



MEN'S HEALTH JOURNEY

STAY STRONG FOR THE ONES WHO NEED YOU MOST.

"I THOUGHT CHECKUPS WERE FOR WHEN SOMETHING'S WRONG. Now I know they're for making sure I'm around WHEN EVERYTHING'S RIGHT."

Miguel, plumber and father of three.

You show up every day for your family, your job, your community. But who's looking out for you? **HERE'S THE TRUTH:** Taking care of your health is making sure you'll be here for all the moments that matter. This roadmap is your yearly guide.

START TODAY, NOT MAÑANA.

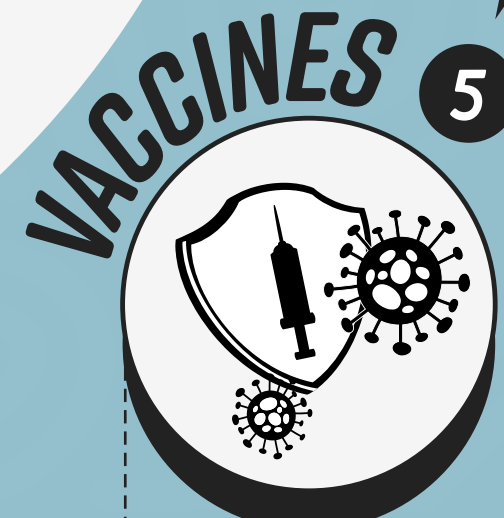


- Take Care of Your Body: Move it. Feed it well. Rest it.
- Wear sunscreen. Stay close to your people and what gives you peace.



YOUR WHOLE MENTAL HEALTH

- Feeling stressed, worried, or down? That's not weakness, that's life. Talk to your health provider.
- Depression and anxiety can be treated.



- Get your yearly COVID and flu shots.
- Every 10 years: Tetanus, Diphtheria, and acellular Pertussis (Tdap) vaccine



- See your primary care provider and eye doctor every year, your dentist every 6 months.

- Yes, even when nothing hurts. That's when prevention works best.

- Know your numbers:

- Blood pressure, blood sugar, cholesterol and weight. These numbers tell your story.

IN YOUR 20s & 30s
Building your foundation

TALK TO YOUR DOCTOR ABOUT:

- Alcohol, smoking, and drug use.
- Human papillomavirus (HPV) vaccine. (If you didn't get it growing up)
- Safe sex and family planning.
- Sexually transmitted diseases (STD), Human Immunodeficiency Virus (HIV), and Hepatitis C testing.
- Skin checks.

EVERYTHING FROM BEFORE, PLUS: STARTING AT 40:

- Colon cancer screening (starts at age 45 and every 10 years after)

NEW CONVERSATIONS:

- Changes in your sleep, muscle mass, sexual function, or urinary habits are common as you age.

- Talking about your health problem will help your provider suggest tests or treatments.

- You can get the HPV vaccine until age 45 if needed.

IN YOUR 40s
Staying strong as life gets busier

EVERYTHING FROM BEFORE, PLUS:

NEW CONVERSATIONS:

- Lung screening. (if you've smoked)
- Pneumonia vaccine. (one dose)
- Prostate screening. (age 50+)
- Respiratory syncytial virus (RSV) vaccine. (if you're at higher risk)
- Shingles vaccine. (2 doses)

KEEP

- Colon screening every 10 years.

IN YOUR 50s
Protecting what you've built

See the **OLDER ADULTS ROADMAP** for your complete guide.

YOU MATTER. YOUR HEALTH MATTERS. YOUR FAMILY NEEDS YOU HERE.



CUT HERE — BRING TO YOUR APPOINTMENT

MY HEALTH CHECKLIST

BASIC CHECKS:

- ☐ Blood pressure, blood sugar, cholesterol, weight
- ☐ Hearing and vision
- ☐ Mental health talk (stress/anxiety/depression)
- ☐ Safe sex/family planning/STD, HIV, and Hepatitis C testing
- ☐ Skin check
- ☐ Smoking/drinking talk

BASED ON MY AGE, I ALSO NEED:

- ☐ Colon cancer screening (45+)
- ☐ Lung screening
- ☐ Prostate screening

VACCINES I'M DUE FOR:

- ☐ COVID (yearly)
- ☐ Flu (yearly)
- ☐ HPV (if I haven't had it) (up to 45, one time)
- ☐ Pneumonia (50+, one time)
- ☐ RSV (50+ if higher risk)
- ☐ Shingles (50+, 2 doses)
- ☐ Tetanus, Diphtheria, and acellular Pertussis (Tdap) vaccine (every 10 years)
- ☐ Other: _____

This campaign was made possible by Bexar County.