Sexual health changes and concerns
- Pneumonia vaccine
- Foot health evaluation
- Sense of smell and taste decline/assessment
- Nutritional/diet assessment
- Determine long-term care goals and designate health care proxy

Ongoing General Health Priorities

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



Recommended Check-ups, Screenings and Immunizations for Men in Their 60s

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 60	Every 2-5 years, as recommended by doctor
Blood glucose and A1C tests	Before 60	Every 1-3 years based on risk
Thyroid function (TSH; possibly T ₃ , T ₄ , free T ₄)	Before 60	As recommended by doctor
Mental and behavioral health assessment	Ongoing	Yearly
Sleep habits and issues	Ongoing	Yearly
Reproductive and Sexual Health		
Digital rectal exam (DRE)	Before 60	As recommended based on risk
Prostate-specific antigen (PSA) test	Before 60	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
Other Specialty Check-ups and Screenings		
Colonoscopy	Before 60	Every 5-10 years, based on results
Osteoporosis screening	Based on risk	As recommended based on risk
Hearing check	Before 60	As recommended by doctor
Vision check	Before 60	Every 1-2 years, or as recommended by doctor
Skin check	Before 60	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
Pneumococcal (pneumonia) vaccination	By age 65	Two shots offer lifetime protection
Specific vaccinations required for some foreign travel	When recommended	As recommended by doctor