



Preventative check-ups For Men, Age 30+

Age & Gender	Health Check	Recommended Frequency
Males, Age 30+	Cholesterol Check	Every five years, or annually if there are other concerns/if your results are abnormal
	Full body Skin Check for suspicious moles or skin lesions	Annually
	Testicular exam	Monthly self-checks
Males, Age 40+	Cholesterol Check	Every five years, or annually if there are other concerns/if your results are abnormal
	Full body Skin Check for suspicious moles or skin lesions	Annually
	Fasting blood sugar levels for signs of diabetes	Every three years
	Blood pressure screening	Every two years
	Testicular Exam	Monthly self-checks
	Prostate screening	Every two years if you are considered to be at high risk
	Colonoscopy	If you are considered to be at high risk, a colonoscopy should be discussed with your health care provider
Males, Age 50+	Cholesterol Check	Every five years, or annually if there are other concerns/if your results are abnormal
	Full body Skin Check for suspicious moles or skin lesions	Annually
	Prostate screenings starting at age 50	Every two to three years starting at 50, unless considered to be high-risk, then screening should start at age 40
	Fasting blood sugar levels for signs of diabetes	Every three years
	Colonoscopy	First test should be completed at age 50 or ten years earlier than the youngest family member with colon cancer; with normal results, colorectal cancer screenings should be completed every 10 years
	Blood pressure screening	Every two years
	Testicular Exam	Monthly self-checks
	Lung Cancer Screening	Annually, if you are over 55, and meet the following conditions: currently smoke or have quit in the past 15 years, and have a 30-pack per year smoking history
	Coronary screening (looks for risk of heart disease)	As directed by your physician

Sources: <https://www.mayoclinichealthcare.co.uk/health-screenings>; <https://content.highmarkprc.com/Files/Region/hwwbcbs/EducationManuals/PreventiveHealthGuidelines/adult-preventive-health-guidelines-2021-19-64.pdf>; <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-and-b-recommendations>; <https://www.cdc.gov/cancer/dcpc/prevention/screening.htm#:~:text=CDC%20supports%20screening%20for%20breast,cancer%20before%20you%20have%20symptoms;https://medlineplus.gov/ency/article/007465.htm>

Please note: many of these tests are offered through national healthcare systems. Employers who consider providing these tests for their employees should first check the State benefits to determine which tests are already available through the local/national healthcare system.

