



1 TAKE YOUR FIRST STEPS

- Find a health provider.
- Schedule your yearly checkup.
- Bring this guide with you.



2 NO INSURANCE?

- You still have options. For resources visit:

Wellness
Cultura.org



3 THE BASICS



- Check-ups and screenings
- Vaccines
- Mental Health
- Lifestyle

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.

4 CHECK-UPS & SCREENINGS



- 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.

7 LIVING WELL EVERY DAY



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



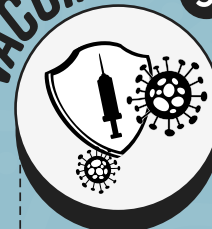
6 YOUR WHOLE MENTAL HEALTH



**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.

VACCINES 5



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



**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 GETTING:



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.