

There are several health conditions that require periodic screening. Your provider can recommend specific tests based on your age and personal and family medical history. Below is a list of tests, exams and routine care that men should speak with their provider about.

Blood Pressure: A normal blood pressure for most health adults is considered <120 for systolic and <80 for diastolic but there are many factors that must be considered for each individual. Discuss your specific target blood pressure with your health care provider.

Cholesterol and other lipids: High cholesterol and other lipids (fats) can cause strokes and heart attacks. It is recommended to get cholesterol testing every five years for people age 20 or older who are at low risk for cardiovascular disease. If you have a history of cardiovascular disease risk factors, such as family history of high cholesterol, early heart attacks or heart disease, your provider may recommend screening more often. Your individual risk will help your provider decide how often you should get screened.

Overweight or obesity: Being overweight or obese can lead to diabetes, heart disease and high blood pressure. Excess fat around the waist is a marker for increased risk. Body mass index (BMI*) also is helpful to know. If your waist circumference is greater than 40 inches or your BMI is 30 or higher, talk to your provider about getting help with changing your behaviors to lose weight.

Immunizations: A flu shot is recommended every year. If you are 65 years or older or have a chronic condition like diabetes, a pneumonia shot is recommended. A tetanus booster is advised every 10 years and should include the whooping cough (pertussis) vaccination if you are around small children. The two-dose shingles vaccine is recommended for all adults 50 years and older. COVID-19 vaccines are advised; consult with your provider about a schedule appropriate for you.

Diabetes: High blood sugar can cause problems with your heart, brain, eyes, feet, kidneys and nerves. Adults who are overweight, have family history of diabetes or have other risk factors should be screened for diabetes annually.

Colorectal cancer: Have a screening test or exam for colorectal cancer starting at age 45. If you have a family history of colorectal cancer, you may need to be checked earlier.

Testicular cancer: If detected early, testicular cancer is one of the most curable forms of cancer. Speak with your provider about testicular self-exams and any risk factors you may have.

Prostate cancer: Men in good health and without risks should talk to their doctor at age 50 about screening. If you have a family history of prostate cancer or are African-American, begin these discussions at age 40.

Talk to your provider about your particular risk factors and how often you should be screened for any condition you are concerned about. Please refer to your Blue Cross and Blue Shield of Kansas coverage for information about preventive care coverage.

*BMI = weight (lb.) x 703 divided by height (in.), then divided by height (in.) again

This guide is based on published literature by nationally recognized authorities in healthcare and the expressed opinions of participating network physicians. This information is intended for educational purposes only and should not be interpreted as medical advice or as a listing of preventive services with no cost sharing as required under the Patient Protection and Affordable Care Act. Please consult your doctor for advice about changes that may affect your health. Some services may not be covered under your health plan. Please refer to your benefit plan document for details concerning benefits, procedures, and exclusions. If you are 65 or older, please talk with your physician about recommended screenings.

There are several health conditions that require periodic screening. Your provider can recommend specific tests based on your age and personal and family medical history. Below is a list of tests, exams and routine care that women should speak with their provider about.

Blood Pressure: A normal blood pressure for most adults is considered <120 for systolic and <80 for diastolic but there are many factors that must be considered for each individual. Discuss your specific target blood pressure with your health care provider.

Cholesterol and other lipids: High cholesterol and other lipids (fats) can cause strokes and heart attacks. It is recommended to get cholesterol testing every 5 years for people age 20 or older who are at low risk for cardiovascular disease. If you have a history of cardiovascular disease risk factors, such as family history of high cholesterol, early heart attacks or heart disease, your provider may recommend screening more often. Your individual risk will help your provider decide how often you should get screened.

Diabetes: High blood sugar can cause problems with your heart, brain, eyes, feet, kidneys and nerves. Adults who are overweight, have family history of diabetes or have other risk factors should be screened annually.

Immunizations: A flu shot is recommended every year. If you are 65 years or older or have a chronic condition like diabetes, a pneumonia shot is recommended. A tetanus booster is advised every 10 years and should include the whooping cough (pertussis) vaccination if you are around small children. The two-dose shingles vaccine is recommended for all adults 50 years and older. COVID-19 vaccines are advised; consult with your provider about a schedule appropriate for you.

Overweight or obesity: Being overweight or obese can lead to diabetes, heart disease and high blood pressure. Excess fat around the waist is a marker for increased risk. Body mass index (BMI*) also is helpful to know. If your waist circumference is greater than 35 inches or your BMI is 30 or higher, talk to your provider about getting help with changing your behaviors to lose weight.

Colorectal cancer: Have a screening test or exam for colorectal cancer starting at age 45. If you have a family history of colorectal cancer, you may need to be checked earlier.

Mammogram: Discuss with your provider when to start annual preventive mammography screening based on your personal and family history.

Pap test: Women ages 21-29 should get a Pap test every three years. Women ages 30-64 should get a Pap test combined with an HPV test every five years. Women age 65 and older, who have had regular screenings in the previous 10 years and haven't had any serious pre-cancers in the past 20 years, may receive direction from their provider to stop cervical cancer screenings.

Osteoporosis screening (bone density): Screening for osteoporosis should be done on all women 65 and older, as well as younger postmenopausal women with known risk factors and health history.

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