

Staying on top of *your health*

A guide for men on routine checkups



Many health problems are easier to treat when caught early – yet many men skip regular checkups and screenings. These visits can detect issues before symptoms appear and provide peace of mind when everything is on track.

Men often delay preventive care because they feel fine, worry about results or don't recognize warning signs. But serious conditions – including heart disease – can develop without obvious symptoms. Making routine checkups a habit is one of the simplest ways to protect your health.

Getting started with screenings

Screening recommendations vary by age, health history and location. A health care provider can help determine what's right for you. Most screenings begin with a physical exam and basic blood tests. Based on the results, your provider will recommend when to return or if any follow-up is needed.

The chart below offers some general guidelines for men.

Regular checkups	When to begin	Notes
Routine physical exam	Age 18	A routine physical exam includes reviewing your health history, a basic exam and general health discussion. Frequency varies by age, health status and risk factors. Many adults under 50 may not need annual exams, while those 50 and older often benefit from yearly visits.
Screenings for common health risks	Age 18	During a routine physical exam checkups or at other intervals, your doctor may recommend screening for high blood pressure, high cholesterol, diabetes, kidney or liver function, and other common conditions, based on your health status and risk factors.

Additional screenings	When to begin	Notes
Colon and rectal cancer and polyps screenings	Age 45	Earlier screening may be recommended if you have an immediate relative with colon cancer. Several tests are available – your doctor can recommend the option right for you.
Diabetes/prediabetes	Age 45	Screen earlier if you are overweight or have additional risk factors.
High blood pressure	Age 18	This screening is part of routine checkup, with frequency depending on results and risk factors.
Lung cancer	Age 50	Get screened if you currently smoke or have a history of heavy smoking and quit within the past 15 years.
Mental health	Age 18	Screening for depression and anxiety is recommended, with frequency depending on symptoms, risk factors and your doctor’s guidance.
Prostate cancer	Discuss at age 50	Begin earlier (age 40–45) if you are at higher risk, including Black men of African descent or men with a father or brother diagnosed before age 65.
Sexually transmitted infections (STIs)	Based on sexual activity and risk factors	HIV, chlamydia, gonorrhea, syphilis and other infections can be transmitted during sexual activity, often without obvious symptoms. If you’re sexually active – especially with more than one partner – regular STI screening is recommended.

Please note: These screenings are among the most commonly recommended. Recommendations can vary by age, country, ethnicity and risk factors. Your doctor may recommend specific screenings at earlier or more regular intervals for you.

Recognizing risks early

It’s also important to pay attention to your health between routine checkups. If you notice physical, mental or emotional changes – especially those that start affecting your daily life – it’s a good idea to talk with a health care professional. Ongoing changes in your mood, behavior, energy level, sleep, appetite or physical health, such as unexplained pain or fatigue, could signal that something else may be going on.

Tracking your family medical history

Some chronic diseases run in families. If a biological relative has had one, it might mean you’re at a higher risk. Sharing your family’s medical history with your health care team helps them understand your risks and recommend appropriate screenings.

Use the space on the next page to note any known medical conditions or causes of death for your biological relatives. For information you don’t know, ask someone who may have more details. Include:

- Major medical conditions, including physical and mental health
- Age and cause of death (if applicable)
- First-, second- and third-degree relatives
- Ethnic background
- Age when diagnosed

Keep this information on hand so you can share it during appointments.

Great-grandmother	Great-grandfather	Great-grandmother	Great-grandfather	Great-grandmother	Great-grandfather	Great-grandmother	Great-grandfather
Maternal grandmother		Maternal grandfather		Paternal grandmother		Paternal grandfather	
Aunt	Aunt	Aunt	Mom	Dad	Aunt	Aunt	Aunt
Uncle	Uncle	Uncle			Uncle	Uncle	Uncle
Sibling (full or half)	Sibling (full or half)	Me	Sibling (full or half)	Sibling (full or half)			

Sources

- BetterHealth, [Health checks for men](#). May 18, 2023.
- Cleveland Clinic, [Physical Exams for Men: What To Expect](#). September 13, 2023.
- Global Action on Men's Health, [The Problems](#). Accessed March 15, 2026.
- Johns Hopkins Medicine, [Men's Health Screenings](#). Accessed March 15, 2026.
- Mayo Clinic Health System, [Checkups, screenings in men's health](#). July 17, 2024.
- NHS, [NHS Health Check](#). August 14, 2023.
- Institute for Health Metrics and Evaluation, [The Lancet Public Health: Global study reveals stark differences between females and males in major causes of disease burden, underscoring the need for gender-responsive approaches to health](#). May 1, 2024.
- OECD, [Gendered differences in health outcomes and healthcare access: Gender Equality in a Changing World](#). September 15, 2025.
- Royal Flying Doctor Service, [Men's Health Check-Up Guide](#). June 9, 2025.
- World Health Organization, [The top 10 causes of death](#). August 7, 2024.



The information provided in these materials is for educational purposes only and is not a substitute for your doctor's care. Please talk with your doctor about it. Your personal health information is kept private based on your plan's privacy policy. Some services may not be covered under your benefit plan. Please check your benefits.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.