



Start your healthy journey  
online at **kp.org/wa**

**Our member website offers a  
wealth of resources to help you  
lead a healthy life.**

- Email your health care team.<sup>1</sup>
- Review your medical record.<sup>1</sup>
- Check lab and test results.<sup>1</sup>
- See your after-visit summaries.<sup>1</sup>
- Make appointments.<sup>1</sup>
- Have an online visit or Care Chat with a provider.<sup>2</sup>
- Take your Health Profile and get a personalized report.<sup>2</sup>
- Refill prescriptions.<sup>2</sup>
- Find trusted advice on hundreds of health topics.

<sup>1</sup> Available to members who have registered for a secure account and who get care from Kaiser Permanente doctors and care teams.

<sup>2</sup> Available to all members who have registered for a secure account.

## Additional wellness resources

### Emotional wellness

Boost your emotional well-being with:

- Online healthy lifestyle programs
- Phone-based wellness coaching
- Discounts on fitness centers and products

Get information at  
**kp.org/healthyliving.**

### Resource Line

Get free printed information about health topics. Call **1-800-992-2279** or email **kpwa.resource-L@kp.org.**

### Tobacco cessation programs

Avoid tobacco and secondhand smoke. Get information about the Quit For Life® Program at **1-800-462-5327** or **quitnow.net/kpwa.**

## Wellness recommendations

**for men  
18 to 64**



**Visits, tests, immunizations,  
and resources**

# Wellness recommendations for men 18 to 64

The chart to the right shows Kaiser Permanente's routine care recommendations for most men 18 to 64. Keep in mind:

- The specific care you need might be different based on your personal health history and risk factors.
- If you have a chronic condition, such as diabetes, heart disease, or asthma, you might need additional tests and immunizations.
- You should talk to your health care team to find out exactly what is right for you, or if you have questions about the recommendations listed here.

## Coverage for well care

Most well care recommended here is preventive care that is covered by most health plans. However, coverage may vary with some health plans; check your Evidence of Coverage or call Member Services at **1-888-901-4636**.

### Ages 18 to 21

Wellness visit every year.<sup>3</sup>  
HIV test one time for everyone 15 through 64.  
Hepatitis C test once for men through age 79.  
Tetanus-diphtheria vaccine every 10 years.<sup>4</sup>  
Flu vaccine every year.  
Complete any childhood vaccines that are needed.

### Ages 22 to 49

Wellness visit every 4 years.<sup>3</sup>  
Blood pressure check every 2 years.<sup>5</sup> Cholesterol check every 5 years, starting at 40.  
Starting at 45, colon cancer screening: Talk with your doctor about the best method for you.  
HIV test one time for everyone 15 through 64.  
Hepatitis C test once for men through age 79.  
Tetanus-diphtheria vaccine every 10 years.<sup>4</sup>  
Flu vaccine every year.

### Ages 50 to 64

Wellness visit every 2 years.<sup>3</sup>  
Blood pressure check every 2 years.<sup>5</sup>  
Cholesterol check every 5 years.  
HIV test one time for everyone 15 through 64.  
Colon cancer screening: Talk with your doctor about the best method for you.  
Hepatitis C test once for men through age 79.  
Prostate cancer screening: Discuss with your doctor.  
Tetanus-diphtheria vaccine every 10 years.<sup>4</sup>  
Flu vaccine every year.  
Shingles vaccine for 50+ (2-dose series).

<sup>3</sup> A wellness visit is also referred to as a preventive care visit.

<sup>4</sup> Once in a lifetime, everyone 11 years of age and older should get a tetanus-diphtheria (Td) booster that contains pertussis (Tdap).

<sup>5</sup> Keep your blood pressure below 140/90. Patients at higher risk for heart attack or stroke may have a lower goal if recommended by their provider.