

# Men's healthcare starts here

From annual physicals and everyday lifestyle advice to heart and prostate health, we're a doctor's office that provides exceptional in-person primary care and 24/7 virtual care.

Don't know where to start? We've put together this handy list of topics you may want to discuss with your primary care provider, so you get the care you need to feel your best — today and every day.

## An Annual Wellness Visit, the annual physical designed around you

Preventive care is essential. Everyone should get a full checkup for their overall health once a year.\* At your Live Well Visit, you can also discuss:

- ✓ Mental well-being
- ✓ Health screenings
- ✓ Vaccinations
- ✓ Maintaining a healthy lifestyle

\*Insurance typically covers the full cost of one preventive visit every 365 days (excluding some lab work and vaccines).

## Prostate cancer screening

We recommend discussing prostate cancer screening with your primary care provider around age 55. Those who are at higher-risk of prostate cancer should consider having these conversations earlier.

## Sexual wellness and family planning

We can help you with issues like:

- ✓ STD/STI testing and treatment
- ✓ Low libido
- ✓ Family planning



## Colorectal cancer screening

We typically recommend starting colorectal cancer screenings at 45.

## Erectile dysfunction (ED)

Erectile dysfunction affects as many as 30 million individuals in the U.S. If you experience ED, we're here to help you understand the cause and explore treatment.

We understand that discussing ED can be uncomfortable. Just remember, ED is common — and that means your care team is experienced and ready to help. No shame, no judgment, just care.

## Heart health

Knowing (and understanding) your blood pressure, blood glucose level, and cholesterol levels can help you set the foundation for a healthy heart.

## LGBTQ+ inclusive care

We're dedicated to providing extraordinary, affirming care for all — including transmen, transwomen, and nonbinary people. We want to acknowledge that some of these recommendations are only applicable to individuals assigned male at birth. We made this resource to help you talk with your care team, so they can provide nuanced care for your unique needs.

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