



Wellness Checklist for Men



Men of All Ages

Healthy Habit	Details	Actions
Quitting smoking	Consider quitting if you smoke, use tobacco, or vape. Speak with your clinician about a plan that works for you.	
Minimizing alcohol consumption	Limit drinking alcohol	
Hydration	Drink plenty of water.	
Balanced diet	Eat a diet rich in fruits, vegetables, whole grains, lean protein, and sufficient calcium.	
Regular exercise	Include cardiovascular, strength, and flexibility training.	
Sleep	Strive for 8 hours a night.	
Annual wellness visits	Include personal history, physical exam, emotional evaluation, preventative screening, and counseling.	
Health checks	Check your blood pressure, BMI, and cholesterol.	
Flu shots	Recommended yearly	
Mental health	Talk with your clinician if you feel sad, down, or hopeless.	
Fertility and sexual performance	Discuss any concerns or questions with your clinician.	
Oral hygiene	Schedule a dental exam and cleaning every 6 months.	
Sun exposure	Limit sun exposure. Talk with your clinician if you notice any skin changes or unusual moles.	
Stress management	Find time to unwind. Chronic stress affects every system in your body.	
Eye exam	Schedule an eye exam at least every 2 years.	
Hearing test	Talk with your clinician about a hearing test if you have any hearing issues.	

Twenties

Healthy Habit	Details	Actions
HPV Vaccine	Get the HPV vaccine if you haven't already received it.	
Safe Sex	Sexually active men should practice safe sex, consider additional contraceptive options, and be screened for sexually transmitted infections.	
Meningococcal B Vaccine	Ask your clinician about meningococcal B vaccines.	
Healthy Habits	This is the time to imprint health habits that will stay with you for life. Make time for stress reduction, self-care, and restoration.	

Thirties

Healthy Habit	Details	Actions
Work/Life Balance	Find the right balance for you, healthy behaviors in stress reduction, eating, sleeping, and regular exercise routine will stay with you as you age.	
HPV Vaccine	Talk with your doctor about whether you would benefit from the HPV vaccine.	
Safe Sex	Sexually active men should practice safe sex (use condoms), consider additional contraceptive options, and be screened for sexually transmitted infections.	

Forties

Healthy Habit	Details	Actions
Diabetes Screening	Type 2 diabetes is increasingly common in men over the age of 45	
Prostate Cancer Screening	African American men and men with a family history of prostate cancer should discuss screening at age 45	
HPV Vaccine	Talk with your doctor about whether you would benefit from the HPV vaccine.	
Safe Sex Practices	Sexually active men should use condoms, consider additional contraceptive options, and be screened for sexually transmitted infections.	

Fifties

Healthy Habit	Details	Actions
Hepatitis C virus screening	One-time for adults born between 1945 and 1965	
Prostate cancer screening	Talk to your clinician.	
Advanced care planning	Develop understanding of retirement/life goals to guide medical decisions.	
Heart-health numbers	Know cholesterol, blood pressure, and blood glucose.	
Colon cancer screening	Identify risk factors and schedule exams with your clinician.	
Lung cancer screening	Discuss with your clinician if you are a smoker.	
Shingles vaccine	Discuss the recommendation with your clinician.	

Sixties

Healthy Habit	Details	Actions
Eat healthy	Nutrition is more important than ever.	
Hepatitis C virus screening	One-time for adults born between 1945 and 1965	
Colon cancer screening	Your clinician can help identify risk factors and schedule exams.	
Lung cancer screening	If you are a smoker, discuss with your clinician.	
Bone density test	Discuss risk factors and recommendations with your clinician.	
Abdominal aortic aneurysm screening	One-time for men 65 to 75 years of age with a history of smoking	
Glaucoma screening	For ages 60 and older, every 2 years with dilated eye exam	
Prostate cancer screening	Talk to your clinician.	
Vaccines	Get Tdap, pneumonia, and shingles vaccines as recommended.	