

**MUTUAL OF OMAHA
PREVENTIVE CARE GUIDELINES
MALES: AGES 19-39 YEARS
(PHYSICAL EXAM ONCE EVERY 3 YEARS)**

	SHADED AREAS = RANGE OF ACCEPTABLE AGES PLEASE NOTE THESE RECOMMENDATIONS ARE MINIMAL REQUIREMENTS.
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Age (Years)	19	22	25	28	31	34	37	39
TD (EVERY 10 YEARS)								
VARICELLA (IF NON-IMMUNE) ^{1,2}	(19 –25 YRS)							
¹ CATCH UP VACCINATION IF NOT PREVIOUSLY IMMUNIZED ² IF LACKS RELIABLE HISTORY, 2 DOSES 4 - 8 WEEKS APART								
<u>History</u>								
Dietary Intake								
Physical Activity								
Tobacco/Alcohol/Drug Use								
Sexual Practices								
<u>Physical Exam</u>								
Height & Weight								
Blood Pressure								
Testicular Exam								
Skin Exam								
<u>Tests</u>								
Lipid Profile (every 5 years)								
<u>Counseling</u>								
Self Testicular Exam								
Dietary								
Adequate Calcium Intake								
Exercise								
Effects Of Passive Smoking/ Smoking Cessation								
Alcohol & Other Drugs Cessation								
Avoid Driving/ Swimming/ Boating After Drinking								
Smoke Detector								
Safety Belts								
Dental Hygiene								
Sexual Practices/ STDs Prevention /Contraception								
Safety Helmets Bicycle / Motorcycle/ATV Helmets								
Violent Behavior And Firearms								
Sunblock Usage								
Proper Body Mechanics								

<u>Age (Years)</u>	19	22	25	28	31	34	37	39
<u>HIGH RISK GROUPS / SELECTED POPULATIONS</u>¹								
TB								
PPD								
HEPATITIS A ²								
HEPATITIS B								
INFLUENZA VACCINE								
PNEUMOCOCCAL VACCINE ³								
Meningococcal Vaccine ⁴								
MMR								
SEXUALLY TRANSMITTED DISEASES VDRL, GONORRHEA, HIV								
Chlamydia (ANNUALLY IF SEXUALLY ACTIVE)								
Prostate Specific Antigen								
Fasting Blood Sugar								
Colonoscopy								
¹ THESE ARE NOT REQUIREMENTS BUT REMINDERS TO CONSIDER THESE ITEMS IN HIGH RISK INDIVIDUALS								
² SELECTED STATES AND REGIONS								
³ COCHLEAR IMPLANT RECIPIENTS UP TO DATE ON AGE APPROPRIATE PNEUMOCOCCAL VACCINATION								
⁴ <i>HIGH RISK OR ALL AGES</i>								

Mutual of Omaha - Preventive Care Guidelines

Effective Date: 04/01/1995

Revision Date: 01/31/2007, 12/19/2005, 09/21/2004, 10/20/2003, 04/30/2002, 02/11/2002, 01/18/2001,
02/21/2000, 10/19/1998, 12/09/1996