Do you know what annual screenings and care are recommended for you?

These screenings are performed at Sandia Medical Clinic. Schedule at 505-844-4237.

**Men under 50**

- Arteriosclerotic cardiovascular disease (ASCVD)
- Depression
- Tobacco/Drug/Alcohol
- Height/Weight/BMI/Body Fat%
- Blood pressure
- Cholesterol
- Diabetes
- *Hepatitis C Virus
- *Immunizations: Influenza, Tetanus, HPV, Meningococcal, Hep A & B, Varicella, MMR

**Men 50 - 65**

- Repeat your **under 50** screenings and add:
  - *Immunizations: Zostovax (Shingles)
  - Colon Cancer Screen (FOBT/yearly)

**Men 65+**

- Repeat your **50-65** screenings and add:
  - *Immunizations: Prevnar and Pneumovax (Pneumonia)

**Need a PCP?**

It's very important that you have a Primary Care Physician (PCP) who knows you and your medical history. Your PCP can help you decide what preventive screening strategies are right for you. If you would like help finding a PCP, call Sandia Medical Clinic's connected care program at 505-844-4237, or your health plan's ambassador line. BCBSNM members may call 505-262-7100. UHC members may call 505-923-7300.

*Consult with Sandia Medical Clinic*

You may need certain immunizations and screenings depending on your age and health risks. Check with Sandia Medical Clinic to determine which are right for you.

**Coordinate these screenings with your Primary Care Physician:**

- STDs
- Eye exam
- Dental exam
- Aspirin
- HIV

- Repeat your **under 50** screenings and add:
  - Prostate Specific Antigen (PSA)
  - Colon Cancer (Colonoscopy/10 yrs)
  - Hearing exam

- Repeat your **50-65** screenings and add:
  - Abdominal Aortic Aneurysm (for those with history of smoking)