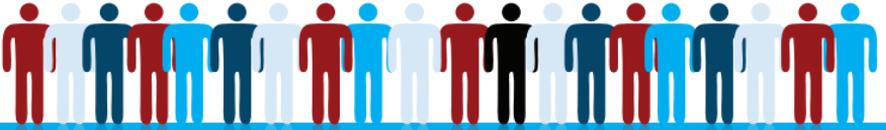




HEALTHY MEN LIVE LONGER.

..... www.osc.ct.gov/ManUp



MAN

MAINTENANCE
SCHEDULE



A men's health challenge by

KEVIN LEMBO
OFFICE *of the* STATE COMPTROLLER

SS LOVE



Maintain good health by motivating yourself.
Write in your own reward and treat yourself
once you've completed your man maintenance.

Ages 18-29.....

Well Adult Visits (Physical)
1 exam every 3 years

Vision Exam
1 exam every 2 years

Cholesterol Screening (ages 20-29)
1 screening every 5 years

Dental Cleanings
1-2 cleanings every year

Give Yourself a Reward: _____

Ages 30-39.....

Well Adult Visits (Physical)
1 exam every 3 years

Vision Exam
1 exam every 2 years

Cholesterol Screening
1 screening every 3 years

Dental Cleanings
2 cleanings every year

Give Yourself a Reward: _____

Ages 40-49.....

Well Adult Visits (Physical)
1 exam every 2 years

Vision Exam
1 exam every 2 years

Cholesterol Screening
1 screening every 2 years

Dental Cleanings
2 cleanings every year

Give Yourself a Reward: _____

Ages 50+

Well Adult Visits (Physical)
1 exam every year

Vision Exam
1 exam every 2 years

Cholesterol Screening
1 screening every year

Dental Cleanings
2 cleanings every year

{ Colorectal Screening 1 colonoscopy every 10 years }
{ 1 fecal occult blood test every year }

Give Yourself a Reward: _____