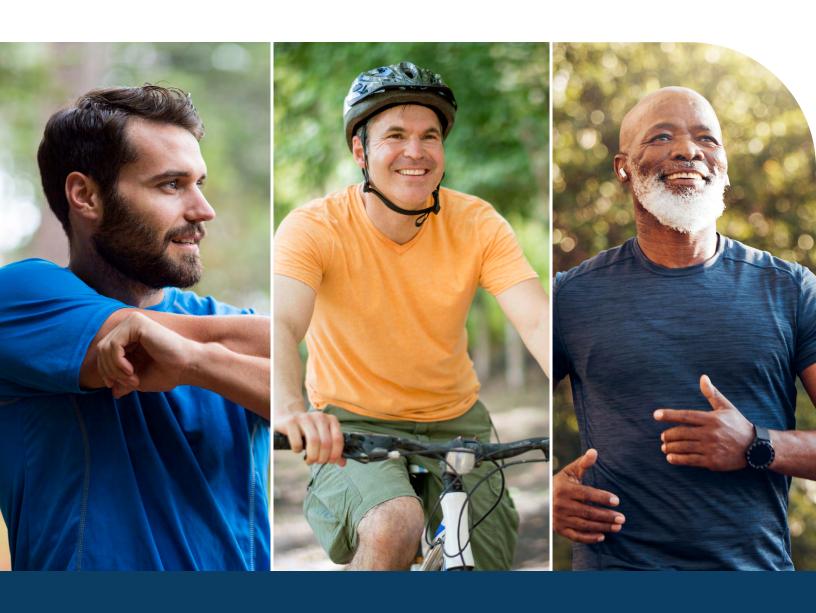


How can I make the conversation with my provider more valuable?

For Men





For Men Under 40

Your health in your 20s and 30s sets the foundation for decades to come. Use these questions to help shape your conversation with your provider.



General

- What is the ideal weight for my age? How should I adjust my diet?
- My family has a history of diabetes. How can I avoid developing it myself?
- How can I prevent early hair loss or balding?
- When should I begin getting a prostate exam?
- As an athlete, how do I make my joints stronger, and how do I avoid long-term joint injuries?
- My family has a history of cancer. What are some lifestyle changes I can make to prevent cancer?
- What are the recommended vaccines for travel at my age?
- How often should I get tested for STIs?
- Are there certain foods I should eat to promote good oral health?
- Are there preventive measures I should take now (supplements, lifestyle changes, screening) to reduce long-term risk?

Mental Wellness

- How can I develop stronger relationships in my life?
- As a young adult, how do I promote healthy relationships?
- How can I better reduce anxiety and prioritize my mental health?
- How can I reduce screen time and prioritize more in-person connection?
- I'm struggling with motivation, and often feel lethargic. What can I do to feel better?
- I find myself forgetting things a lot. Should I be worried about memory problems?
- What are some lifestyle changes I can make to improve sleep habits?
- Are there habits I should incorporate into my routine to support work-life balance?



For Men Under 60

Your 40s and 50s are a critical time to stay ahead of both physical and mental health. Use these questions to make sure you're covering all the bases.



General

- Are changes in energy levels normal for my age?
- Can age affect memory and concentration?
- What exercises are recommended at my age?
- Should I be concerned about changes in vision and hearing?
- How often should I get a prostate exam?
- Which health screenings or preventive tests do I need now?
- Are changes in skin a normal part of aging?
- Given my diet and lifestyle, do you recommend any vitamin testing now?
- How can I ensure I maintain bone and muscle mass as I age?

Mental Wellness

- How do changing energy levels impact my emotional state?
- What are some habits I can implement to better manage stress levels?
- Should my coping mechanisms change as I get older?
- Will my mental resilience evolve over time?
- How would you rate my overall mental well-being?
- How can I better manage stress?
- How do unresolved emotional challenges affect my day-to-day mental health?
- Are there habits I should incorporate into my routine to support work-life balance?



For Men 60+

Your 60s are a great time to focus on habits that keep you strong and healthy. Use these questions to spark conversation about ways to improve your lifestyle.



- How can I ensure I maintain bone and muscle mass as I age?
- How can I prevent future bone breaks or issues from arising in the future?
- How long should I continue to receive prostate exams?
- Should I have any concerns about my balance or the risk of falls?
- Am I up-to-date with my vaccines, such as the shingles and pneumococcal vaccines?
- How often should I engage in physical activity, and what types of exercise should I do?
- Is there anything I should do besides regular dental check-ups and cleanings should do for oral health?
- How would you rate my diet? Am I taking care to include heart-healthy foods?
- Is joint pain and stiffness typical at this stage?



Mental Wellness

- How can I improve my ability to fall asleep and stay asleep throughout the night?
- How does the aging process impact mental health for men at my age?
- How can I keep up my social connections with those in my age group?
- How can I get my family/grandkids involved in helping me better my health?
- What are some warning signs of poor mental health I should look out for?
- How can I adjust to recent changes in my daily routine or social activities?
- How can I identify and address any potential age-related cognitive changes or memory difficulties?