NEW YEAR, NEW YOU: MAKE THE MOST OUT OF YOUR HEALTH PLAN AND BENEFITS

Are you getting the preventive care you need? When it comes to regular checkups and screenings, many men are missing out. Check out the recommendations we’ve compiled for men in different age groups, then log in to Castlight to see what’s covered by your plan.

These suggestions are based on recommendations from a number of preventive health task forces and expert organizations. But everyone’s health is different. The most important part of preventive care is a regular visit to a primary care doctor, who can make recommendations tailored just for you.

FOR EVERY ONE

- Physical exam: Annually
- Flu shot: Annually, in fall
- Other immunizations: Ask your doctor which ones are right for you
- Dental exam and cleaning: Every six months or annually
- Cholesterol screening: Every 5 years

DEPENDING ON YOUR HEALTH HISTORY AND NEEDS

- Colon cancer screening: Starting at age 50, either colonoscopy every 10 years or FIT test annually
- Diabetes/blood glucose screening: If you are overweight, have high blood pressure, or have risk factors for diabetes
- STD screening: If you have risk factors for sexually transmitted diseases
- Skin exam: Periodically, if you have risk factors for skin cancer
- Baseline eye disease screening: At age 50