



Healthy Men Know When to Check Their Numbers

MEN'S HEALTH SCREENING BY AGE

BEGINNING IN YOUR 20s AND 30s



BLOOD PRESSURE CHECK
Regular blood pressure checks can help detect hypertension early.

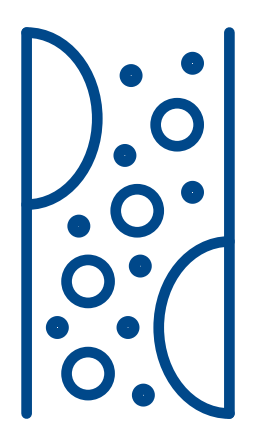


TESTICULAR HEALTH CHECK
Check for lumps, swelling or unusual changes and speak to your doctor if concerned.
Learn more about Testicular cancer here: [MyWellbeing | Testicular Health](#)



MENTAL HEALTH CHECK
Talk to your doctor about stress, sleep and overall wellbeing. Early support can make a big difference.
You can complete a mental health screen here: [MyWellbeing | NT Police & FES Wellbeing Portal](#)

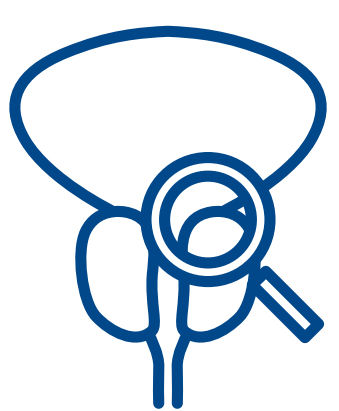
BEGINNING IN YOUR 40s



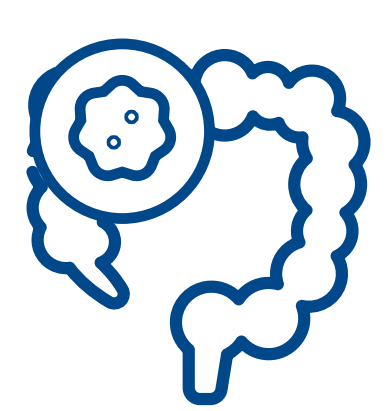
BLOOD PRESSURE & CHOLESTEROL CHECK
Beginning at age 45, regular checks can help monitor your heart health and cardiovascular risk.



DIABETES RISK ASSESSMENT
Screening helps detect pre-diabetes and type 2 diabetes early and can be done every 3 years.

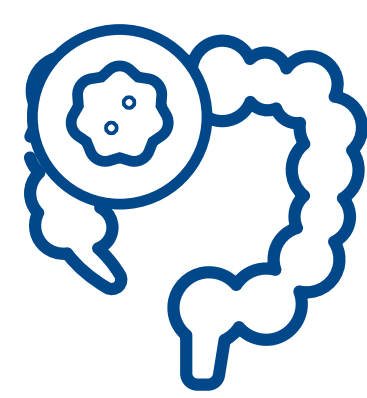


PROSTATE HEALTH CHECK
See your doctor if you notice any changes when you urinate.
Learn more here: [MyWellbeing | Prostate Health](#)

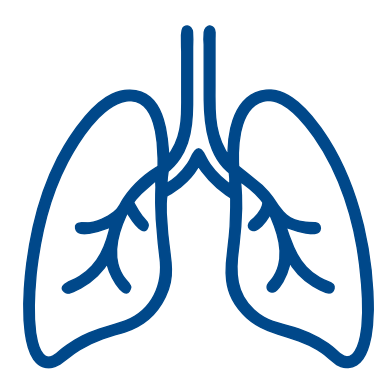


BOWEL CANCER SCREENING
From age 45–50, screening helps detect cancer or polyps early.
(Home-testing kits available)

BEGINNING IN YOUR 50s AND 60s



BOWEL CANCER SCREENING
From age 50, complete a bowel screening test every 2 years.
Visit [Request a free bowel test kit | National Cancer Screening Register](#)

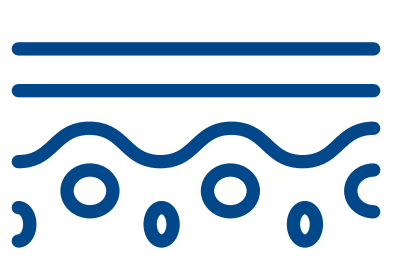


LUNG HEALTH & CANCER RISK
If you smoke or have smoked, speak to your doctor about lung health and screening options.
You are eligible for the National Lung Cancer Screening Program (NLCSPP) over the age of 50



PREVENTATIVE HEALTH CHECKS
Regular checks can help monitor blood pressure, cholesterol, blood glucose, and other key health indicators to support long-term wellbeing.
You can complete a physical health screen here: [MyWellbeing | NT Police & FES Wellbeing Portal](#)

ALL AGES



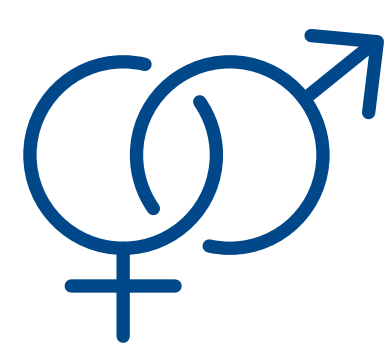
SKIN CANCER
Check for new or changing spots to identify sun-related skin cancers.



DENTAL
Visit your dentist every 6-12 months to support oral health and wellbeing.



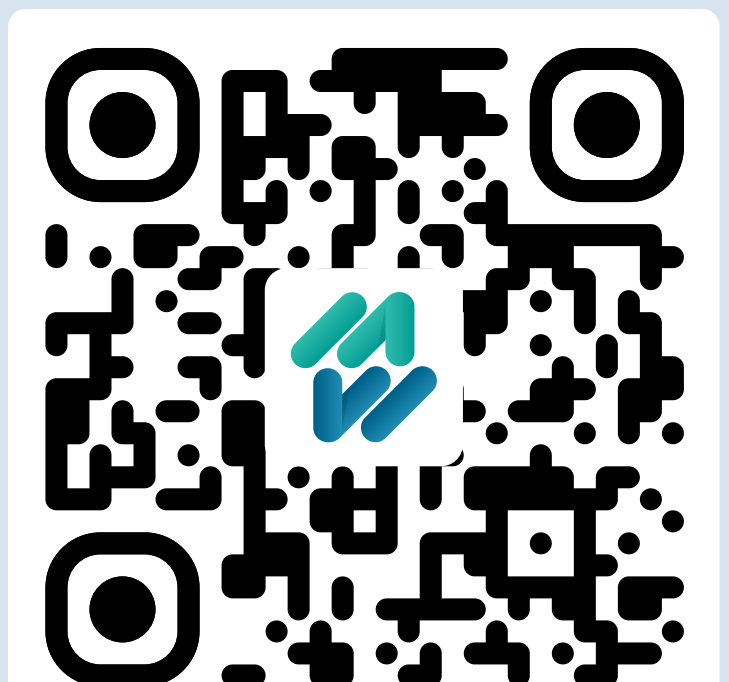
VISION & HEARING CHECKS
Regular checks can help detect changes early and can help maintain independence and quality of life.



STI CHECKS
Regular STI checks can support your sexual health, especially if you are sexually active or have new partners.

References

- [About men's health in Australia | Australian Government Department of Health, Disability and Ageing](#)
- [Men's health | healthdirect](#)
- [Men's health Checks at Different Ages | Men's Health Australia](#)
- [RACGP - The Royal Australian College of General Practitioners](#)



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