





# **My Health**— MEN'S HEALTH CHECKLIST

Use this checklist to make sure you are getting proper preventive health care. These essential health benefits are free with Medicare, Medicaid, and insurance plans purchased through the Health Insurance Marketplace.

Learn more at <a href="https://www.healthcare.gov/preventive-care-adults/">https://www.healthcare.gov/preventive-care-adults/</a>

Free Preventive Health Service	Done
Alcohol misuse screening and counseling	
Blood pressure screening	
Cholesterol screening	
Colorectal and prostate cancer screening (for men over 50)	
Depression screening	
Diabetes (Type 2) screening (for adults with high blood pressure)	
Diet counseling	
Hepatitis B screening	
Hepatitis C screening (for adults at high risk and those born from 1945-1965)	
HIV screening	
Immunizations (ask your doctor which immunizations you need)	
Lung cancer screening	
Obesity screening and counseling	
Sexually transmitted infection prevention counseling	
Tobacco use screening	

## Sign up

- · Visit your Indian health program,
- Go online to healthcare.gov, or
- Call 1-800-318-2596





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Down: (1) cholesterol (3) nutrition (5) Medicare (10) colorectal (11) Hep C (12) lung (14) depression (15) tetanus Across: (2) insurance (4) HIV (6) flu (7) exercise (8) diabetes (9) mental health (13) blood pressure

## **Men's Health Crossword**

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		14									
15											

### Across

- 2. Helps pay for medical bills
- **4.** Before people get AIDS, the are diagnosed with this virus
- 6. An annual vaccine available in the Fall and Winter
- 7. Activity to help you stay physically fit
- **8.** A disease that impacts blood sugar levels
- 9. Emotional and psychological wellbeing
- 13. An inflatable arm cuff is used to check this
- **14.** Mental health condition where people are sad and lethargic
- **15.** Immunization to protect you from infections from injuries

#### Down

- 1. This fat substance can clog arteries
- **3.** What you get from healthy food
- 5. Insurance program for people 65 and older
- **10.** Men over 50 should be screened for this kind of cancer
- 11. Baby boomers should get tested for this virus
- **12.** Smokers are screened for this type of cancer.

Answers on the reverse side.