

Health Screening Guidelines, Men Ages 18 to 39



Screening tests and health counseling are a key part of managing your health. A screening test is done to find disorders or diseases in people who don't have any symptoms. Screening tests are not used to diagnose. They are used to find out if more testing is needed. The goal may be to find a disease early so it can be treated with more success. Or the goal may be to find a disease early so you can make lifestyle changes. You may need regular checkups to help you reduce your risk of disease.

Below are guidelines for men ages 18 to 39. Talk with your healthcare provider. Make sure you're up-to-date on what you need.

Screening	Who needs it	How often
Alcohol misuse	All men in this age group	At routine exams
Blood pressure	All men in this age group	Once a year if your blood pressure is normal. Normal blood pressure is less than 120/80 mm Hg. If your blood pressure is higher than this, follow the advice of your healthcare provider.
Prediabetes and type 2 diabetes	Men ages 35 to 70 who are overweight or obese	At least every 3 years (yearly if blood sugar has already started to rise)
Hepatitis C	All men ages 18 to 79	At routine exams
High cholesterol or triglycerides	All men ages 20 and older, and younger men at high risk for coronary artery disease.	At least every 5 years
HIV	All men	At routine exams
Obesity	All men in this age group	At routine exams
Syphilis	Men at higher risk for infection. Talk with your healthcare provider.	At routine exams
Tuberculosis	Men at higher risk for infection. Talk with your healthcare provider.	Ask your healthcare provider
Vision	All men in this age group	Every 5 to 10 years if no risk factors for eye disease
Health counseling	Who needs it	How often
Diet and exercise	All men in this age group	At routine exams
Use of tobacco and the health effects it can cause	All men in this age group	Every visit
Sexually transmitted infection (STI) prevention	Men who are sexually active	At routine exams
Skin cancer	All men in this age group	At routine exams. You may be reminded to avoid outdoor tanning and tanning beds.

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