

MEN: 30-39

Disease/Condition	Test	Frequency	Date of Screening		
Hypertension	Blood Pressure	Every 2-3 years			
Obesity	Body Fat / BMI	Every 1-2 years			
High Cholesterol	Lipid Profile – after age 35	Low risk every 5 years High Risk every 2 years			
Oral Health	Dental Exam	Annually			
Testicular Cancer	Testicular self exam Clinical exam	Monthly As recommended by your physician			
Skin Cancer	Self Exam	Monthly			
	Clinical exam	As recommended by your physician			