



Men's Health & Wellness, Through the Decades

Prevention is the best medicine.
Here's what to focus on at every age
with your Galileo provider.



In your 20s and 30s

- Yearly immunizations
- Blood pressure check
- Cholesterol screen

TALK TO GALILEO ABOUT:

STIs, substance use,
mental health



In your 40s and 50s

- Regular eye exams
- Diabetes screens at 45
- Colonoscopy at 45

TALK TO GALILEO ABOUT:

Insomnia, erectile
dysfunction, stress



In your 60s+

- Cholesterol, diabetes,
hypertension screens
- Prostate cancer screen
(depending on risk)

TALK TO GALILEO ABOUT:

Heart disease, joint health,
smoking cessation



Scan the QR code to create
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Use access code: **seqbundle**

