



Health Tips from HealthPerks

Now is the time to enjoy all of the hard work you've put into your career, family and — of course — your health. You know how important it is to stay connected and engaged, and you're ready to look forward to every day with a healthy outlook by continuing to prioritize wellness and self-care. These tips and reminders can help you stay healthy.

New Areas of Focus and Consideration in Your 70s and Beyond

- Joint pain and movement evaluation and treatment, including surgery
- Memory and dementia evaluation
- Sexual health changes and concerns
- Urology changes and concerns
- Home safety evaluation
- 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 70s and Beyond

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 70	Every 2-3 years, as recommended by doctor
Blood glucose and A1C tests	Before 70	Every 1-3 years based on risk
Thyroid function (TSH; possibly T ₃ , T ₄ , free T ₄)	Before 70	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 70	As recommended based on risk
Prostate-specific antigen (PSA) test	Before 70	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 70	Every 5-10 years, based on results
Osteoporosis screening	Based on risk	As recommended based on risk
Hearing check	Before 70	As recommended by doctor
Vision check	Before 70	Every 1-2 years, or as recommended by doctor
Skin check	Before 70	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