

For men ages 20 to 49

Topics you may want to discuss with your doctor

Exercise

- Regular physical activity (at least 30 minutes per day) can reduce the risks of coronary heart disease, osteoporosis, obesity, and diabetes.
- Men over 40: Consult physician before starting new vigorous physical activity.

Nutrition

- Know your body mass index (BMI), blood pressure, and cholesterol level. Modify your diet accordingly.
- Vitamin D is important for bone and muscle development, function, and preservation.

Sexual health

- Sexually transmitted infection (STI)/HIV prevention;¹⁶ practice safer sex (use condoms) or abstinence.

Substance use disorder

- Stop smoking. Limit alcohol consumption.
- Avoid alcohol or drug use while driving.

Dental health

- Floss and brush with fluoride toothpaste daily. Seek dental care regularly.

“Know your numbers.” We encourage you to learn your “numbers” at your doctor visit and work toward the optimal goals through exercise and a healthy diet.

Immunizations

Flu, annual	Recommended ²
Hepatitis A	For individuals with risk factors; for individuals seeking protection ³
Hepatitis B	For individuals with risk factors; for individuals seeking protection ^{4,29}
HPV (human papillomavirus)	Recommended for all adults through 26 years of age. 2 or 3-dose series depending on age of initial vaccination
Meningococcal	First-year college students who live in residential housing if not previously immunized and military recruits ⁸
MMR (measles, mumps, rubella)	Once, without proof of immunity or if no previous second dose ⁵
Pneumococcal (pneumonia)	For individuals with risk factors ⁷
Td booster (tetanus, diphtheria)	Recommended once every 10 years ¹⁵
Varicella (chicken pox)	Recommended for adults without evidence of immunity; 2-dose series 4-8 weeks apart ¹⁰

Screenings/counseling/services

Alcohol misuse	Screening for unhealthy alcohol use and behavioral counseling as needed
Blood pressure, height, weight, BMI, vision, and hearing	At annual exam
Cardiovascular disease	Statin use for primary prevention in adults ³⁵
Depression	Screening for all adults
Diabetes	Screening for overweight or obese adults ages 40–70 ²²
Drug Misuse	Screening for unhealthy drug use ²⁵
Healthy diet and physical activity	Behavioral counseling ²⁷
Hepatitis C	Screening for HCV infection in persons at high risk of infection ³⁰
HIV	Screening for all adolescents and adults ages 15–65. Recommend preexposure prophylaxis (PrEP) to persons at high risk of HIV acquisition.
Latent tuberculosis infection (LTBI)	Screening for asymptomatic adults at increased risk for infection ³³
Lipid disorder	Screening for individuals at increased risk ⁹
Obesity	Screening, counseling, and behavioral interventions and offer or refer to comprehensive intensive behavioral intervention to promote improvements in weight status
Sexually transmitted infections	Behavioral counseling as needed ²⁶
Skin cancer	Behavioral counseling for minimizing exposure to ultraviolet radiation for young adults to age 24 at high risk
Syphilis	Routine screening for individuals at increased risk for infection ¹²
Tobacco use and cessation	Screening for tobacco use and cessation intervention

Heart health factors

Total cholesterol	Less than 200 mg/dL
LDL “bad” cholesterol	Less than 100 mg/dL
HDL “good” cholesterol	50 mg/dL or higher
Triglycerides	Less than 150 mg/dL
Blood pressure	Less than 120/80 mmHg
Fasting glucose	Less than 100 mg/dL
Body mass index (BMI)	Less than 25 kg/m ²
Exercise	Minimum of 30 minutes most days of the week

Optimal goals