

# 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.

### General

- 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?

