



Men's preventive health game plan

You have many responsibilities in life including taking care of yourself and your health. Having a preventive health game plan can help you take the steps needed to maintain and improve your health, as well as help you on your path to reaching your health and wellness goals. Here are a few things you should know to help you develop your own personal preventive health game plan.

Preventing disease and detecting health issues at an early stage, if they occur, are important to living a healthy life. Routine preventive care, along with the advice of your doctor, may help you stay healthy. And working with your doctor can help you determine the preventive care services that may be right for you.

When was your last health exam?

If you can't remember, it's probably time to have one. Real men DO get checkups, although some men's attitudes about checkups may have come from their own fathers who avoided doctors, or thought talking to a doctor was uncomfortable or embarrassing. But, preventing disease and detecting health issues early, if they occur, are important to living a healthy life. You also need to watch your weight, exercise regularly and eat healthy. Unfortunately, in our very busy lives, health too often takes a low priority.

Why men's preventive health screenings should matter to you.*

- ▶ Men live, on average, about seven less years than women do in the United States. Part of this life span difference is due to the fact that men don't visit their physicians as often as women.
- ▶ The leading cause of death for men is heart disease.
- ▶ Early detection of certain cancers can save your life, reduce the extent of treatment and improve your quality of life.
- ▶ Among men, heart disease, cancer, stroke and diabetes account for nearly 60 percent of all deaths.

What preventive health screenings are right for you?

UnitedHealthcare provides our online tool at www.uhpreventivecare.com to help you identify your age and gender-specific preventive care guidelines, based on health care reform recommendations. Working with your doctor, you can use these guideline recommendations to determine which tests or screenings are appropriate for you.

UnitedHealthcare covers preventive services, as specified in the health care reform law, at 100% without charging a copayment, coinsurance or deductible, as long as they are received in the health plan's network. UnitedHealthcare also covers other diagnostic services, which may require a copayment, coinsurance or deductible. Always refer to your plan documents for your specific coverage.

Preventive care guidelines – recommended health screenings, immunizations and counseling for adult men*

A preventive health visit can help you establish the baseline for your current health, and help identify any health issues before they become more serious. You and your doctor can then work together to identify care options that may help maintain or improve your health. The following information provides guideline recommendations for preventive health care screenings and immunizations, to evaluate general health and development in adult men over age 18.



Recommendations for adult health screenings

Obesity screening

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

Recommended weight assessment at each preventive visit.

Blood Pressure

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

Recommended blood pressure assessment at each preventive visit.

Cardiovascular Disease Aspirin use counseling

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

Recommended for certain patients ages 45 and up to obtain counseling, from a primary care physician, on the use of aspirin in the prevention of cardiovascular disease. For those at high risk for heart disease, discuss aspirin and low risk alternatives with your physician.

Diabetes screening

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

Recommended for asymptomatic adults with sustained blood pressure (either treated or untreated) greater than 135/80 mm Hg.

Cholesterol (Lipid) test

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

Screening recommended for all men age 35 and up; men age 20 through 34 and up if at increased risk for coronary heart disease.

Colorectal cancer screening

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

Routine Colorectal cancer screening recommended beginning at 50 years, high risk persons should be screened at younger ages and more frequently than persons at standard risk. Speak with your physician regarding screening methods and appropriate screening intervals.

Abdominal Aortic Aneurysm screening

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

Recommended screening for abdominal aortic aneurysm in men 65-75 years old who have ever smoked.

Recommendations for adult immunizations

Human Papilloma virus vaccine

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

3 doses may be administered to males age 9–26 years with physician discretion.

Measles, Mumps, Rubella (MMR) vaccine

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

Once for all with lack of immunity. Adults born before 1957 are generally considered to be immune to measles and mumps so may not require vaccination. Those born after 1957 may need a 2nd dose. Between ages 18 to 49 years, one or two doses. Over age 50, one dose. Consult with your health care provider.

Hepatitis B vaccine

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

Three doses for all persons at risk. Discuss with your physician.

Influenza vaccine

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

One dose annually as directed by your physician.

Pneumococcal Polysaccharide vaccine (PPV)

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

Between ages 18 to 49 years, one or two doses. Over age 50, one dose. One or two doses for individuals at high risk for complications of infection.² Discuss with your physician.

Tetanus-Diphtheria (Td/Tdap) vaccine

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

Every 10 years for adults who have completed the primary series and if the last vaccine was received 10 or more years ago, substitute for a single booster of Td.

Varicella (VZV) vaccine

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

Two doses for those susceptible with lack of immunity. Susceptibles: People 13 and older who have not received the vaccine and have not had chickenpox.

Hepatitis A vaccine

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

Two doses for all persons at risk. Discuss with your physician.

Meningococcal vaccine

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

One or more doses for individuals at high risk.¹ Discuss with your physician.

Zoster

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

One dose for those over age 60.

Recommendations for adult counseling

Every day, you make countless decisions that affect your health and well-being. Understanding and managing your lifestyle and everyday health behaviors is one way to help maintain or improve your overall health. The following guidelines provide the counseling recommendations for adult men over age 18.

Tobacco/Nicotine Use

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

Recommended that physician ask about tobacco use at each visit. Routine Screening and counseling, by network primary care physician, to detect potential health risks associated with tobacco/nicotine use.

Alcohol/Illicit Drug use

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

Routine screening and counseling, by network primary care physician, to detect potential health risks associated with Alcohol/Illicit drug use.

Nutrition, physical activity, sun exposure, depression and injury prevention

Age Ranges

18	25	30	35	40	45	50	55	60	65	70

Periodic screening and counseling, by network primary care physician, to assess health issues and promote healthy lifestyle behaviors.

See www.preventiveservices.ahrq.gov for U.S. Preventive Services Task Force recommendations on clinical preventive services.

1. High risk is defined as adults who have terminal complement deficiencies, had their spleen removed, their spleen does not function or they have medical, occupation, lifestyle or other indications such as college freshmen living in dormitory or other group living conditions.
2. For persons aged 65 and older, one time revaccination is recommended if they were vaccinated more than 5 years previously and were younger than age 65 years at the time of primary vaccination.



For more information on preventive care, visit our online website at www.uhcpreventivecare.com to identify your age and gender-specific preventive care guidelines, based on health care reform. You can also e-mail, download or print your results and sign up for preventive care e-mail reminders. Use these recommendations to talk with your doctor about the preventive health screenings that may be right for you.

At UnitedHealthcare, we are committed to promoting men's health information through the convenience of our website at myuhc.com[®]. Just click on the Health and Wellness tab. You'll find important information on the following topics:

- Heart health
- Diabetes
- Cholesterol
- Self exams
- Fitness

And if you don't already have a doctor or primary care physician, you can find one by visiting myuhc.com and clicking on "Find a Provider".

For more information about UnitedHealthcare, please visit us at www.myuhc.com.



Talk to your doctor

With any good game plan you need a coach. Consult your doctor for your specific preventive health recommendations, as he or she is your most important source of information about your health and can provide the coaching you need in developing your personal preventive health game plan.

And, always refer to your plan documents for your specific coverage information.



* www.cdc.gov/men/lcod/index.htm

The content provided is for informational purposes only, and does not constitute medical advice. Always consult your doctor before making any decisions about medical care. The services outlined here do not necessarily reflect the services, vaccine, screenings or tests that will be covered under your benefit plan. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on the back of your health plan ID card. Certain procedures may not be fully covered under some benefit plans.