

SHARP Health Plan

Men (18 years and older)¹

Preventive Care Checklist

Discuss your checklist with your doctor to develop your own personalized preventive care plan. Your doctor will help you determine which tests and health screenings are best for you based on your age, gender, health status and family history.

Visits		
Periodic Well Visit With Your PCP (schedule at least 2 months in advance)	18 and older	<input type="radio"/>
Vaccines		
COVID-19 (Series and Booster) ¹¹	18 and older	<input type="radio"/>
Flu Shot (every fall)	18 and older	<input type="radio"/>
Hepatitis B	19 – 59 ⁵	<input type="radio"/>
Human Papillomavirus (HPV) ²	18 – 45	<input type="radio"/>
Measles, Mumps and Rubella (MMR)	18 and older ⁷	<input type="radio"/>
Pneumonia (Pneumovax 15 followed by Pneumovax or Prevnar 20 or Prevnar 21)	19 – 49 with certain underlying medical conditions / 50 and older	<input type="radio"/>
RSV	60 – 74 with increased risk ⁸ / 75 and older	<input type="radio"/>
Shingles (Shingrix)	50 and older ⁶	<input type="radio"/>
Tetanus, Diphtheria, Pertussis (Td/Tdap every 10 years)	18 and older	<input type="radio"/>
Mpox	18 and older with risk factors	<input type="radio"/>
Screenings		
Abdominal Aorta Aneurysm ³	65 – 75	<input type="radio"/>
Anxiety	18 – 64	<input type="radio"/>
Blood Pressure	18 and older	<input type="radio"/>
Blood Sugar (Diabetes)	18 and older	<input type="radio"/>
Body Mass Index (BMI)	18 and older	<input type="radio"/>
Cholesterol	18 and older	<input type="radio"/>
Colon Cancer (Colonoscopy, Sigmoidoscopy, Stool Test)	45 – 75	<input type="radio"/>
Depression	18 and older	<input type="radio"/>
Fall Prevention	65 and older	<input type="radio"/>
Hepatitis B	18 and older	<input type="radio"/>
Hepatitis C	18 – 79 ³	<input type="radio"/>
HIV	18 – 65	<input type="radio"/>
Lung Cancer ⁴	50 – 80	<input type="radio"/>
Tobacco, Drug and Alcohol Use Screening	18 and older	<input type="radio"/>
Tuberculosis	18 and older	<input type="radio"/>

¹ The information in these checklists includes recommendations adapted from the following sources as of November 2024 and is subject to change: Preventive services with a rating of A or B from the U.S. Preventive Services Task Force; immunization for children, adolescents and adults recommended by the Centers for Disease Control and Prevention; and preventive care screenings for infants, children, adolescents and women supported by the Health Resources and Services Administration. ² For ages 27 – 45, shared clinical decision-making between member and PCP. ³ One-time screening. ⁴ With a 20-pack-a-year smoking history and currently smoke or have quit within the past 15 years. ⁵ Recommended for men 18 and older with additional risk factors. ⁶ 19 and older if immunodeficient or immunosuppressed because of disease or therapy. ⁷ If not given in childhood. ⁸ Increased risk is person with chronic lung or heart disease, weakened immune system, living in a nursing home or long term care facility, severe diabetes or severe obesity. ¹¹ Some COVID-19 vaccines are authorized under EUA (emergency use authorization).