

SCREENING TESTS AND IMMUNIZATIONS GUIDELINES FOR MEN



womenshealth.gov

1-800-994-9662

TDD: 1-888-220-5446

These charts are guidelines only. Your doctor or nurse will personalize the timing of each test and immunization to meet your health care needs.

Screening tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 65 and older
General health: Full checkup, including weight and height	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
HIV test	Get this test at least once to find out your HIV status. Ask your doctor if and when you need the test again.	Get this test at least once to find out your HIV status. Ask your doctor if and when you need the test again.	Get this test at least once to find out your HIV status. Ask your doctor if and when you need the test again.	Discuss with your doctor.
Heart Health: Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Diabetes: Blood sugar test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Prostate Health: Digital rectal exam (DRE)		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Prostate-specific antigen (PSA) test		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Reproductive Health: Testicular exam	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Sexually transmitted infection (STI) tests	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.
Colorectal Health (use 1 of these 3 methods): Fecal occult blood test			Yearly	Yearly. Older than age 75, discuss with your doctor.
Flexible sigmoidoscopy (with fecal occult blood test)			Every 5 years	Every 5 years. Older than age 75, discuss with your doctor.
Colonoscopy			Every 10 years	Every 10 years. Older than age 75, discuss with your doctor.

SCREENING TESTS AND IMMUNIZATIONS GUIDELINES FOR MEN



womenshealth.gov

I-800-994-9662

TDD: I-888-220-5446

Screening tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 65 and older
Eye and Ear Health: Complete eye exam	At least once between the ages 20–29 and at least twice between the ages 30–39, or any time that you have a problem with your eye(s).	Get an exam at age 40, then every 2–4 years or as your doctor advises.	Every 2–4 years or as your doctor advises you	Every 1–2 years
Hearing test	Starting at age 18, then every 10 years	Every 10 years	Every 3 years	Every 3 years
Skin Health: Mole exam	Monthly mole self-exam; by a doctor as part of a routine full checkup starting at age 20.	Monthly mole self-exam; by a doctor as part of your routine full checkup.	Monthly mole self-exam; by a doctor as part of your routine full checkup.	Monthly mole self-exam; by a doctor as part of your routine full checkup.
Oral Health: Dental exam	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.
Mental Health Screening	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Immunizations: Influenza vaccine	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Yearly	Yearly
Pneumococcal vaccine				One time only
Tetanus-diphtheria booster vaccine	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Meningococcal vaccine	Discuss with your doctor or nurse if attending college.			
Herpes zoster vaccine			Starting at age 60, one time only. Ask your doctor if it is okay for you to get it.	Starting at age 60, one time only. Ask your doctor if it is okay for you to get it.

Content last updated March 1, 2009.