



HEALTHY WOMEN LIVE LONGER.



(wo)MAN MAINTENANCE SCHEDULE



“Man Up” is a men’s health challenge by

KEVIN LEMBO
OFFICE *of the* STATE COMPTROLLER

www.osc.ct.gov/ManUp

Ages 18-29

Well Adult Visits (Physical)
1 exam every 3 years

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

Cervical Cancer Screening (ages 21+)
1 screening every 3 years

Vision Exam
1 exam every 2 years

Dental Cleanings
1-2 cleanings every year

Clinical Breast Exam
1 screening every 3 years

Give Yourself a Reward: _____
Complete your appointments? Reward yourself

Ages 30-39

Well Adult Visits (Physical)
1 exam every 3 years

Cholesterol Screening
1 screening every 3 years

Cervical Cancer Screening (ages 21+)
1 screening every 3 years

Mammogram (ages 35-39)
1 screening every year

Vision Exam
1 exam every 2 years

Dental Cleanings
2 cleanings every year

Clinical Breast Exam
1 screening every 3 years

Give Yourself a Reward: _____

Ages 40-49

Well Adult Visits (Physical)
1 exam every 2 years

Cholesterol Screening
1 screening every 2 years

Cervical Cancer Screening (ages 21+)
1 screening every 3 years

Mammogram (40+)
as recommended by doctor

Vision Exam
1 exam every 2 years

Dental Cleanings
2 cleanings every year

Clinical Breast Exam
1 screening every 3 years

Give Yourself a Reward: _____

Ages 50+

Well Adult Visits (Physical)
1 exam every 2 years

Cholesterol Screening
1 screening every 2 years

Cervical Cancer Screening (ages 21+)
1 screening every 3 years

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

Vision Exam
1 exam every 2 years

Dental Cleanings
2 cleanings every year

Clinical Breast Exam
1 screening every 3 years

Mammogram (40+)
as recommended by doctor

Give Yourself a Reward: _____