



Men take charge of your health!

Men should visit their healthcare provider at least once per year, even if they feel healthy.

What to expect at your annual health exam at Everside Health

During your visit, your provider will discuss which health exams and screenings are right for you, depending on your age and health history.

Your visit may include:

- A comprehensive physical exam
- Biometric screenings (blood pressure, height, weight and body mass index)
- Screening bloodwork for lipids (cholesterol) and glucose (blood sugar) levels
- Age-based preventive screenings (PSA levels, CT lung cancer screening, colorectal cancer screening)
- Mental health screenings
- Immunizations
- Developing a personalized lifestyle plan with your provider

Your health matters, talk about it!

Taking control of your well-being starts with talking about your overall health.

- Talk to family members about your family health history
- Talk to your healthcare provider for additional resources

Stay on top of your game!

Getting regular check-ups can stop small problems before they become big problems. Live stronger and longer! Everside is your partner in preventive health maintenance.

Contact your provider to schedule your annual exam today!