

If you are due for a screening or have questions about any of the below tests, please [contact your healthcare provider today](#).

Men's Wellness

A Guide to Screening Tests that Help You Stay Healthy

As a man, your health care needs change as you move through life. This information will help you know when you may need certain health tests and screenings.



Disease/Condition	Age	Risk Factors	Suggested Frequency
Blood Pressure	Any	Family history of hypertension, diabetes, heart disease, kidney problems, overweight, racial/ethnic minorities	Annually
Cholesterol	35+	Lifestyle changes, obesity, physical inactivity, diabetes, heart disease, kidney problems	Every 5 years
Diabetes	35+	Family history of diabetes, overweight or obese, high blood pressure, prediabetes, heart disease	Every 3 years
Hepatitis C	18-79	Receiving a blood transfusion before 1992, being sexually active, sharing unsterilized items	At least once
HIV	15-65	Being sexually active, sharing unsterilized items like needles or razors	At least once
STD	Any	Being sexually active, especially without protection	Annually
Colorectal Cancer	45-75	Family history of colorectal cancer, certain health conditions like ulcerative colitis	Every 5-10 years
Lung Cancer	50-80	Family history of lung cancer or history of smoking	Annually
Prostate Cancer	55-70	Family history of prostate cancer, racial/ethnic minorities	Based on risk
Skin cancer	18+	Personal or family history of skin cancer, history of sunburn, weakened immune system	Annually
Osteoporosis	50-70	Long-term steroid use, low body weight, smoking, heavy alcohol use, having a fracture after age 50, or a family history of hip fracture or osteoporosis	Based on risk

13.2%

Of men over 18 are in fair or poor health¹

40.5%

Of men over 20 are considered obese¹

13.1%

Of women over 18 currently smoke cigarettes¹

51.9%

Of men over 20 with hypertension or on medication¹

71.7%

Of men over age 18 live a sedentary lifestyle¹

30.9%

Of men over age 18 abuse alcohol¹

¹ Centers for Disease Control and Prevention. (2023, January 18). Men's health. U.S. Department of Health and Human Services. <https://www.cdc.gov/nchs/fastats/mens-health.htm>.

² National Library of Medicine. (2022, April 30). Health screenings for men ages 18 to 39. National Institutes of Health. <https://medlineplus.gov/ency/article/007464.htm>.

³ National Library of Medicine. (2022, April 30). Health screenings for men ages 40 to 64. National Institutes of Health. <https://medlineplus.gov/ency/article/007465.htm>.

⁴ National Library of Medicine. (2022, April 30). Health screenings for men age 65 and older. National Institutes of Health. <https://medlineplus.gov/ency/article/007466.htm>.