

# Annual Physical Exam Checklist for Men

## Recommended Screenings by Age

|   | 20's | 30's | 40's | 50's | 60's |
|---|------|------|------|------|------|
| Annual Physical Exam  | ✓    | ✓    | ✓    | ✓    | ✓    |
| Annual vision and dental exam                                       | ✓    | ✓    | ✓    | ✓    | ✓    |
| STI testing/ HIV screening every 2 years                            | ✓    | ✓    | ✓    | ✓    | ✓    |
| Testicular cancer screening every year                              | ✓    | ✓    | ✓    | ✓    | ✓    |
| Full body skin exam every 2 years                                   | ✓    | ✓    | ✓    | ✓    | ✓    |
| Cholesterol testing every 5 years                                   | ✓    | ✓    | ✓    | ✓    | ✓    |
| Annual Flu Vaccine  | ✓    | ✓    | ✓    | ✓    | ✓    |
| HPV Vaccine   | ✓    |      |      |      |      |
| Tdap booster at least every 10 years                                | ✓    |      |      |      |      |
| MMR (Measles mumps rubella)   | ✓    |      |      |      |      |
| Varicella   | ✓    |      |      |      |      |
| Depression screening  | ✓    | ✓    | ✓    | ✓    | ✓    |
| Blood test for diabetes, thyroid disease, liver problems and anemia |      | ✓    | ✓    | ✓    | ✓    |
| Annual cardiovascular evaluation                                    |      | ✓    | ✓    | ✓    | ✓    |
| Annual prostate screening exam                                      |      |      | ✓    | ✓    | ✓    |
| Diabetes screening  |      |      | ✓    | ✓    | ✓    |
| Screening for lipid disorders every 5 years                         |      |      | ✓    | ✓    | ✓    |
| Annual low-dose CT lung scan  |      |      |      | ✓    | ✓    |
| Blood test for thyroid every 5 years                                |      |      |      | ✓    | ✓    |
| Colorectal cancer screening   |      |      |      | ✓    | ✓    |
| Shingles vaccine (2 doses)  |      |      |      | ✓    | ✓    |
| Osteoporosis screening  |      |      |      |      | ✓    |
| Annual hearing exam   |      |      |      |      | ✓    |
| Dementia and Alzheimer's screening                                  |      |      |      |      | ✓    |
| One-time screening for Abdominal Aortic Aneurysm                    |      |      |      |      | ✓    |