

Regular Health Screenings Can Help Keep Men Well

Balancing a busy career, family and personal life can leave men with little time to even think about their health, let alone schedule (and keep) an appointment for their annual health screenings.

In fact, the U.S. Department of Health and Human Services has found that men are 24 percent less likely than women to have visited a doctor within the past year and are 22 percent more likely to have neglected their cholesterol tests.

According to the Centers for Disease Control and Prevention (CDC), regular exams and screenings can help save lives. They can help find problems early, when the chances for treatment, and perhaps even a cure, are better.

That's why, during Men's Health Month, OAOHN would like to encourage you to care for yourself, or the men in your life, by reminding you of the importance of regular health screenings.

The National Institutes of Health list, on their website, the tests and screenings that experts recommend for men at various stages of their lives:

- [Health screenings for men ages 18-39](#)
- [Health screenings for men ages 40-64](#)
- [Health screenings for men ages 65 and older](#)

In addition to participating in annual screenings, having a Primary Care Physician (PCP) who can coordinate your care is vital to your good health.

A PCP typically specializes in Family Medicine, Internal Medicine or General Practice. If you don't have a PCP, it's easy to find one. Just visit your insurance carrier's website, look for the "find a doctor" area and follow the instructions.