



To all the men we love,
**remember how
important
you are to us!**

You and a Primary Care Physician

A Primary Care Physician (PCP) is a doctor who helps a patient maintain overall health. A PCP's primary role is to provide preventive care and teach you about healthy choices, as well as identify common medical conditions in order to direct you to the best place for care.

Your PCP understands your medical history and what is normal for you. Your PCP keeps track of the progress of your health goals and should also work with you to meet the preventive care guidelines for adult men in your age range.

The Power of Prevention

It's worth taking the time to maintain your personal health now and prevent future health problems later. Choose a healthy lifestyle and work with your PCP to develop a plan.

What is Preventive Health Care?

Preventive health care focuses on avoiding disease and maintaining your health. It includes early detection of disease, help for people at risk of developing health problems and other necessary interventions to avoid potential health risks. Screening tests, health education, and immunizations are common examples of preventive health care.

See the Preventive Care Guidelines
for Men on the other side.



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Live WellSM



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Preventive Care Guidelines for Men

Recommendations apply to most men of normal risk. Additional tests and immunizations may be recommended based on specific risk factors. Visits recommended every 1–3 years and should include the following based on age.



	Men Ages 19–39	Men Ages 40–49	Men Ages 50–64	Men Ages 65 and Over
Health History and Lifestyle Assessment	Complete or update assessment, including family history; activity; tobacco, alcohol, and drug use; and sexual practices			
Physical Exam	<ul style="list-style-type: none"> Height and weight (Body Mass Index) Blood pressure 	<ul style="list-style-type: none"> Height and weight (Body Mass Index) Blood pressure Vision screening 	<ul style="list-style-type: none"> Height and weight (Body Mass Index) Blood pressure Vision screening 	<ul style="list-style-type: none"> Height and weight (Body Mass Index) Blood pressure Hearing and vision screening¹
Tests	<ul style="list-style-type: none"> All men aged 35 and older should be screened for lipid disorders; younger men age 20 and older should be screened if they are at increased risk for heart disease Screen for Type 2 diabetes if blood pressure > 135/80 	<ul style="list-style-type: none"> Screen for lipid disorders every five years Screen for Type 2 diabetes if blood pressure > 135/80 Screen for abnormal blood glucose and Type 2 diabetes, ages 40–70 who are overweight or obese 	<ul style="list-style-type: none"> Screen for lipid disorders every five years Screening for colorectal cancer (CRC) using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard), sigmoidoscopy, or colonoscopy, beginning at age 50 and continuing until age 75; if you are over age 50, talk with your doctor regarding the frequency of screening needed Screen for Type 2 diabetes if blood pressure > 135/80 Screen for abnormal blood glucose and Type 2 diabetes, ages 40–70 who are overweight or obese 	<ul style="list-style-type: none"> Screen for lipid disorders every five years Screening for colorectal cancer (CRC) using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard), sigmoidoscopy, or colonoscopy, beginning at age 50 and continuing until age 75; if you are over age 50, talk with your doctor regarding the frequency of screening needed Screen for Type 2 diabetes if blood pressure > 135/80 Screen for abnormal blood glucose and Type 2 diabetes, ages 40–70 who are overweight or obese
Immunizations	<ul style="list-style-type: none"> One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years Flu vaccine annually HPV Vaccination of men ages 19–21 if not previously vaccinated Varicella vaccine for those without evidence of prior infection MMR vaccine for adults born after 1957 without evidence of prior MMR vaccine 	<ul style="list-style-type: none"> One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years Flu vaccine annually Varicella vaccine for those without evidence of prior infection MMR vaccine for adults born after 1957 without evidence of prior MMR vaccine 	<ul style="list-style-type: none"> One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years Flu vaccine annually Shingles (Herpes Zoster) vaccine for ages 60 and up unless contraindicated Varicella vaccine for those without evidence of prior infection MMR vaccine for adults born after 1957 without evidence of prior MMR vaccine 	<ul style="list-style-type: none"> One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years Flu vaccine annually Pneumococcal vaccine once in a lifetime from age 65; booster as recommended Shingles (Herpes Zoster) vaccine for ages 60 and up unless contraindicated Varicella vaccine for those without evidence of prior infection
Counseling/Screening	<ul style="list-style-type: none"> Diet and exercise Smoking cessation Alcohol/substance abuse prevention Sexually transmitted diseases/HIV/sexual behavior Family planning Dental health Sun exposure Injury prevention (including seat belt, helmet use) Life stage issues-family, child Depression Health Care Proxy/Advance Directives Screen for HIV infection ages 15–65 	<ul style="list-style-type: none"> Diet and exercise Smoking cessation Alcohol/substance abuse prevention Sexually transmitted diseases/HIV/sexual behavior Family planning Dental health Sun exposure Injury prevention (including seat belt, helmet use) Life stage issues-family, child Depression Health Care Proxy/Advance Directives Screen for HIV infection ages 15–65 	<ul style="list-style-type: none"> Diet and exercise Smoking cessation Alcohol/substance abuse prevention Sexually transmitted diseases/HIV/sexual behavior Dental health Sun exposure Injury prevention (including seat belt, helmet use) Life stage issues-bereavement Depression Health Care Proxy/Advance Directives Screen for HIV infection ages 15–65 One time screening for HCV infection to adults born 1945–1965 	<ul style="list-style-type: none"> Diet and exercise Smoking cessation Alcohol/substance abuse prevention Sexually transmitted diseases/HIV/sexual behavior Dental health Sun exposure Injury prevention (including seat belt, helmet use and falls) Life stage issues-bereavement Depression Health Care Proxy/Advance Directives Bladder control problems Screen for HIV infection ages 15–65 One time screening for HCV infection to adults born 1945–1965
High Risk Individuals	<ul style="list-style-type: none"> Aspirin therapy recommended for ages 45–79 when benefit outweighs risks Screen for Abdominal Aortic Aneurysm (AAA) x 1 in men ages 65–75 who are smokers or who ever smoked For additional vaccine recommendations, visit cdc.gov/vaccines/schedules/hcp/adult.html Screen for syphilis infection in individuals at risk Screen for latent tuberculosis infection in asymptomatic adults at increased risk Statin therapy may be recommended for ages 40–75 with risk factors 			

¹ If you have a family history of glaucoma talk with your doctor about whether screening may be right for you.

Guidelines adapted from the U.S. Preventive Services Task Force. Talk to your doctor about which preventive services are right for you. Your Plan benefits may allow for services more frequently than what is listed here.