

Do what you can
to be healthy.

And we'll help you
along the way.

*The preventive services listed inside
are covered by most insurances.*



Physicians Group (608) 524-8611

Open Monday - Friday 7:00 a.m. - 5:00 p.m.

Closed weekends

Hospital (608) 524-6487

Community Pharmacy (608) 524-6177

Viking Pharmacy (608) 524-6868

Specialty Group (608) 768-3900

Surgical Group (608) 524-2349

Senior Life Center (608) 524-6577

ramchealth.com

Preventive Care Plan

for men



Have a conversation
with your provider today.



What	Who	When	Why
Physical Exam	Everyone	Annually	A full check up including height, weight and BMI is recommended annually.
Blood Pressure Screening	Everyone	Annually with a goal blood pressure of less than 130/80	To detect high blood pressure (hypertension) — which increases risk for heart attack, stroke, heart and kidney failure.
Colon and Rectal Cancer Screenings	Everyone age 45 and older (earlier if risks are high)	Fecal Occult Blood Test annually, sigmoidoscopy every 5 years, colonoscopy every 10 years or Cologuard every 3 years	Tests include fecal occult blood test, sigmoidoscopy, colonoscopy and Cologuard. Increased risk includes personal or family history of colon and rectal cancers, polyps or inflammatory bowel disease.
Hearing Evaluation	Everyone	Difficulty hearing or long term exposure to noise	To determine if hearing loss is present. Hearing loss is determined individually for each ear and entered in an audiogram.
Abdominal Aortic Aneurysm	Men 65-75 years who have ever smoked	Repeat every 1-5 years (dependent on initial screening results)	One-time screening to detect an abdominal aortic aneurysm using ultrasound.
Tetanus Immunization	Everyone	Every 10 years	Protect against tetanus, diphtheria and pertussis.
Influenza Vaccine	Everyone	Annually	Protect against influenza.
Pneumococcal Vaccine	65 years and older (younger if risk factors)	Once	Protect against pneumonia.
Shingles Vaccination	50 years and older	Two dose series	Protect against Shingles caused by Varicella Zoster virus.
Cholesterol Screening	Age 35 years and older	Every 3-5 years	Too much cholesterol in your blood can cause a heart attack or a stroke. You could have high cholesterol and not know it.
Depression Screening	Everyone	Annually	Depression is an illness that involves the brain. It can affect your thoughts, mood, and daily activities. Depression is more than feeling sad for a few days.
Type 2 Diabetes Screening	Everyone 35 years and older with BMI over 25	Every 3 years	Diabetes is one of the leading causes of disability and death in the United States. If it's not controlled, diabetes can cause serious health problems.
Obesity Screening & Counseling	Everyone	Annually	Eating healthy is good for your overall health. Making smart food choices can also help you manage your weight and lower your risk for certain diseases.
Tobacco Use Screening	Everyone	Annually	Quitting smoking is one of the most important things you can do for your health. The sooner you quit, the sooner your body can start to heal. You will feel better and have more energy to be active with your family and friends.