*	MEN AGES 20 – 40 yrs	Priority
	Consider the Following on a Regular Basis (Periodic Review)	
Full Body	Full Physical Exam / Blood Panel	Priority of any
Vaccines	Up to Date Childhood Vaccines Tetanus and Adult ADACEL (TDAP) Annual influenza HPV / Warts Sexual health - STD prevention / PrEP Travel Vaccines	investigations depends on:  1)Lifestyle factors -Diet -Exercise
Brain	Mental Status Assessment Personality/Mood Substance Use (alcohol, tobacco, other drugs)	-Stress -Smoking -Drinking
Eyes	Vision Testing	-Drugs -Travel
Ears	Hearing Testing Audiology Testing If Abnormal	-Sexual Activity  2)Past Medical History -Predisposition -Injury/Illness to any Specific part of the Body  3)Family History
Lungs	Chest X-Ray and Pulmonary Function Test [Depending on Smoking / Family (Cancer) History]	
Heart	Cardiovascular Counselling EKG Exercise / Treadmill ECG [Depends on Smoking / Lifestyle / Family History]	
Sex Specific	Prostate Specific Antigen Testing ONLY IF High Risk Personal/Family History	*Speak to a Medical Professional to determine what is right for you
Bones	Bone Mineral Density (BMD) ONLY IF High Risk Personal/Family History	
Colon	Colonoscopy & FIT Test ONLY IF High Risk Personal/Family History	

	WOMEN AGES 20 – 40 yrs Consider the Following on a Regular Basis (Periodic Review)	Priority
Full Body	Full Physical Exam / Blood Panel	
Vaccines	Up to Date Childhood Vaccines Tetanus and Adult ADACEL (TDAP) Annual influenza HPV / Warts Sexual health - STD prevention / PrEP Travel Vaccines	Priority of any investigations depends on:  1)Lifestyle factors -Diet -Exercise
Brain	Mental Status Assessment Personality/Mood Substance Use (alcohol, tobacco, other drugs)	-Stress -Smoking -Drinking
Eyes	Vision Testing	-Drugs -Travel
Ears	Hearing Test Audiology Testing If Abnormal	-Sexual Activity  2)Past Medical History -Predisposition -Injury/Illness to any Specific part of the Body
Lungs	Chest X-Ray and Pulmonary Function Test [Depending on Smoking / Family (Cancer) History]	
Heart	Cardiovascular Counselling EKG Exercise / Treadmill ECG [Depends on Smoking / Lifestyle / Family History]	*Speak to a Medical Professional to determine
Sex Specific	PAP / Pelvic / Cervical Cancer Screening Breast Cancer Imaging (Mammogram) ONLY IF High Risk Personal/Family History	what is right for you
Bones	Bone Mineral Density (BMD) ONLY IF High Risk Personal/Family History	
Colon	Colonoscopy & FIT Test ONLY IF High Risk Personal/Family History	

	MEN AGES 40 – 50 yrs	Priority
	Consider the Following on a Regular Basis (Periodic Review)	
Full Body	Full Physical Exam / Blood Panel	
Vaccines	Tetanus and Adult ADACEL (TDAP) Annual influenza HPV / Warts Sexual health - STD prevention / PrEP Travel Vaccines	Priority of any investigations depends on:  1)Lifestyle factors - Diet - Exercise - Stress - Smoking - Drinking - Drugs - Travel - Sexual Activity  2)Past Medical History - Predisposition - Injury/Illness to any Specific part of the Body  3)Family History  *Speak to a Medical Professional to determine what is right for you
Brain	Mental Status Assessment Personality/Mood Substance Use (alcohol, tobacco, other drugs)	
Eyes	Vision Testing	
Ears	Hearing Test Audiology Testing If Abnormal	
Lungs	Chest X-Ray and Pulmonary Function Test [Depending on Smoking / Family (Cancer) History]	
Heart	Cardiovascular Counselling EKG Exercise / Treadmill ECG [Depends on Smoking / Lifestyle / Family History]	
Sex Specific	Prostate Specific Antigen Testing	
Bones	Bone Mineral Density (BMD) ONLY IF High Risk Personal/Family History	
Colon	Colonoscopy & FIT Test ONLY IF High Risk Personal/Family History	

	WOMEN AGES 40 – 50 yrs Consider the Following on a Regular Basis (Periodic Review)	Priority
Full Body	Full Physical Exam / Blood Panel	Priority of any
Vaccines	Tetanus and Adult ADACEL (TDAP) Annual influenza HPV / Warts Sexual health - STD prevention / PrEP Travel Vaccines	investigations depends on: 1)Lifestyle factors -Diet -Exercise
Brain	Mental Status Assessment Personality/Mood Substance Use (alcohol, tobacco, other drugs)	-Stress -Smoking -Drinking -Drugs
Eyes	Vision Testing	-Travel
Ears	Hearing Test Audiology Testing If Abnormal	-Sexual Activity  2)Past Medical History
Lungs	Chest X-Ray and Pulmonary Function Test [Depending on Smoking / Family (Cancer) History]	-Predisposition -Injury/Illness to any
Heart	Cardiovascular Counselling EKG Exercise / Treadmill ECG [Depends on Smoking / Lifestyle / Family History]	Specific part of the Body  3)Family History
Sex Specific	Breast Cancer Imaging (Mammogram) Recommended PAP / Pelvic / Cervical Cancer Screening	*Speak to a Medical Professional to determine what is right for you
Bones	Bone Mineral Density (BMD) ONLY IF High Risk Personal/Family History	
Colon	Colonoscopy & FIT Test ONLY IF High Risk Personal/Family History	

	MEN AGES 50 – 65 yrs	Priority
	Consider the Following on a Regular Basis (Periodic Review)	
Full Body	Full Physical Exam / Blood Panel	
Vaccines	Shingles Pneumonia - Influenza - RSV Tetanus and Adult ADACEL (TDAP) Sexual health - STD prevention / PrEP Travel Vaccines	Priority of any investigations depends on:  1)Lifestyle factors - Diet - Exercise - Stress - Smoking - Drinking - Drugs - Travel - Sexual Activity  2)Past Medical History - Predisposition - Injury/Illness to any Specific part of the Body  3)Family History  *Speak to a Medical Professional to determine what is right for you
Brain	Mental Status Assessment Personality/Mood Substance Use (alcohol, tobacco, other drugs)	
Eyes	Vision Testing	
Ears	Hearing Test Audiology Testing If Abnormal	
Lungs	Chest X-Ray and Pulmonary Function Test [Depending on Smoking / Family (Cancer) History]	
Heart	Cardiovascular Counselling EKG Exercise / Treadmill ECG [Depends on Smoking / Lifestyle / Family History]	
Sex Specific	Prostate Specific Antigen Testing	
Bones	Bone Mineral Density (BMD) ONLY IF High Risk Personal/Family History	
Colon	Colonoscopy & Fit Testing	

	WOMEN AGES 50 – 65 yrs Consider the Following on a Regular Basis (Periodic Review)	Priority
Full Body	Full Physical Exam / Blood Panel	Priority of any investigations depends
Vaccines	Shingles Pneumonia - Influenza - RSV Tetanus and Adult ADACEL (TDAP) Sexual health - STD prevention / PrEP Travel Vaccines	on:  1)Lifestyle factors -Diet -Exercise -Stress -Smoking -Drinking -Drugs -Travel
Brain	Mental Status Assessment Personality/Mood Substance Use (alcohol, tobacco, other drugs)	
Eyes	Vision Testing	-Sexual Activity
Ears	Hearing Test Audiology Testing If Abnormal	2)Past Medical History -Predisposition -Injury/Illness to any
Lungs	Chest X-Ray and Pulmonary Function Test [Depending on Smoking / Family (Cancer) History]	Specific part of the Body  3)Family History
Heart	Cardiovascular Counselling EKG Exercise / Treadmill ECG [Depends on Smoking / Lifestyle / Family History]	*Speak to a Medical Professional to determin what is right for you
Sex Specific	Breast Cancer Imaging (Mammogram) Recommended PAP / Pelvic / Cervical Cancer Screening	what is right for you
Bones	Bone Mineral Density (BMD) Testing	
Colon	Colonoscopy & FIT Test	

	WOMEN AGES 65+ yrs Consider the Following on a Regular Basis (Periodic Review)	Priority
Full Body	Full Physical Exam / Blood Panel	Priority of any investigations depends
Vaccines	Shingles Pneumonia - Influenza - RSV Tetanus and Adult ADACEL (TDAP) Sexual health - STD prevention / PrEP Travel Vaccines	on:  1)Lifestyle factors -Diet -Exercise -Stress -Smoking -Drinking -Drinking -Travel -Sexual Activity  2)Past Medical History -Predisposition -Injury/Illness to any Specific part of the Body  3)Family History  *Speak to a Medical Professional to determine
Brain	Mental Status Assessment Personality/Mood/Cognitive Decline/Dementia Substance Use (alcohol, tobacco, other drugs)	
Eyes	Vision Testing	
Ears	Hearing Test Audiogram	
Lungs	Chest X-Ray or CT-Chest and Pulmonary Function Test [Depending on Smoking / Family (Cancer) History]	
Heart	Cardiovascular Counselling EKG Exercise / Treadmill ECG Abdominal Aortic Ultrasound [Depends on Smoking / Lifestyle / Family History]	
Sex Specific	Breast Cancer Imaging (Mammogram) Recommended PAP / Pelvic / Cervical Cancer Screening	what is right for you
Bones	Bone Mineral Density (BMD) Testing	
Colon	Colonoscopy & FIT Testing	

	MEN AGES 65+ yrs Consider the Following on a Regular Basis (Periodic Review)	Priority
Full Body	Full Physical Exam / Blood Panel	Priority of any investigations depends
Vaccines	Shingles Pneumonia - Influenza - RSV Tetanus and Adult ADACEL (TDAP) Sexual health - STD prevention / PrEP Travel Vaccines	on:  1)Lifestyle factors -Diet -Exercise
Brain	Mental Status Assessment Personality/Mood/Cognitive Decline/Dementia Substance Use (alcohol, tobacco, other drugs)	-Stress -Smoking -Drinking -Drugs
Eyes	Vision Testing	-Travel
Ears	Hearing Test Audiogram	-Sexual Activity
Lungs	Chest X-Ray or CT-Chest and Pulmonary Function Test [Depending on Smoking / Family (Cancer) History]	2)Past Medical History -Predisposition -Injury/Illness to any
Heart	Cardiovascular Counselling EKG Exercise / Treadmill ECG Abdominal Aortic Ultrasound [Depends on Smoking / Lifestyle / Family History]	3)Family History  *Speak to a Medical Professional to determine
Sex Specific	Prostate Specific Antigen Testing	what is right for you
Bones	Bone Mineral Density (BMD) Testing	
Colon	Colonoscopy & FIT Testing	