



## Healthy Dad Check-up Checklist

Age: 20-39

- Blood pressure checked every year** (Hypertension)
- Rectal exam every year** (Hemorrhoids, colon/prostate cancer)
- Physical exam with blood tests and urinalysis every 3 years**  
(cholesterol, diabetes, kidney/ thyroid dysfunction)
- EKG at age 30 every 4 years** (Heart abnormalities)
- TB skin test every 5 years** (Tuberculosis)
- Tetanus booster every 10 years** (Lockjaw)
- STD's for sexually active adults who consider themselves at risk**