



When was your last health exam?

If you can't remember, it's probably time to have one. Real men DO get checkups, although some men's attitudes about checkups may have come from their own fathers who avoided doctors, or thought talking to a doctor was uncomfortable or embarrassing. But, preventing disease and detecting health issues early, if they occur, are important to living a healthy life. You also need to watch your weight, exercise regularly and eat healthy. Unfortunately, in our very busy lives, health too often takes a low priority.

Why men's preventive health screenings should matter to you.

- ▶ Men live, on average, about seven less years than women do in the United States. Part of this life span difference is due to the fact that men don't visit their physicians as often as women.
- ▶ The leading cause of death for men is heart disease*.
- ▶ Early detection of certain cancers can save your life, reduce the extent of treatment and improve your quality of life.
- ▶ Among men, heart disease, cancer, stroke and diabetes account for nearly 60 percent of all deaths.

What preventive health screenings are right for you?

Use our online tool at www.uhcpreventivecare.com to identify your age and gender-specific preventive care guidelines, based on recommendations of the U.S. Preventive Services Task Force and other health organizations. Preventive care services—such as physical exams, immunizations, vaccines, lab work, x-rays and routine screenings—can help you avoid serious health problems and allow early detection of common medical conditions. Working with your doctor, you can use the recommended guidelines to determine which tests or screenings are appropriate for you based on factors such as your age, gender, personal health history and other health concerns. In addition, you can print and e-mail your specific preventive health guidelines, get useful health tips and find other tools to support your overall health.

Take a proactive approach to your health today.

Use the charts inside this brochure, along with our Preventive Care Guidelines at www.uhcpreventivecare.com to help safeguard your health, and talk with your doctor to determine the preventive health screenings that are right for you.

For men – general health screenings, immunizations and counseling*

Consult your health care provider to determine which specific preventive health screenings are right for you, and if you require tests more often or at a younger age.

Preventive Care Guidelines: Men over age 18

Range of recommended ages

Years of Age	18	25	30	35	40	45	50	55	60	65	70
Screenings											
Height and weight	At each preventive visit to assess normal development and general health.										
Obesity	At each preventive visit to assess risks of obesity.										
Vision screening	Frequency recommended by physician based on risk factors to assess vision.										
Dental screening	Periodically to assess dental condition and detect medically related dental problems.										
Blood pressure	Regular screening for adults at standard risk.										
Cardiovascular disease						Regular screening beginning at age 45 for men. UPPSTF recommends the use of aspirin for men age 45 to 79 years. For those at high risk for heart disease, discuss aspirin and low risk alternatives with your physician.					
Abdominal Aortic Aneurysm screening									Screening for abdominal aortic aneurysm in men 65-75 years old. For those at high risk for heart disease, discuss aspirin and low risk alternatives with your physician.		
Cholesterol (Lipid) test				Every 5 years, beginning at age 35 for men. For those at high risk for heart disease, consult with your physician.							
Diabetes screening		Regular screening of adults for type 2 diabetes in asymptomatic adults with sustained blood pressure (either treated or untreated) greater than 135/80 mm Hg.									
Prostate screening					Men 40 and older consult with your physician regarding screening benefits/risks.						
Colorectal screening						Routine Colorectal screening beginning at 50 years, high risk persons should be screened at younger ages. Interval determined by method. Speak with your physician.					
Sexually Transmitted Diseases (gonorrhea, HIV and syphilis)	Routine screening for those sexually active at increased risk.										

continues ▶

Years of Age	18	25	30	35	40	45	50	55	60	65	70
Screenings											
Tobacco/nicotine use	Routine screening and counseling. Detection of potential health risks associated with tobacco/nicotine use. Opportunity for tobacco cessation counseling.										
Alcohol/illicit drug abuse	Routine screening and counseling. Detection of potential health risks associated with alcohol/illicit drug abuse.										
Counseling	18	25	30	35	40	45	50	55	60	65	70
Nutrition, physical activity, sun exposure, depression and injury prevention	Periodic screening and counseling.										
Immunizations	18	25	30	35	40	45	50	55	60	65	70
Tetanus-Diphtheria (Td/Tdap) vaccine	Every 10 years for adults who have completed the primary series and if the last vaccine was received 10 or more years ago, substitute for a single booster of Td.										
Measles, Mumps, Rubella (MMR) vaccine	Once for all with lack of immunity. Adults born before 1957 are generally considered to be immune to measles and mumps so would not require vaccination. Those born after 1957 may need a 2nd dose. Consult with your health care provider.										
Varicella (VZV) vaccine	Two doses for those susceptible with lack of immunity. Susceptibles: People 13 and older who have not received the vaccine and have not had chickenpox.										
Hepatitis B vaccine	Three doses for all persons at risk. Discuss with your physician.										
Hepatitis A vaccine	For all persons at risk. Discuss with your physician.										
Influenza vaccine	Annually. Speak with your physician to learn if you are in a priority group. Effective with the 2010-2011 flu season, immunization against seasonal and H1N1 flu will be done with a single vaccine.										
Meningococcal vaccine	One or more doses for individuals at high risk.** Discuss with your physician.										
Pneumococcal Polysaccharide vaccine (PPV)											One or two doses for individuals at high risk for complications of infection.*** Discuss with your physician.
Zoster											One dose between ages 60-75.

Upper age limits should be individualized for each patient

* See www.preventiveservices.ahrq.gov for U.S. Preventive Services Task Force recommendations on colorectal cancer screening and other clinical preventive services.

** High risk is defined as adults who have terminal complement deficiencies, had their spleen removed, their spleen does not function or they have medical, occupation, lifestyle or other indications such as college freshmen living in dormitory or other group living conditions.

*** For persons aged 65 and older, one time revaccination is recommended if they were vaccinated more than 5 years previously and were younger than age 65 years at the time of primary vaccination.

*** ACOG, "Cervical Cytology Screening" Obstetrics & Gynecology; Practice Bulletin #109; 12/09

At UnitedHealthcare, we are committed to promoting men's health information through the convenience of our website at myuhc.com[®]. Just click on the Health and Wellness tab. You'll find important information on the following topics:

- Heart health
- Prostate health
- Self exams
- Diabetes
- Cholesterol
- Fitness

And if you don't already have a doctor or primary care physician, you can find one by visiting myuhc.com and clicking on "Find a Provider".

**For more information about UnitedHealthcare,
please visit us at www.myuhc.com.**



* www.cdc.gov/men/lcod/index.htm

These guidelines are generally based on the recommendations of the U.S. Preventive Services Task Force (USPSTF) and of the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention. They are provided for informational purposes only, and do not constitute medical advice. Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions. Always consult your doctor before making any decisions about medical care. These guidelines do not necessarily reflect the vaccines, screenings or tests that will be covered by your benefit plan. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on the back of your ID card. Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by UnitedHealthcare Insurance Company, United HealthCare Services, Inc. or their affiliates. Health Plan coverage provided by or through a UnitedHealthcare company.